

My 90 day Journey

Posted by AniMaamin - 17 Aug 2020 07:40

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Hello

Day 1

I am starting to post about my journey. I have been having a lot of difficulties staying clean ever since my filter was bypassed a few months ago. I think that motivation from other people in this forum will help me. I started acting out when I was 9 years old and have been unsuccessfully trying to stop since my bar mitzvah. I'm now 26. I've made some progress and my longest streak was approximately 100 days, and I've had a few streaks of 20, 40, and 60 days. I will keep you updated on my Journey and difficulties. Beezrat Hashem I will succeed, and I wish the same for all those struggling with this teavah.

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Re: My 90 day Journey

Posted by Guard1 - 21 Aug 2020 17:07

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Whether it's addiction or simply excessive lusting, it's a gift from a Hachem, because in order to win this fight we have no other choice than surrendering and jumping into His arms.

At the end this can make us much much closer to Hachem than someone for who it's not even a struggle.

In fact, this is not a struggle, a malediction, an addiction or anything, it's just a tool among others to get closer to Hachem.

For some people, getting close to Hachem requires has vechalom health or parnassa issues, for us, it's the lust feelings.

And I think it's actually the best way to reach true connection with Hachem, because there is nothing for which we need Hachem more than this fight. It's a cheat code for true devekus. Either you surrender to Hachem, either your life will be messed up.

Also, I am not sure if it's the fact of having watched these movies which triggered those especially strong lust feelings, or if those feelings were already there, sleeping, just waiting for something to eat.

I personally think that the amount of lust feelings of a given person would be the same with or without exposition to p. films. It's just that the ones we call "addicts" got used to act and react to these lust feelings.

If p. films didn't exist, those "addicts" would have the same struggles with lust, but they wouldn't have the opportunity to act on it. So they would be forced to renounce and surrender and to give up on lust.

But in our modern world, we have a very easy way to act on lust, and so we don't surrender, because we think we can satisfy our lust appetite.

So to sum up, an addict has the same lust feeling as a non-addict. It's just that the one we call addict got used to act on these feelings, whereas the non-addict gave up on satisfying these feelings because there were simply no option for him to satisfy them.

It's much easier to give up on eating chocolate, if there is no chocolate.

So the key for us all on this website is to realize that what we call chocolate actually doesn't exist. Our brain chemicals think it's 100% real chocolate, we have to explain to them that it's not, it's empty.

I am not sure if I'm right, and if it makes sense but it seems conceivable to me

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Re: My 90 day Journey

Posted by YeshivaGuy - 14 Dec 2020 17:32

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Hows it goin buddy? Share with us what your going through. We are all in this together. We care about you. You can get through this.

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