

Become Holy's Journey

Posted by BecomeHoly - 10 Dec 2009 02:39

Hi Everyone.

I'm single, and nearly 27 and I've never had a clean streak of more than 2 months. I know I can do this - I've had the ability to remove the need, however, since I am so sensitive, tiny things trigger me and at a certain point a trigger takes me over the edge. Usually that means that I just give in to the "pressure" and satisfy myself - with no involvement of any external stimuli such as pictures... However, what comes next....

I fall into the typical traps of the Yetzer:

a) You've messed up, so now it doesn't matter = I say screw it, and go find myself some porn. Filters do not help me. I'm a computer expert, and if I want it I will get it with relative ease. Once we've gone this direction, its like jumping in the boiling tub - its not so hot anymore, and it's "no big deal." If I could prevent this from happening, my battle is won. I know its a big deal, and I need to keep that focus. Hopefully this site will achieve that for me.

b) If you can't do it right, don't bother - I don't start my clean streak unless I feel it was on the right foot - Go to mikveh after a shower/ shave... (trying to follow as much as possible what a nida does) to achieve tahara, but if I didn't have time to shave or whatever, I don't bother going to mikvah, and I have less "reason" to stop when I'm tempted a few days later. Also, if I didn't have a chance yet to say tikkun hayesod after the mikva, and I'm tempted before I do say it - then I'm like "oh, well you're really not all set yet - you'll start being good after you start off right."

In addition to this, I've become addicted to Movies and TV shows. Besides being a trigger, I am wasting so much time that I'm on the verge of losing my job because of poor performance and I really need to get my act together.

All this is partially fueled by the fact that I have constant fatigue coupled with stomach pain. I've been to MANY MANY doctors and no one can tell me whats wrong, and what this means is that I rarely feel like I have the energy to do stuff. Its a vicious cycle - I probably have some kinda of food allergy, which means I'm getting poor nutrition, and on top of that my stomach pain affects my sleep, and therefore I end up getting very little done. I end up with a terrible sleeping

schedule because I sleep during the day often enough to try to feel less tired, and often I end up staying up late because of that (sometimes I stay up even later because I wanted to watch another movie). I miss shachris all the time and I feel a disconnect from God and of course that all makes it much easier to do things that are bad for me. If I'm resisting arayot, I'm watching movies or tv shows, which usually is only a stepping stone to arayot.

Now I'm pretty sure some (if not all) of my medical problems can be attributed to the sitra achra. What I need is a way out of the vicious cycle where I am both losing my connection to God because of missing davening, or an unfocused davening, and on top of that having the energy to do to productive things so I don't end up doing destructive things. This includes TV, movies and the like.

I am hoping that this site will help me get my act together - get a solid schedule, such that I'm both productive and NOT destructive, and that I can succeed pushing through the beginning where it will be a literal war with my desires. I know that after 30 - 60 days I will be doing fine. I just need to get through the beginning and my life will then be filled with blessing.

B'ezrat Hashem, at that point I will be deemed worthy in Gods eyes to find my bashert so I can continue to grow in his service.

I appreciate everyone's help in creating the new me.

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Re: Become Holy's Journey

Posted by imtrying25 - 10 Feb 2010 07:25

[BecomeHoly wrote on 10 Feb 2010 07:17:](#)

In any case I'm glad I've been able to grow to this level - it has been quite a rough road to get

here, but God has literally held my hand and has allowed me to get this far. I hope I am able to finally stop the destruction, and move on to the great potential I know I have.

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Re: Become Holy's Journey

Posted by BecomeHoly - 10 Feb 2010 07:42

I was just thinking about whether I was a dry drunk or whether I've made some real changes.

Wow! With an attitude like that you will get very far!! Keep it up BH.

So here goes:

Shemirat Einayim:

1) I know that I can't just shut out the world (I Don't want to either), but its all about the double take - I remind myself not to take a second look.

2) In fact, I look away before it can become a problem - if I think I might look, I just stop and look away until she passes. Also, I try to turn away as soon as I've been exposed. I DON'T WANT TO LOOK SINCE I KNOW WHERE IT WILL LEAD.

3) I try to apply this everywhere - on the street, w/ women I interact with, if I end up watching some media (although a bad idea, at least I'm trying to keep it clean...)

4) If I'm interacting with a woman, and I notice that I'm thinking about her inappropriately, I try to change my thoughts directly. I lament to myself that I've corrupted myself such that I need to

objectify women - even women that I respect and admire - I end up having unclean images pop into my head about them. I hope I can reverse this sad state.

