

My Journey L'chaim Tovim

Posted by Lchaim Tovim - 22 Jun 2022 20:57

---

This is my first post but I've been lurking for years. Years which I've shed many tears...tears of sadness...tears of shame...tears of fear...tears of anger. Anger at myself, my rabeim, women in the street and Hashem.

There were times that I felt hopeful and times that I felt hopeless. Surrounded by people yet so alone. Trapped in a prison that I had created with my biggest enemy my mind, as a cell mate.

I didn't understand why I was wired this way. Why I was the only one that a simple chol hamoed trip could be so disastrous. What was the use of everything I'm doing, of my trying to be a good Jew when I am such a bad person. If I'm chayiv misah bidei shomayim and can't do teshuvah, what is the purpose of my life.

I know, when I'm married and have "pas b'saloi" it will finally be easier. But it wasn't and what now. Not only is what I am doing affecting myself, but I have a wife and a couple of kids now as well.

Then I saw the ad "now when I shake the rabbi's hand, I no longer feel ashamed" (or something like that. Could it be? Are there other people out there that are like me??

I joined GYE and saw that not only was I not alone, but that some people had fallen lower than I had and had picked themselves up. All my life it had been drilled into me that the highest aspiration was to be a Talmud Chochom but now I saw tzadikim...real tzadikim, lamed vuvniks even. I learnt so much from so many people on the forums, that I decided to pick myself up and that I too could become a tzadik.

I was going through a terrible time financially and told Hashem, I can't make more of a hishtadlus for parnassah than I already am doing, please let this nisayon be the zechus I need. I was clean for 173 days, when previously, I had never made it past 3 days. I was convinced my life would change, I was starting over, becoming a new person, surely I was going to have Siyata Dishmaya. I started writing a book on shemiras einayim and the struggle but...

Not only did my financial situation not improve it got worse. I was so depressed in a place of complete Yiush that I fell after 173 days.

I was so angry at Hashem, Hashem I attempted the impossible, you know what a broken person I am inside. Why? Why? Why?

After that over the next few years there were more downs than ups. I felt that I had completely reverted back to my old self. Interestingly enough, my financial situation stated getting better. But I always had this tickling feeling in the back of my mind. What if I hadn't fallen after day 173, was that my Yosef Hatzadik moment and I failed???

I decided to try again, it's been about a year now of trying again, never making it past 2-3 days but now I'm at day 12.

Sorry for the long post but I will continue b'ezras Hashem with why I feel like it will be better this time around and why I decided to post.

=====

=====

Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 24 Jun 2022 15:48

---

Thank you Yissie, your right on target. I do tend to be a deep thinker, not only about this but in general as well. I guess I have to strike the right balance of learning from my mistakes, what I did wrong and How can I prevent this from happening again, and over analyzing to much.

I'm realizing that this struggle and emunah in general are very related and to a certain degree I have to surrender to let go and let G-d.

=====

=====

Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 30 Jun 2022 16:00

---

---

Today is going to be day 20 b'ezras Hashem. I can't remember the last time I was clean for 3 weeks. I will be celebrating with a schwarma for lunch and a swig of Woodford after shkia tonight.

When I first started this journey shortly after I got married several years ago, I deleted my browser and got a filter on my computer and phone (difficult, stopped watching non-animated movies (more difficult), cut out secular music (even more difficult) and gave up what's app (most difficult). This helped me tremendously and I made it to 173 days before I fell and have been falling ever since even with the measures still in place.

When I decided that I want need to try again, I took a good hard and honest look at myself and realized that I haven't been doing enough and had to make some changes.

=====

=====

Re: My Journey L'chaim Tovim  
Posted by Vehkam - 30 Jun 2022 16:14

---

I don't usually drink but I think I will take a swig in your honor as well!

=====

=====

Re: My Journey L'chaim Tovim  
Posted by Lchaim Tovim - 30 Jun 2022 16:20

---

Thank you. Maybe get yourself a schwarma as well.

=====

====

Re: My Journey L'chaim Tovim

Posted by Avrohom - 30 Jun 2022 17:24

---

[Lchaim Tovim wrote on 30 Jun 2022 16:00:](#)

Today is going to be day 20 b'ezras Hashem. I can't remember the last time I was clean for 3 weeks. I will be celebrating with a schwarma for lunch and a swig of Woodford after shkia tonight.

When I first started this journey shortly after I got married several years ago, I deleted my browser and got a filter on my computer and phone (difficult, stopped watching non-animated movies (more difficult), cut out secular music (even more difficult) and gave up what's app (most difficult). This helped me tremendously and I made it to 173 days before I fell and have been falling ever since even with the measures still in place.

When I decided that I want need to try again, I took a good hard and honest look at myself and realized that I haven't been doing enough and had to make some changes.

Mazel Tov on 20! Even bigger mazel tov on the positive attitude - sometimes that's harder to do than getting through the days. Keep up the great work!

And if you get clarity in what you feel you've changed this time that's helping - please share.

=====

====

Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 05 Jul 2022 15:37

---

I went boating with my wife for a few hours yesterday.

