

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 BecomeHoly - 30 May 2010 19:54

been a rough day. Very tired. Nothing working right. Obstacle after obstacle in getting things done - just stupidity getting in my way. Now am exhausted and my back is hurting. Yay. Will now go try to excercise, shower, and finish my work. Let it be a kapara.

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Re: Become Holy's Journey

Posted by BecomeHoly - 01 Jun 2010 14:17

didn't make it through last time. Fell anyway :-/

But back up now, doing ok :-)

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Re: Become Holy's Journey

Posted by bardichev - 01 Jun 2010 14:30

BH

Falling is one thing nuu nuu

Staying down is another thing

That other thing is silly. Its atrick of the YH he says ur down anyhow. Don't listen to him

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Re: Become Holy's Journey

Posted by BecomeHoly - 01 Jun 2010 14:34

ya know... i reread my first post on this forum... I see i have changed a bit in my approach. I realize that falling is just that. I really put in an effort after a fall to just keep going as if nothing happened. Yes, the thoughts of "how could you daven w/ kavana you hypocrite... you know what you were doing a few hours ago??" do pop into my head. AND I PUSH THEM OUT TOGETHER WITH THE MENUVAL YETZER HARA THAT IS TRYING TO BREAK ME. Yes, I CAN daven w/ kavana, or do the most holiest things RIGHT AFTER I fall. You know why? Because thats what God wants. God prefers that to me digging a deeper hole. So I do it. And I realize, its progress, not perfection :-)

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Re: Become Holy's Journey

Posted by mekubal - 01 Jun 2010 16:23

I have to admit my Tefilah at what I thought was my "rock bottom" seemed to have more kavana than whatever I have now.

A certain lethargy rapidly takes hold that makes one prey to less kavanah and eventually the YH. Maybe the YH is declined in one area... but to hold on to that level of tefilah?

I suspect the therapeutic advantage to returning to this site even on the upswing is to remind oneself that the YH is nearby.

mekubal.

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Re: Become Holy's Journey

Posted by BecomeHoly - 02 Jun 2010 00:32

So Today was a rough day. had a long talk w/ dov. ok it was actually a great day. I just was annoyed that at certain points it felt rough. Solution: be more creative at understanding that GOD is running the show!!! ok i'm out !

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Re: Become Holy's Journey

Posted by BecomeHoly - 15 Jul 2010 07:14

hey guys... some of u have gotten updates through dc's chevra, some haven't ... in any case... lots goin on... but its looking up :-)

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Re: Become Holy's Journey
Posted by Steve - 15 Jul 2010 14:05

BH, BH, always BH.

Looking up is ALWAYS good. Just don't be under a tree with birds.

Next cruise leaves Monday, JULY 26. 2 Ships, one leaves port at 8:30am, testing the waters for sharks and klingons, and the the second one follows at high noon. Hope you haven't become a land lubber.

BYO Bayonets and Scabbards. we're gonna be cutting up that ol' Lust Urge and feedin' him to the seagulls, who'll carry him far, far away...).

C U on board?

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Re: Become Holy's Journey
Posted by BecomeHoly - 18 Jul 2010 14:04

Ok so today was a bit challenging. The past two nights, I went to sleep at a normal hour, and made reasonable precautions to not be woken up. Nevertheless, I was woken up both nights within 10 minutes of falling asleep, and then tossed and turned all night - not exactly great for my consciousness. Additionally my stomach was killing me, to the point that I feel now like my stomach had gone through a workout and it is now actually sore.

To say the least, I wasn't very happy getting up this morning.

I'm feeling a lot better now - I took some kids on a mini hike and we had a good time, but the fact is that this morning my davening sucked. Oh, and also, I've been coming late to davening because my stomach has been hurting so I couldn't daven....

But the thing is, I need to internalize 3 things: a) God loves you, and is doing the best for you. It might feel like he's out to get you, but he's not - thats your distorted thinking b). You can choose to be positive. Being happy is a choice - life will have its bumps and difficulties. You can either be cranky about it, or positive about it. Not being positive makes ONLY YOU lose out. Being angry at God will not make things better. (see (a)). c) If God "ruins" my plans of davening well or comign on time or whatever because he gives me a stomach ache... or whatever else - well its not my problem. That was God's choice. I did my best - I went to sleep on time, I woke up on time (or way too early) and I went to minyan. Being unable to concentrate is GOD's choice. Not mine. And if I've done my part, well his part is to decide what the outcome is. Being upset about his outcome is ridiculous.

In any case be"h things will always be for the best...

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Re: Become Holy's Journey

Posted by BecomeHoly - 19 Jul 2010 10:19

Ok... didn't get enough sleep last night. Went to a late shachris. Made some breakfast. Not much done yet this morning... My phone broke so now I'm fixing it. Hopefully will get a bit done b4 9av.

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Re: Become Holy's Journey

Posted by BecomeHoly - 20 Jul 2010 13:34

This menuval...He's sneaky he is.... I mean seriously.... I'm about to hit 2 weeks.... and b"h hakodosh baruch hu is on my side and he's been just squashing that nasty y"h. Yet, he isn't giving up. He knows that I'm not myself when I'm asleep. So he's been going into my dreams. and offering some VERY enticing treats. And b"h I kind of remember... "but I'm already at 2

weeks. How could I give in?" Yet I almost do give in!! This is VERY dangerous!

I need to practice now.... while I'm awake, to call on my superhero to help me. Because when I'm asleep I forget about my superhero. O God my one and only, please please help me remember to call on you even when I'm asleep!

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Re: Become Holy's Journey

Posted by BecomeHoly - 21 Jul 2010 07:56

Not much sleep last night.... but had a good davening w/ kavana. Now I just need to somehow focus for a few hours and get a project done that is way way overdue. HKBH please help!

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Re: Become Holy's Journey

Posted by BecomeHoly - 26 Jul 2010 09:32

Lesson learned: if by some hook or crook you fall, you need to reach out right away!!! even AFTER the fall, so you don't continue falling but get the help you need to get back into recovery mode. Otherwise, a few days of suffering ensue...

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Re: Become Holy's Journey

Posted by Sturggle - 26 Jul 2010 17:51

wow, def a good lesson!

well, we learn from our mistakes, hopefully.

do you have a sponsor?

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