

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.

=====

Re: Become Holy's Journey

Posted by BecomeHoly - 24 Dec 2009 23:08

So last night I failed a test. I was tired enough to sleep at a normal hour, but instead I watched a movie and went to sleep late.

then this morning, I woke up after 6 hour of sleep... relatively refreshed (better than other days) but I was still a bit tired. I decided I'm gonna miss zman tefila and try to get more sleep. Well I spent 4 more hours trying to do so. Now I'm even more tired, and I didn't really properly fall asleep during that time anyway. test 2 failed.

When god gives me an out... I should really take it :-/

=====

Re: Become Holy's Journey

Posted by imtrying25 - 24 Dec 2009 23:10

B AND H. Its ok we all slip and make mistake sometimes. No need to beat yourself up over it. Its part of the game called life.

=====

Re: Become Holy's Journey

Posted by BecomeHoly - 24 Dec 2009 23:17

Indeed... I was just reflecting on the fact that God put out his hand and I ignored taking it. TWICE! Just a reminder to myself that when I ask GOD - I let go, where were you.... God was there... I just wasn't paying attention. God is always good to me. I just need to look a little harder sometimes.

So I'm going to take this opportunity God. You've been good for me. If I was judging myself I'd be quite harsher than God is to me. GOD is literally handing me an opportunity to improve on a silver platter. With nearly zero consequences! I'd be a fool to let it go.

So I'm going to go do some chesed. Then Daven, then I'm gonna go GET SOME WORK DONE!

Thanks you God!

=====

Re: Become Holy's Journey

Posted by imtrying25 - 24 Dec 2009 23:18

Wow what a reaction B & H. If this is what comes out of it, then youv definitely passed the test.

=====

Re: Become Holy's Journey

Posted by BecomeHoly - 25 Dec 2009 22:02

Still struggling. B"H shabbos will be better :-)

=====

Re: Become Holy's Journey

Posted by imtrying25 - 26 Dec 2009 16:04

A Good Voch. B and H. Hpe your Shabbos was good. hatzlacha.

=====

Re: Become Holy's Journey

Posted by Momo - 27 Dec 2009 08:25

YOU ARE SOMEBODY SPECIAL!!!

=====

Re: Become Holy's Journey

Posted by Ano Nymous - 27 Dec 2009 09:13

Please READ and VOTE on this new poll I just created over here: rehab-my-site.com/guardureyes/forum/index.php?topic=1427.0

=====

Re: Become Holy's Journey

Posted by BecomeHoly - 28 Dec 2009 02:10

MOMO! Thank you! :-)

I've been busy.. (not necessarily productive... just busy... I'll be posting some thoughts soon :-)

Place holders:

A beautiful thing I read on shabbos.

Sex offenders in my community

shiur I went to.

=====

Re: Become Holy's Journey

Posted by sci1977 - 28 Dec 2009 04:09

Stay positive and keep up the good work!!!

=====

Re: Become Holy's Journey

Posted by habaletaheer - 28 Dec 2009 07:51

BUSY is better than not busy whether it's productive or not...

Keep up the busyness!

Haba

=====

Re: Become Holy's Journey

Posted by Kollel Guy - 28 Dec 2009 10:55

Go BH! Up with the business and down with the --- offenders!! :D

=====

Re: Become Holy's Journey

Posted by imtrying25 - 29 Dec 2009 23:13

Happy to see your keeping busy. In this strugggle its one of the most productive things to do.
But i cant say i dont miss you. :-\

=====

Re: Become Holy's Journey

Posted by Kollel Guy - 30 Dec 2009 07:45

Now I gotta rely on my imagination to know how your doing.

=====