

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 Vehkam - 22 Feb 2022 19:01

I realized that I have been posting on other people's threads but I have not updated my own. Bh I am celebrating 75 days totally clean today and 112 days since I went on to any forbidden sites. I consider this a gift straight from hashem and working very much on focusing on how much hashem loves me.

=====

Re: Work in progress

Posted by Vehkam - 22 Feb 2022 19:04

[DavidT wrote on 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!*

I showed the book to a few rebbeim who counsel bochurim. They had not seen it before and were very happy I showed it to them.

=====

Re: Work in progress

Posted by DavidT - 22 Feb 2022 19:20

[Vehkam wrote on 22 Feb 2022 19:04:](#)

[DavidT wrote on 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!*

I showed the book to a few rebbeim who counsel bochurim. They had not seen it before and were very happy I showed it to them.

Great to hear! You may also want to show the "Bochur to Bochur" booklet.

=====

Re: Work in progress

Posted by Vehkam - 22 Feb 2022 23:05

Thanks. I passed it along...

=====

Re: Work in progress

Posted by Vehkam - 28 Feb 2022 22:59

Tonight I make a siyum on four months clean of any porn or promiscuity. Something I haven't experienced since I was a child some 35 years ago. I am cautiously optimistic that I can finally put that life away for good. A true gift from hashem.

=====

Re: Work in progress

Posted by Bilaam Harasha to Yosef Hatzaddik - 01 Mar 2022 00:35

Wow that's really amazing to hear. Wishing you much hatzalacha on journey forward.

=====

Re: Work in progress

Posted by mc431 - 01 Mar 2022 04:33

Amazing! Looking forward to catching up to be you and sharing in that great feeling of breaking free. Keep posting. Reading your successes helps! Thank you! keep!

=====

Re: Work in progress

Posted by Vehkam - 01 Mar 2022 05:03

Thank you very much for your kind words. Looking forward to sharing in each other's successes.

=====

Re: Work in progress

Posted by Lou - 01 Mar 2022 06:48

[Vehkam wrote on 28 Feb 2022 22:59:](#)

Tonight I make a siyum on four months clean of any porn or promiscuity. Something I haven't experienced since I was a child some 35 years ago. I am cautiously optimistic that I can finally put that life away for good. A true gift from hashem.

That is amazing! Mazal tov!

I don't claim to know the details of your challenges, struggles or successes. I am very impressed by whatever I have seen from you on this site and I have gained from your words as well. I just feel the need to point out that from my limited experience, now is the time to really double down and take whatever you are doing very seriously. Many of us came here and at first it was almost like a dream world "I am actually clean! I am done with the old me etc". However, the yetzer hara gets us (me) at that point. Eventually, I let my guard down and one slip led to the next and now the YH told me that I wasn't a new person. I was just a guy that had a nice streak. And that has been very challenging to contend with many ups and downs since then.

My Bracha to you is that what I wrote here will be totally inapplicable and you will not have this issue! However, if you do be aware that it is normal and it doesn't chas vishalom mean you

aren't the new person you have become. Keep up the great work and keep inspiring us.

Hatzlocha!

=====

Re: Work in progress

Posted by Vehkam - 01 Mar 2022 12:22

I am very grateful for your insight and encouragement. All these connections that I am making are certainly helping. Bh I have some motivating factors at this point in my life but I know that I will always Be vulnerable if I'm not careful. Thank you for your kind words they are very meaningful to me.

=====

Re: Work in progress

Posted by taheerlibeinu - 01 Mar 2022 16:17

I am very inspired reading through your success.. BH you should continue to be matzliach. Also i very much like the idea of the Tefillah after a Nisayon.. its a nice kicker for pushing through the harder moments..

Wishing you much continued Hatzlacha!

=====

Re: Work in progress

Posted by Vehkam - 01 Mar 2022 16:39

Thank you bet much for the feedback it gives me a lot of chizuk.

Regarding the Tefila after the nisayon I find that this is extremely powerful in changing my mindset towards the nisyonos . Someone recently told me that the Meor Ainayim says somethings similar.

=====

Re: Work in progress

Posted by Shtarkandemotional - 01 Mar 2022 18:59

Very inspiring thread! Buddy your a hero! Keep on posting! It gives me chizuk!

=====

Re: Work in progress

Posted by Vehkam - 01 Mar 2022 19:27

Thank you for your kind words. I am far from a hero but I am proud of where I have gotten to.

=====