

Think Good

Posted by think good - 08 Mar 2009 14:38

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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 - 28 Oct 2012 09:24

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76 days

Thanks Reb Dov, but at least for me the counting does help.

- 1) Accountability to all you guys
- 2) I don't have enough fear of heaven, but I am embarrassed to fall in front of all of you
- 3) Showing an example to all the new guys that we can stay clean

My issue was there are lots of members on the 90 day chart who are not sharing their struggles. If they did maybe it will help them and help and encourage others who may read these posts ,

but do not participate.

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Re: Think Good

Posted by Dov - 29 Oct 2012 02:56

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[Think wrote on 28 Oct 2012 09:24:](#)

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Agreed 100%!

But as for me, I hope you slowly and gradually let yourself think more and more in terms of the fact that your sobriety time is ultimately **private**, between you and your Best Eternal Friend. Reasons 1&2 are heiche-timtzas for the only real integrity and real life that there is: the relationship between us and our G-d. (see the 1st chelek of *Bilvavi Mishkan Evneh* for more in this idea, if you want).

As far as #3 goes, I agree, too, and that's why I share my sobriety date at my regular SA meetings when there are new people there that night.

And I want to share a frustrating thing about admitting struggles. You are so very right about your contention. People refrain from sharing the details of their struggles because of some seemingly good reasons, and some patently silly ones;

- 1- it's too embarrassing (yup!)
- 2- it is a chillul hashem (sheker)
- 3- it will weaken *others* who are struggling and need to see people have success here (so Hashem's gift is based on lying now?)
- 4- someone here might know me and read this and tell on me (huh?)
- 5- it might give hirhurim to others c"v (...then explain how *that* is anything *nearly* as triggering as

the two hours they just spent on line staring at naked people having sex? - just plain silly)

So. Please keep doing your part to share your good *and* your bad times...or we can all keep us this charade forever.

Sadly, when I admit here on GYE a struggle I have or had, there are always the few guys who email me something like, "Oy! I see that recovery really does not work, if you can still have a problem!" :o

Staying cool with you, buddy 8)

Dov

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Re: Think Good

Posted by think good - 30 Oct 2012 08:33

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Silly, isn't it? :  
78 days

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1- this is what tshuvah is all about admitting we did something wrong and then deciding on actions to first stop (Rambam). **embarrassing** Hashem already knows!

2- the chillul hashem is not opening up. If the only way you are going to stop is to open up then what are you waiting for? GYE is here to help **but you need to grasp the lifeline!!**

3- **No - No - No** The YH is tricking you, How many Tzdikem are there? Most of us are not meaning 99.999%. Males happen to be attracted to women, (at least most). That's what a Torah life is all about - improving yourself and rectifying what needs to be fixed. Looking at porn, women, hirhurim is just one part of the whole picture. **GYE, SA works** - it's probably the only way - Chassidus and musar are not enough for an addict!!!

4 - CV - Very unlikely, Do you want a cure or do you want to hide behind flimsy reasons

5 - hirhurim ?! Almost anything can turn on an addict! Excuses why you don't want to participate

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Re: Think Good

Posted by think good - 31 Oct 2012 08:07

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79 days

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Re: Think Good

Posted by think good - 04 Nov 2012 06:25

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83 days

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Re: Think Good

Posted by think good - 07 Nov 2012 09:21

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wow!! top of the chart 86 days

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Re: Think Good

Posted by think good - 08 Nov 2012 13:39

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87 days

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Re: Think Good

Posted by mr. emunah - 08 Nov 2012 16:38

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Shloshes ymay hagbala!

Keep it up!

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Re: Think Good

Posted by think good - 11 Nov 2012 15:32

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90days+!!!

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Re: Think Good

Posted by Machshovo Tova - 11 Nov 2012 15:35

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Mazel tov! As they say, when my brother makes a simcha, it's my simcha as well. Thanks for making my day, and keep up the momentum.

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Re: Think Good

Posted by Gevura Shebyesod - 11 Nov 2012 15:38

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Mazel Tov!!!!

KOMT!!!!

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Posted by Blind Beggar - 11 Nov 2012 16:47

You have just re-wired your brain and endocrine system to produce dopamine, oxytocin, and serotonin and thereby experience pleasure from normal pleasurable activities instead of from P&M.

Gevaldig!

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Posted by Dov - 13 Nov 2012 17:10

JTLR!!

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Re: Think Good

Posted by tehillimzugger - 13 Nov 2012 17:45

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[dov wrote on 13 Nov 2012 17:10:](#)

JTLR!!

Indexing...

ummm.... what does that mean Dov?

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