5) If I'm interacting with a woman, and I notice that this interaction is leading me to think too much about her (as per #4) I will try to stop the interaction. Usually the case is where the woman is not exactly so innocent herself (tznuva in the letter of the law but not the spirit..) and in general arouses those thoughts within me. Although for the most part I can ignore it, the result is that I may have keri blayla - something which not only will not give me pleasure, it is also quite unpleasant to clean up and is something God doesn't want.

I've noticed that this time (my second attempt at being clean), I'm not constantly fighting the urge to explode. Last time, I was literally on the edge. Though last time I was also trying to work on shemirat eynayim, I don't think it was being done as well as this time (especially since I didn't have the amazing resources provided by GYE), but additionally I was very seriously dating someone. I think that the thoughts and discussions of the future were constantly triggering me.

Lastly, I think that the fact that I know I can ignore the Y"H and NOTHING will happen makes a big difference for me this time. I can be calm and even laugh at the situation, with the knowledge that I don't have to fight so hard. Its not my fight. Its Gods fight. I just need to call him up when attacked. Even though I don't do that so much, just the KNOWLEDGE of being able to do so has kept me more or less unburdened with lust.

I'm hoping that I'm actually making changes here so I can have a permanent recovery..... What do you guys think? Dry drunk still, or actually making changes?

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Re: Become Holy's Journey

Posted by habaletaher - 10 Feb 2010 08:32

Dear Heilige Tzaddik,

Are you nuts? You're asking us if your just a dry drunk or making real proggess?

OF COURSE YOUR MAKING PROGRESS!!!

YOU ARE STRIDING PURPOSEFULLY ON THE ROAD TO GAN EDEN!!!!

Keep on working on yourself like that, slowly moving the bar higher and higher, and you will quickly see that you can live olam haba in this world too!!!

Alei Vi'hatzlach!!!

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Re: Become Holy's Journey

Posted by BecomeHoly - 11 Feb 2010 02:51

Wow, Habaletaher thanks for your kind words.

when you see others think so highly of you it helps. How could I be mekalkel if HB holds me in such high esteem. I might not consider myself so great, but I wouldn't want to dissapoint those who think so... :-)

Ok I won't be able to post until Sunday.

Shabbat Shalom everyone! :-)

Day 30 here we come!

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Re: Become Holy's Journey

Posted by BecomeHoly - 14 Feb 2010 18:25

Day 33. Its getting tough. But when I'm attacked I call out to God. He's been holding my hand...

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Re: Become Holy's Journey

Posted by BecomeHoly - 15 Feb 2010 00:34

Today was a pretty tough day. The shemirat eynayim is not really an issue for me even. Whats really annoying me is the fact that I'm biologically feeling a need for a "release." After going to the bathroom, I have an additional "leak" which of course just makes me want to "finish it off" I'm resisting hard, but its really tough, when you just feel that its almost as simple as a sneeze, a cough, or blowing your nose. The y"h has realized that lust is not an option anymore - I've managed to take it to a level where I push it out within seconds if the thought enters my mind. I treat it as a super danger. In fact I'm only getting thoughts 1 - 3 times a day. So the y"h is willing to settle for some mediocre sz"l. Well guess what. You're gonna have to do it some other way.

As much as I resist, even when I'm sleeping (I guess my "conditioning" is extending even to my sleep!), I see that its less and less so in my hands. When asleep I give up more quickly (of course I'm not exactly controlling my dreams...) and I've also noticed a pattern in the past that around 30 days clean I have a wet dream. A few times it was EXACTLY 30 days. In any case, God will decide - last week I felt it coming on so I slept in my tzitzit and thank G-d I woke up clean. Interestingly - when it comes to wet dreams they are just a nuisance - you get ZERO pleasure, and a big mess to clean up. This does not include the need/ embarrassment to sneak out and change w/o anyone figuring out what you're doing... especially if you're staying at someone elses house (I do that every shabbat...). So why? I'm NOT interested. The only thing I can think of is that the "biological release" will help me continue to fight the good fight. So there ya go Y"H, if I have a wet dream YOU lose. So please... don't bother.

I noticed another thing recently - as per my recent post about interacting with girls - the reason why last time I was affected was because she was not tznua. She was dressed 100% tznua. But the way she spoke, her language, her aggressive demeanor is what did it. It removed the "good" in her, and made me on a subconscious level objectify her. When women are tznua in the way they act, interacting with them doesn't affect me (as much?) - I realized this after interacting w/ some girls this past weekend and I was fine. Maybe it was a fluke, but I'm thinking that was the difference.

