

Here goes nothing!

Posted by #makelifegreatagain - 19 Apr 2020 02:34

My first day clean in what I hope will be a long but successful journey!

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Re: Here goes nothing!

Posted by Hashem Help Me - 15 May 2020 05:20

Many chevra here report that the images surprisingly fade away relatively quickly. Part of us misses those scenes and tries to concentrate to visualize/fantasize them. It is usually pretty fuzzy. However being that these images were seared onto the memory banks and reviewed many times, the subconscious dredges them up when it is in control. Firstly, when one is sleeping. When that happens, even when accompanied by a wet dream, ignore it! You did not invite it - it is a residual effect that we all experience - but it eventually subsides. Even more disturbing is when the subconscious digs up such a memory while we space out during davening. Pretty demoralizing - but again - ignore it! Hashem will help you move on while you are doing all that is in your control to do to stay clean. Hatzlocha!

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Re: Here goes nothing!

Posted by lionking - 15 May 2020 05:41

HHM, Welcome back, you were missed here.

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Re: Here goes nothing!

Posted by DavidT - 15 May 2020 10:11

[#makelifegreatagain wrote on 15 May 2020 01:01:](#)

I'm now celebrating 19 days of being clean (Baruch Hashem!).

So I guess my question is, is there any way I can stop those images? Does anyone know a trick I can try?

The secret to success is to let Hashem do it for us, as the Pasuk says: ***"Hashem yilachem lachem, ve'atem tacharishun – Hashem will fight for you, and you shall be silent."*** To accomplish this, however, we need to learn to **completely trust** in Hashem. And those who learn this and give over the struggle to Hashem are amazed to find that Hashem actually removes the lust from them and keeps them "sober". This technique is nothing short of miraculous, but it has been documented thousands of times by the most hopeless cases of addiction in 12-Step groups around the world.

Ultimately, only Hashem can overcome the addiction for us. As Chazal say: *"If Hashem doesn't help him, he cannot overcome him"* (the Yetzer Hara). But, in order for Hashem to fight for us, we need to know that we can't do it alone, and we need to reconnect with Hashem in a very fundamental way and learn a complete dependency on Him; much as a one day old baby depends on its mother.

The Gemara says that *Chavakuk Hanavi* summed up all of the Torah in one statement, ***"Tzadik Be'emunoso Yich'ye – The Tzadik will live in his faith."*** Rashi explains that in earlier generations, people had the strength to concentrate on all 613 *mitzvos*; however, in the later generations we simply cannot. So *Chavakuk Hanavi* gave us the key: Concentrate on *Emunah* (Faith) and **Hashem will take care of everything else.**

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Re: Here goes nothing!
Posted by Hashem Help Me - 15 May 2020 16:57

[lionking wrote on 15 May 2020 05:41:](#)

HHM, Welcome back, you were missed here.

Thank you for the welcome! It's nice to know that I was missed. Corona threw me for a real

loop. BH everything is ok now. Besides being off the forum, I lost contact with so many great fellows from GYE. Well, that's obviously what Hashem wanted....

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Re: Here goes nothing!

Posted by AnsheiZusha - 15 May 2020 19:48

You are an inspiring warrior, and I believe in you 1000%.

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Re: Here goes nothing!

Posted by BHYY - 15 May 2020 20:46

Congrats on 19 days!

I'd say the images are normal, one of the most important things I've learned here is that the mind can't focus on 2 things at once. So if an image popped into your head do something else like logging on to GYE or calling a friend, even some good upbeat music if that's your thing. Personally, I like to get lost in a good book or someone's thread. Reading other people's struggles and successes helps counter the urge and distracts your brain.

As far as seeing new images, if Hashem blessed you with bad eyesight and you are in a triggering location (like a checkout line in the supermarket) you can always take your glasses off. I personally do this and it is a Bracha from Shomayim. Obviously you can't do that when driving or even walking... For that I rely on wise words from a Rebbe of mine: it isn't an aveira the first time you see something on the street, Hashem made that happen. The question is do you take a second look?

As for technology, TAG has some amazing filters and I cannot recommend them enough. If you want any advice on which ones feel free to drop me a line (bhyy@protonmail.com) I've pressure tested most of them...if you know what I mean.

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