

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 Ineedhelp!! - 17 Feb 2010 17:01

36 is awesome!!!! Mishenichnas Adar Marbim Besimcha... wait thats MAMB??? Dont know what MABB is... Bardy help us on this one!

-Yiddle

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Posted by imtrying25 - 18 Feb 2010 12:30

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Posted by BecomeHoly - 18 Feb 2010 14:35

Neway... public reminder - I do not need to act out when I feel like crap. I can just take a nap.
bye.

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Posted by Ineedhelp!! - 18 Feb 2010 14:38

BecomeHoly wrote on 18 Feb 2010 14:35:

Neway... public reminder - I do not need to act out when I feel like crap. I can just take a nap.
bye.

I beleive those beautifull word choices rhyme BH. Youre a poet and you didnt even know it! ;D ;D ;D ;D ;D

Refuah Sheleimah!

-Yiddle

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Re: Become Holy's Journey

Posted by BecomeHoly - 19 Feb 2010 00:17

Another reminder. I feel like crap. So what. Does that mean I have to act out? I mean yes... I deserve relief. I deserve pleasure. Whats the big deal. I mean it will be like getting a massage.... WRONG! this will not be anything of the sort. You don't DESERVE relief. Or pleasure. You say thank you when you get them. But they are OPTIONAL. and they WILL NOT make you feel any better. ITs a lie. A decept. Do not give in. You know what will give you pleasure? A full night of sleep followed by a powerful davening. Then doing some chesed. Then SHABBOS!! kOYDESH! nUFF SAID!

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Re: Become Holy's Journey

Posted by Ineedhelp!! - 19 Feb 2010 03:19

Aweosme battle right there! Jews-1 YH-0! Yo went from thinking you deserve to act out to realize its just a deadly option and a dangerous ploy from yetzer hara.

Have a great shabbos!

-Yiddle

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Re: Become Holy's Journey

Posted by imtrying25 - 19 Feb 2010 11:32

BH what am i supposed to say?? That i really love the attitude?? Ok so ill say it.....

I REALLY LOVE THE ATTITUDE!!!

Oh and have an awesome shabbos!!

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Re: Become Holy's Journey

Posted by BecomeHoly - 21 Feb 2010 07:18

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Re: Become Holy's Journey

Posted by BecomeHoly - 21 Feb 2010 07:21

DAY 40!

I have reached a new milestone. Many say that 40 days has a lot of significance when making changes. Some say its a biological thing - when trying to improve your health, 40 days is the requirement for retraining your body to a healthier path.

Of course, 40 days is also how long Moshe was on Har Sinai.

40 days is also only 5 days away from 1/2 way to 90. I'm literally about to get over to the other side of the mountain. The uphill battle is almost over, then I just use the momentum to go downhill all the way to 90. Thank you God for all your help!

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Re: Become Holy's Journey

Posted by imtrying25 - 21 Feb 2010 19:23

Mazel tov. Mazel tov. And yes 40 days is a HUGE milestone!! Wishing you continued success and hatzlacha.

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Re: Become Holy's Journey

Posted by Sturggle - 22 Feb 2010 08:39

BH,

Great! 40 days is a big milestone. Keep on climbing! And, if after 40 days, or after 45, things still seem like a difficult climb, keep climbing. I hope you don't go downhill again! (But I get your mashal, 'tis all good.)

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Re: Become Holy's Journey

Posted by BecomeHoly - 23 Feb 2010 12:24

I have fallen :-(

I was thinking - why is it that we have the illusion that if we're NOT addicts, then a slip every here and there is ok.

Lets look at halacha - halacha clearly forbids every slip. No looking at women in a lustful manner. Ever. We're either all addicts, or the torah is telling us this specifically is not a pick or choose situation. Its so addictive that everyone is by default treated like an addict.

ALL of us are ALLERGIC to lust. Addicts and non-addicts alike. We're just addicted on different levels.

Anyway, Day 1. I can feel how much this fall has affected me. My mind is unsettled and filled with images. I cannot concentrate as well on davening. I have pushed out all the kedusha of 40 days and I now need to start cleaning the mess the let it back in. What a waste. But it was meant to be obviously. I felt this one coming. The Y"H was really fighting hard. I think the key was: Instead of channeling this energy to God, I was just kinda letting it eat away at me. I had it under control, I wasn't "bursting at the seams" like last time, but I wasn't properly redirecting it. I want to use my Y"H ltova. I just realized, that I'm not sure I know how.

So here goes:

HOW DO I USED MY Y'H TO SERVE GOD. I'm not married, so it makes it a little more difficult. Ideally, if I understood correctly, a married person can tell the Y"H - STOP! I will not give in to lust. I will get a biological release, and EMOTIONAL FULFILLMENT together with my wife, and then I WONT NEED THE LUST! So there ya go: I think I just figured it out - I need emotional fulfillment with God. I guess that means I need to focus more during davening. OK.... here we go.

Day 1.

Please do give your 2 cents.

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Re: Become Holy's Journey

Posted by Sturggle - 23 Feb 2010 19:46

BH,

First of all, that was a powerful post, and inspiring.

In terms of all of us being allergic to lust and addiction levels,

maybe in this area there is such a natural taiveh, that chazal deemed it appropriate to make certain harchakos and therefore we may not stare at, walk behind, speak too much with, sit in between, or hear women sing. There are probably some more as well. Either way, some people may have this taiveh at different levels, but we can't really figure that out, so accepting chazal's rulings is the way to go. Especially when we see that we are being nichshal. Then, maybe we can take even more steps, but first let's be careful about all the prescribed medicine and see where that gets us.

Ok, enough of that banter.

I love the idea that you mention to connect emotionally with HKB"H. HUGE! ABSOLUTELY HUGE! AWESOME!!! I've been having a hard time with that as well, but I think of it a lot and when I don't, it's usually because I'm down about not feeling the connection.

Well, bhatzlacha raba!

And, you've been climbing uphill and are for sure still on track. Your 40 days have not left you with nothing. Don't let the y"h convince you of such narishkeit!

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Re: Become Holy's Journey

Posted by BecomeHoly - 23 Feb 2010 22:59

Another idea:

Next time I'm feeling antsy, I will RE-READ my whole thread. Reading my own words will probably be very helpful.

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