

Think Good

Posted by think good - 08 Mar 2009 14:38

Hi Everyone,.

This is a little difficult taking the first step and making a post.

Let me start with a short introduction.

Firstly, this is my 10th clean day. Actually not a big deal for me, as I have reached 10 days literally hundreds of times. Going from 11-20 is much much harder. I know if I can do 10 why not more? but

I have "lived" with this problem for over forty years! Many years before anyone had heard of the internet. I even stayed clean for over 7 months, but that was a long time ago when I was learning full time in Yeshivah.

Internet porn is very rarely my problem, I took out the internet at home, and my only connection is at work. It is very difficult to view porn at work when my large screen can be seen by anyone, (BH). However, if I happen to be in the office very late at night (which is rare), by yatza hara may well gain control.

My main problem is an tremendous attraction to women. As the Germon says "even a women's little finger can arouse...". From married women, young girls with long hair etc etc almost

Amazingly, I never did anything with a women, just bad thoughts and zera vbatola.

Of course I have had many ups and downs there are times when I see women with no effect,

and at other times be so hot I am an embarrassment to the Torah.

OK, I think that's enough for an introduction.

I will try in future posts (bn) to go into more details of my very long fight. I have some interesting tips and advice which may help others..

I will leave with a small tip. My forum name "Think Good" is very fundamental in winning the war. The Germor is Soter says a women does not commit adultery until "a spirit or folly enters her". The same is true of most avaras. If one is able to fill ones mind with good thoughts and prevent the "folly" from entering, one will never sin.

Doing this in actuality is very hard.

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Re: Think Good

Posted by think good - 27 Sep 2012 17:12

thanks for the advice

Good Shabbos

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Re: Think Good

Posted by think good - 30 Sep 2012 07:29

48 days

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Re: Think Good

Posted by think good - 09 Oct 2012 07:18

57 days

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Re: Think Good

Posted by think good - 10 Oct 2012 08:21

58 days

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Re: Think Good

Posted by alexeliezer - 10 Oct 2012 19:48

Rock on, bro!

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Re: Think Good

Posted by think good - 11 Oct 2012 08:09

59 days

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Re: Think Good

Posted by Blind Beggar - 12 Oct 2012 08:50

Constant vigilance! (Easier to achieve when you're 60 days from shmutz).

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Re: Think Good

Posted by think good - 14 Oct 2012 09:44

its now 62 days. Yes, definitely easier, but an addict is always an addict.

That first trigger can start the fall

a look

a second look

a lingering thought

Thinking about one's wife

fantasy dreaming about someone else's wife

fantasy thoughts about any female

fantasy thoughts about s*x

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Re: Think Good

Posted by Blind Beggar - 14 Oct 2012 09:47

I agree. Constant vigilance! I cannot lust like a gentleman and she is not my problem.

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Re: Think Good

Posted by think good - 18 Oct 2012 09:25

66 days

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Re: Think Good

Posted by jewish jew - 18 Oct 2012 19:10

WOW after forty years lusting you have already 66 days. I am a sex and girl luster from a very young age and I see I am not even half you age just by the fact that you have been in trouble for 40 years and I can't get past the 20 mark I have past the 10 but never the twenty. So your 66 is some feat

Keep up the great stuff JJ

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Re: Think Good

Posted by think good - 21 Oct 2012 08:17

69 days

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Re: Think Good

Posted by think good - 22 Oct 2012 08:01

70 days

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Re: Think Good

Posted by think good - 23 Oct 2012 09:08

71 days

I'm under a lot of personal pressure from family issues, which effects my moods, will try to find time to add some details later (bn)

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