

how I did it...

Posted by imeinanili - 27 Dec 2018 11:37

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I just made it to 90 - first time ever. Previously I never got even close (I think 14 days was my max).

It happened like this: I was pretty much as low a character as they come online. I had a bit of a following on the 'frum' sites and forums. I had a huge collection of private pics of frum girls that I had obtained in various not good ways (some tricking the girls, some figuring out private passwords) and was getting to be a big upskirt taker (I had a perfect technique and had a lot of stuff). Mostly sem girls and schoolgirls was my thing. Pretty sick.

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This past Sukkos something happened. The big 'joke' with all this is that I have a position that has a certain chashivus to it, and so people view me as that. And I always took that seriously, but there was a double life going on (literally like the ads for GYE). On the way to shul on Shemini Atzeres (this was after I'd deleted everything for Yom Kippur and then recovered it all a few days later) it struck me: 1. I love my family so so so much, but if they knew what low down things I was doing I do not think they would be able (even if they wanted) to return that love. 2. I've fallen so far from Hashem and He has given me so much, that I need to do this because I love Him - not because of fear of the consequence.

In other words, whereas previously my motivation had always been guilt and fear, I now decided

to work on it out of love: for my family, for Hashem.

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I deliberately did NOT delete the Gmail accounts right away. Instead, I set an auto-reply explaining my desire to do teshuva and saying that the accounts would be deleted shortly. Any material that had been shared on Google Drive I unshared. Also burning bridges - some people who emailed and got my autoreply were encouraging (actually most), some where so far gone that they tried to discourage me. Losers.

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B"H this has now been surprisingly easy. Not one fall since then. I had one wet dream but that was after I ate a lot of garlic and was sleeping on my back. Also - in the past I'd have used that as an excuse to be moreh heter (must be I need to get something out). This time I just cleaned up at 3am, went back to sleep, moved on. I've not had even the slightest desire to do any of this stuff. What's strange is that even some of the girls or women whose pics I had but I didn't know them, I have seen them about since then. And when I've seen them I've been able to see them as what they are: a sincere beis yaakov girl trying to serve Hashem, a loving mommy with young kids, a divorced lady who needs rachmonus. That's another angle I've been working on with this: kovod habrios.

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Re: how I did it...

Posted by clear - 27 Dec 2018 12:54

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GREAT!!!!!! MUCH to learn from you

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Re: how I did it...

Posted by imeinanili - 27 Dec 2018 16:50

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I thought I'd add about the positives since taking these steps:

1. I am much closer to my children and my family.
2. I am learning much more. Much much more.
3. I am more focused on things.
4. I no longer feel like a hypocrite when giving people hadrocha.
5. I have less anxiety. If my wife asks to borrow my phone I no longer have to stand right next to her to check she doesn't open photos - just in case I forgot to delete the videos I took. I can leave my computer open and not be paranoid. And also just generally I feel less anxious.
6. It's a cliché, but there is a real feeling of freedom.

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Re: how I did it...

Posted by Gevura Shebyesod - 27 Dec 2018 18:55

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????? ?????? ?????? ???!

Amazing!!

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Re: how I did it...

Posted by Hashem Help Me - 28 Dec 2018 02:45

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You are an incredible inspiration! May Hashem help you reestablish yourself and while you do that, b'ezras Hashem you will shlep up with you many dear neshamos! What a story!

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Re: how I did it...

Posted by imeinanili - 31 Dec 2018 03:14

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I just remembered something else that helped me at the beginning. B"H I was past that pretty quickly and had forgotten:

I never decided that I wasn't going to act out. What I did decide was that if I wanted to act out then I had to do certain things first. Including learning a bit, saying Shema, making a nice treat or surprise for my kids, writing a surprise note for my wife, There were other things too - I forgot. For me it worked. Can't guarantee it for others, but at the beginning I was saved by that a few times.

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Re: how I did it...

Posted by Dave M - 31 Dec 2018 13:05

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That's great. I really like the suggestions of writing a surprise note to your wife. I also find that when I invest in my shalom bayis, it's becomes easier to fight this nisayon. Congrats on making 90 days!

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Re: how I did it...

Posted by imeinanili - 29 Jan 2019 00:04

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Just want to say that I'm now up to 123 days b"h and can honestly say that I have no thad even the slightest temptation to look at anything bad. I've ha a two times where had keri at night (both times after eating a lot of garlic and right before mikey night pretty much - have to be careful with food). During the day I've seen a lot of things that would normally have been huge triggers for me but have each time just shrugged it off and been able to ignore. The idea of acting out on anything seems like a hundred steps away now b"h. Want this to be chizuk to others - I was really as low as they come in the picture trading and videos etc. world. You can do it too!!!

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Re: how I did it...

Posted by Trey60 - 29 Jan 2019 01:50

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It's cool that when we feel like it's not an option, most of the temptation goes away. I had this burning desire for a while, but now that I made a nice, custom fit TaPHSiC, majority of the taiva went away. Good luck to you, and e/o else.

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Re: how I did it...

Posted by sleepy - 26 Jul 2022 05:47

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[imeinanili wrote on 27 Dec 2018 11:37:](#)

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wow,what a post. how are you doing ?

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Re: how I did it...

Posted by future paltiel - 28 Jul 2022 16:46

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Wow! Just read your post.

That I Teshuva on another level I have never seen before. Just amazing!

I have no words, this is really impressive...

Hashem must be ooverjoyed from the day you started until now.

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Re: how I did it...

Posted by iLoveHashem247 - 18 Dec 2022 04:32

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WOW!

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Re: how I did it...

Posted by iLoveHashem247 - 18 Dec 2022 04:33

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[imeinanili wrote on 29 Jan 2019 00:04:](#)

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I never even knew such a world existed, that's pretty crazy.... did you reach out to your "custmers" so they do teshuva too?



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Re: how I did it...

Posted by jackthejew - 18 Dec 2022 08:13

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[iLoveHashem247 wrote on 18 Dec 2022 04:32:](#)

WOW!

+1000!

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Re: how I did it...

Posted by Human being - 18 Dec 2022 21:25

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[imeinanili wrote on 27 Dec 2018 11:37:](#)

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.....In other words, whereas previously my motivation had always been guilt and fear, I now decided to work on it out of love: for my family, for Hashem.....

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What an incredible post. The lowness of the action, the exaltedness of this person, such a beautiful and authentic post. Thank you!

If only others we would try loving our challenged parts and accepting them and not calling them "bad" maybe it would help us heal, when we are trying so long to win our struggle by ostracizing the parts of us that are struggling and its not working, maybe its time to start loving them and accepting them, SIMULER to what is written so beautifully here, .....*In other words, whereas previously my motivation had always been guilt and fear, I now decided to work on it out of love: for my family, for Hashem.....* He suggests focusing on love of hashem, your family, i would say out of love for yourself could be another great reason!

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