Thank God, I don't think I'm even close to addicted as much as many others. Reading through the forums, chizuk emails.... I see that I have a pretty easy time filtering out the bad and focusing on the good. I am instinctively reacting to pritzus by turning away, running from it. Although little things do trigger me - it lasts about 2 seconds before I am already pushing it out of my head. I don't "go with it." If I linger a few seconds too long, I'm already hearing a voice in my head screaming, "DANGER! DANGER!" The same applies to seeing something in the street, magazines, or the internet.... I RUN.

I am hoping, that by following the halachos of Shemiras eynayim (which was not written for addicts, but for EVERYONE), I will have enough to keep me in line. So far it seems to be doing the trick. Something as simple as eliminating the bad influences in my life (TV, movies...) has been enough to get me in line. Some of the stuff I was watching was really not appropriate at all. so its no wonder I was struggling. non addicts are just as affected. I hope I'm just one of those "non-addicts."

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Re: Become Holy's Journey

Posted by imtrying25 - 15 Feb 2010 12:27

WOW!!! thats about all i can say!! BH you seem to be making strides. Big strides. Keep it up. Hatzlacha!! And in time of need, shout out to us and well try and be mechazek you!!! I think if we take it one day at a time, and forget that were holding in the (hard) 30's things might be easier. Try it out. Tell yourself just today im gonna stay clean. One day at a time.

Hatzlacha and wishing you all the best!

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Re: Become Holy's Journey

Posted by BecomeHoly - 15 Feb 2010 15:35

Thanks IT.

Today I'm on edge. Really fighting. I don't know what it is.... maybe its the fact that I started dating again, and I need to both think about the future but.... I dunno... its not really that. But I am on edge. Like an itch I need to scratch. In any case. I'm reminding myself again. If I don't answer the door NOTHING will happen. I will not explode. I will not get sick. I will only be uncomfortable. As an addict of comfort, this will be difficult. But discomfort does not damage you. It only makes you stronger.

Lets list the good things:

I got a nice haircut today.

I heard that someone really admires me. Great ego boost.

I learned some guitar while jamming w/ a couple of chilled out guys.

I have a lot to look forward too - there are many great things in my life.

I'm in demand for shidduchim.

Its adar, and purim is coming! :-)

OK... feeling better already :-)

Amazing how doing something as simple as writing down what I already know makes it that much more real to your subconscious self. Wow. Ok... I'm off.

Oh ye.... GOD please help me! I can't do it without you.

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Re: Become Holy's Journey

Posted by Ineedhelp!! - 15 Feb 2010 16:36

Hey BH,

Want a great exercise? There are Sheish Mitzvos Temidios. Six Mitzvos that can be done anytime and day. Take 2 minutes out of your day and spend 20 seconds on each one. Not sure what they are off hand but that 20 seconds for each one. Not much of an investment, but the return is infinitely greater than any dividends in this world! Try it and tell me how it goes.

-Yiddle

PS. MISHENICHNAS ADAR MARBIM BESIMACHA!!!!

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Re: Become Holy's Journey

Posted by BecomeHoly - 16 Feb 2010 01:35

They are:

Of the 613 Mitzvos, there are Six Constant Mitzvos. Rather than requiring the performance of a certain action, these mitzvos are a state of being, of living with the reality of God's existence. The Six Constant Mitzvos are:

- * Believe there is a God.
- * Don't believe in other gods.
- * Believe God is one.
- * Love God.
- * Fear God.
- * Don't be misled by your heart and eyes.

If you pay attention during shma, twice a day, you should get more than 20 seconds in.... :-)

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Re: Become Holy's Journey

Posted by Ineedhelp!! - 16 Feb 2010 03:39

[BecomeHoly wrote on 16 Feb 2010 01:35:](#)

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If you pay attention during shma, twice a day, you should get more than 20 seconds in.... :-)

I get Daily Halachah also ;D ;D ;D ;D

And in Shema its kinda harsd to have kavana on the line "Veahavta es Hashem..." for 20 seconds. C'mon!

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Re: Become Holy's Journey

Posted by imtrying25 - 16 Feb 2010 12:23

Wow BH you seem to be doing amazing!! Keep it up!! And no you wont explode!!

And you finally heard that someone admires you??

WELL I ADMIRE YOU AND ALL THAT YOUR DOING!!!

You keep me and im sure many others, inspired. Thanks man!

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Re: Become Holy's Journey

Posted by OneLife - 16 Feb 2010 16:22

BH, you have an amazing approach,

just keep on thinking of good things everytime a bad thoughts apear in your head, and they will immediately go away.

35 days!!!

35 days!!

35 days!!!

KOT!! think of us!!

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Re: Become Holy's Journey

Posted by bardichev - 16 Feb 2010 17:52

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