

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 Steve - 24 Feb 2010 07:54

Hey, BH, you gonna join Duvid Chaim's phone conference today? 12 noon EST. Be there or Be Square.

This is the best investment you could ever do with your lunch break. And if the hour's tough, DC has other eitzas, like hooking you up with an alum at a different time. But come to the first call today.

"see" you there!

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Re: Become Holy's Journey
Posted by imtrying25 - 24 Feb 2010 11:38

Fallen shmallen!! It happens. To the best of us. We need to learn from our mistakes, and go on. So just dust yourself off, pick your self up and keep on moving!! Thers no time to waste, you :D :D

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Re: Become Holy's Journey
Posted by BecomeHoly - 24 Feb 2010 15:39

Thanks Guys.

The problem is the beginning - I feel like I should "get it out of my system" before I go at it again. But instead of getting out of my system I'm feeding it more. In any case... I'm gonna join the DC call and see how it goes. The hour is pretty tough, plus the # is blocked by google voice, and the voipcheap thing does not work w/o a credit card as claimed, so I'm gonna see... ..maybe I'll need to become holy!
buy a skype account of unlimited calls for \$30 for a year.

Maybe I'll have someone call my Google voice, then conference over their phone to the DC # and thats it.

Even if I'm NOT an addict, I'm sure I will benefit a LOT from the call.

See ya then :-)

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Re: Become Holy's Journey
Posted by BecomeHoly - 04 Mar 2010 23:59

Life's Tough. Its meant to be that way. Stop hoping it won't be.

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Re: Become Holy's Journey
Posted by Sturggle - 10 Mar 2010 16:30

ok, fine, ill stop!

so, have you joined the calls?

if so, how's that going?

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Re: Become Holy's Journey
Posted by BecomeHoly - 11 Mar 2010 08:46

I have joined the calls :-)

As I've mentioned before, I'm addicted to comfort. Or Escape. My problem is not specifically lust. My problem is that I'm running away from life. I'm not even sure why. So I realized that the 12 steps aren't about treating your addiction to your vice. They're a life changing program that changes you for the better which releases you from the need to have a vice. Whether its lust, movies, procrastination (or for many others, alcohol, drugs or food), its irrelevant. This program will change my life. For the better. Nobody can say with certainty that I need therapy. But this is better than therapy.

Would I pass on an opportunity to double my income by taking a 13 week course? Of course not. This is even MORE important. For 13 weeks of my time, I will improve the rest of my life 100 fold. Even if I'm NOT an addict. And I can't even be sure about whether I am.

So I'm in. If God made me use lust, because he wanted me to improve my life by learning the 12 steps, so be it. The one who benefits the most is me :-)

Are you in?

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Re: Become Holy's Journey

Posted by BecomeHoly - 14 Apr 2010 14:25

I haven't been here fore a while.... really just concentrating on DCs group for now. Hope everyone is doing well :-)

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Re: Become Holy's Journey

Posted by DovInIsrael - 14 Apr 2010 14:33

be holy!!

hang on to every word Duvid Chaim says!

the program works!

its like a car-wash for a dirty neshama.

with brachas

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Re: Become Holy's Journey
Posted by BecomeHoly - 25 Apr 2010 15:04

HELooooooooooooooooo I'm still alive. yay! Ok. I think I will start checking in again daily. Something as simple as "hello... I just read the daily chizuk email." Ok bye.

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Re: Become Holy's Journey
Posted by BecomeHoly - 25 Apr 2010 15:17

Oh I heard something interesting from a smoker who quit. If you say "this is my last cigarette, then you'll say that for the rest of your life." If you say, "that" was was my last cigarrete (the one I had last week, last month, last year...) then you've got a fighting chance. Take it, picture it, imagine it, how "good" it was, and the moment will pass. You will be pretty dissapointed by your memory, and will have no interest in reliving that dissapointment by actually taking a new cigarette.

they say all begginings are hardest. When you fall, you are just creating a new beginning. You are saying " I WANT to go through another few days of withdrawal!" So the key is to remember = Just this one "last litte time" just this one slip - this is EQUIVALENT to saying - just another week of withdrawal symptoms (or 90 days... depends who u ask :-D)

kutgw!

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Re: Become Holy's Journey
Posted by BecomeHoly - 23 May 2010 07:07

I was reading a book by R' Tatz the other day. He put things very simply. Our growth in this world is very simply by passing the challenges that are given to us. At each moment, when we have to choose what we will do next, we are given a choice. We don't get to choose how much money we make, or how healthy we'll be, or in fact really anything. Except for one thing. We get to choose at the moment of our test will we do the good or the not good. And its like a muscle. The more we "exercise it" the stronger we'll get. That specific test will at a certain point no longer be a choice. It will be a habit. We will choose good, because we will have made it a habit. We will have different challenges instead - obviously "heavy" enough to still work out our choice making "muscle."

So in fact, when a person says, well what am I going to do, can I really never lust again... but I want to....." Well in fact, a non addict, that does lust again, well they can just do some teshuva, and hopefully things will be great. An addict however, doesn't just have a "set back" in their choice making muscle. They get a sharp kick to the muscle which puts it out of commission for a while. Thats really the only difference between an addict and a non addict. An addict has an ADDITIONAL incentive to avoid lusting. Because for them, it really puts a kink in their "exercising" regimen. God loves an addict so much that he gives him extra help to stay holy.

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Re: Become Holy's Journey
Posted by BecomeHoly - 24 May 2010 08:21

I was thinking....

An addict after some time feels that he is now "stronger." However this is totally the opposite of what is really going on. God lets us grow by giving us challenges. As we pass the challenges, the challenges, or the "weight of the dumbbell" gets heavier. Just because you are now stronger does not mean that you are still lifting a light weight. Ever see a professional weightlifter? They might be very strong, but they know that if they don't use proper technique and form with that 1000 lbs they're about to lift, they're going to injure themselves. Addicts must also realize that being stronger means their "weight" that they're lifting is going to be parallel to their strength. Therefore they must me *that much more careful* when they "lift" the weight.

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Re: Become Holy's Journey
Posted by DovInIsrael - 25 May 2010 16:56

just passing through - stopping by to say hi.

Hi.

D.II

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Re: Become Holy's Journey
Posted by BecomeHoly - 25 May 2010 17:09

hey :-) checking in too :-)

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