

Work in progress

Posted by Vehkam - 02 Jan 2022 18:43

---

Trying to post here on a somewhat regular basis so that I stay on course. I have to rewire my thinking patterns of over thirty years! I set the counter to the last date that I fell in masturbation. I have been able to stay away from other things for longer. I thank hashem for his kindness in helping me to this point.

this shabbos I was in Florida. Obviously there are a lot more nisyonos. I definitely was more successful than other times in not following my eyes and gazing with the help of GYE. (Not to say that I was successful in every instance- at some point my feet just took me in the wrong direction even though my mind was saying- STOP!)

One thing that helped me alot was a shiur I heard recently that describes the power of a tefila that one has immediately after he withstands a nisayon. When I feel a possible weakness to a temptation, I quickly resolve to turn away and then I immediately daven for something that is very important to me. Each small victory is another tefila. I don't want these nisyonos, but if they are coming anyway at least I have the opportunity to use them for something very meaningful.

=====  
=====

Re: Work in progress

Posted by Hashem Help Me - 03 Jan 2022 12:14

---

Posting regularly is very wise. It keeps us focused and connected with the chevra here. It also gives us the opportunity to inspire others. Hatzlocha.

=====  
=====

Re: Work in progress

Posted by Vehkam - 09 Jan 2022 14:30

---

Bh. It's 70 days since I committed to stay off of prngrafic websites. I feel truly blessed that hashem has made this relatively nisayon free and daven that it continues that way.

It takes a long time to rewire 30 years of the thinking but only a second to turn towards the right direction!

=====

=====

Re: Work in progress

Posted by Hashem Help Me - 09 Jan 2022 20:45

---

Keep it up tzaddik!

=====

=====

Re: Work in progress

Posted by Vehkam - 09 Jan 2022 23:16

---

Thank you. Each comment means a lot to me.

=====

=====

Re: Work in progress

Posted by omoH - 10 Jan 2022 03:26

---

One thing that helped me alot was a shiur I heard recently that describes the power of a tefila that one has immediately after he withstands a nisayon. When I feel a possible weakness to a temptation, I quickly resolve to turn away and then I immediately daven for something that is very important to me. Each small victory is another tefila. I don't want these nisyonos, but if they are coming anyway at least I have the opportunity to use them for something very meaningful.

sounds beautiful cannot wait to try it thank you for sharing

=====

=====

Re: Work in progress

Posted by Vehkam - 17 Jan 2022 22:10

---

Bh now at 78 days since I stopped looking at websites and worse. I am looking forward to

working with a therapist to build on this success. I am very thankful but also slightly confused because Bh I have not had any strong taivos. I know that this is a gift from Hashem. In the back of my mind I am worried about what will happen when I am tested... hopefully by then I will have some strong gedarim in place. Have any of you seen similar success in your initial battle? I am wondering if my age is a factor here...I feel like it's now or never for this fight.

=====

=====

Re: Work in progress

Posted by omoH - 18 Jan 2022 13:48

---

[Vehkam wrote on 17 Jan 2022 22:10:](#)

Bh now at 78 days since I stopped looking at websites and worse. I am looking forward to working with a therapist to build on this success. I am very thankful but also slightly confused because Bh I have not had any strong taivos. I know that this is a gift from Hashem. In the back of my mind I am worried about what will happen when I am tested... hopefully by then I will have some strong gedarim in place. Have any of you seen similar success in your initial battle? I am wondering if my age is a factor here...I feel like it's now or never for this fight.

no what your experiencing is so so normal IT IS EASY good for you! you are no longer a user check it out [easypeasymethod.org/easypeasy.pdf](https://easypeasymethod.org/easypeasy.pdf)

=====

=====

Re: Work in progress

Posted by Vehkam - 28 Jan 2022 04:40

---

Tomorrow is 90 days since I committed to clean up my life. Bh I have not watched or seen anything prngrphic. I have not fantasized and have tried hard to redirect my thoughts. If I have time I will buy myself an ice cream tomorrow!

=====

=====

Re: Work in progress

Posted by Hashem Help Me - 03 Feb 2022 22:55

---

You are a hero!

=====

Re: Work in progress

Posted by Vehkam - 03 Feb 2022 23:45

---

Wasn't sure where to post this question-

I ordered a copy of the book The Battle of the Generation . Do you think it's OK for me to leave it around when my adult sons and their friends are over for Shabbos. Most of them are not makpid at all on shmiras einayim. I bought it for myself, but I was thinking it might be a good conversation starter....

=====

Re: Work in progress

Posted by Hashem Help Me - 04 Feb 2022 12:26

---

Great idea if all the guys coming you can assume have been exposed. Obviously if a real temimusdik guy will be there you may be opening a Pandora's box - and yes there still are such guys around.

If the crowd is an exposed crowd you are doing a great thing - i assume many of them are looking for chizuk, help, advice, and simply were too embarassed or didn't know where to turn. You are being *mezakeh es ha'rabim!*

=====

Re: Work in progress

Posted by DavidT - 04 Feb 2022 14:53

---

[Vehkam wrote on 03 Feb 2022 23:45:](#)

Wasn't sure where to post this question-

I ordered a copy of the book The Battle of the Generation . Do you think it's OK for me to leave it around when my adult sons and their friends are over for Shabbos. Most of them are not makpid at all on shmiras einayim. I bought it for myself, but I was thinking it might be a good conversation starter....

The book The Battle of the Generation is written in a very careful & sensitive way. It does not mention any explicit terms and it's safe even for people that were not exposed. You will have a great mitzvah and zechus if other people start being more careful with shmiras einayim this is a classic case of *mezakeh es ha'rabim!*

=====  
=====

Re: Work in progress  
Posted by Vehkam - 04 Feb 2022 18:56

---

Thanks. I will definitely leave it around also just picked up a copy of a new Siddur by Rabbi Feigenbaum. I only read the introduction so far but it looks like it will be amazing for people who have a hard time connecting to davening.

=====  
=====

Re: Work in progress  
Posted by DavidT - 06 Feb 2022 16:59

---

[Vehkam wrote on 04 Feb 2022 18:56:](#)

Thanks. I will definitely leave it around also just picked up a copy of a new Siddur by Rabbi Feigenbaum. I only read the introduction so far but it looks like it will be amazing for people who have a hard time connecting to davening.

Following up...

How was Shabbos? Did you end up leaving the book around? Any reactions?

=====  
=====