Knowing that I was entering the "lions den", I had been getting in touch with myself starting the night before reminding myself why I am doing this and psyching myself up so that I would be able to overcome the inevitable nisyonos that would be present. I also told myself that hopefully it would be a bit of teshuva for my past discretions.

BH I was 99.97% perfect and I just feel so happy that I was able to overcome. Looking back, I think I actually enjoyed this outing more than usual as I wasn't distracted and was able to really relax and experience the water and the time with my wife.

Before I went, I sprayed myself with sunscreen but unfortunately I missed one place and got a nasty sunburn. I've never been burnt there before and it's pretty painful. I got burnt on

**Warning: Spoiler!**

Karma?

Zul Zein A Kapara

=====  
=====

Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 07 Jul 2022 17:21

---

Yesterday, I went to the (Jewish) grocery to do my shopping for shabbos. In the past, this has been a major danger zone and I needed a battle plan.

I've experimented in the past with removing my glasses but I always have to put them back on to see what I am getting. I decided that I need something positive that I could focus my attention on. I put on my headphones, turned on some Carlebach and (in my head) danced through the store having a kumzitz-myself and G-d.

=====  
=====

Re: My Journey L'chaim Tovim

Posted by connected - 07 Jul 2022 19:45

---

[Lchaim Tovim wrote on 05 Jul 2022 15:37:](#)

Looking back, I think I actually enjoyed this outing more than usual as I wasn't distracted and

was able to really relax and experience the water and the time with my wife.

This is so true!

When we're in the swamp, we don't even realize that we're just not enjoying life; we're constantly preoccupied searching for a sight to devour...

Kudos to you for being mindful and preparing yourself.

=====

Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 11 Jul 2022 16:54

---

30 days BH BH BH!

Yesterday I went to the zoo with my family and knew there would be plenty to look at besides for the animals. Taking off my glasses and listening to something on my headphones was not an option.

I prepared myself mentally as best as I could and tried to be as focused as possible on giving my wife and kids a good time-being present and enjoying the outing with them.

I think the constant focus on my wife and kids helped me from focusing elsewhere despite the

fact that there was temptation all around. It also helped that I kept on saying to myself "today is going to be day 30. I don't remember the last time I had 30 days clean but it wasn't within the past year. Don't mess it up...Don't mess it up. Yes, I see something out of the corner of my eye...Yes I got a glance of something and want to look again...But 30 days...I can't go back on the forum and restart my count."

=====  
=====

Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 12 Jul 2022 16:36

---

It's strange and it's getting me nervous.

While I have taken much stronger steps than I've ever taken before (I intend to post more about that) to be successful in battling this addiction, It's never gone as easy for me in the past as it is going this time around.

?I guess I should be thankful, but I'm not...just worried...

=====  
=====

Re: My Journey L'chaim Tovim

Posted by Vehkam - 12 Jul 2022 19:22

---

My first four months I was waiting for the urge tsunami. Bh it never came and I stopped looking over my shoulder

=====  
=====

Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 12 Jul 2022 19:27

---

Amen Brother. I hope I'll be able to say the same.



In the past the "urge tsunami" (love the shprach) was overwhelming but it's possible I was also to focused on the urges versus riding the waves.

\*edit\* I just came across this line from Dov and this is what I meant when I said I was to focused on the urges. "So if somebody is seeing sex everywhere he sees a woman, perhaps the thing they need to do is stop thinking about tikun habris, tzniyus, shmiras einayim, and the yetzer hora all day long. Nothing causes obsessing about sex like - obsessing about not thinking about sex."

=====

Re: My Journey L'chaim Tovim

Posted by Lchaim Tovim - 12 Jul 2022 20:13

---

Been getting a lot of chizuk from Amber Heard recently.

I don't follow pop culture or watch most movies anymore but I did hear a good bit about her trial exposing what went on in their marriage..

I keep thinking about how the allure these folks had/have over me and my life is such a sham and that it's all one big facade behind the glitz and the glamour and the fake smiles.

?Gotta remember this in the fight and Never back Down.

=====

Re: My Journey L'chaim Tovim

Posted by connected - 12 Jul 2022 20:40

---

[Lchaim Tovim wrote on 11 Jul 2022 16:54:](#)

30 days BH BH BH!

Yesterday I went to the zoo with my family and knew there would be plenty to look at besides for the animals. Taking off my glasses and listening to something on my headphones was not an option.

I prepared myself mentally as best as I could and tried to be as focused as possible on giving my wife and kids a good time-being present and enjoying the outing with them.

I think the constant focus on my wife and kids helped me from focusing elsewhere despite the fact that there was temptation all around. It also helped that I kept on saying to myself "today is going to be day 30. I don't remember the last time I had 30 days clean but it wasn't within the past year. Don't mess it up...Don't mess it up. Yes, I see something out of the corner of my eye...Yes I got a glance of something and want to look again...But 30 days...I can't go back on the forum and restart my count."

This is so relatable! I was in a similar situation recently.

The feeling of triumph I experienced after completing the "obstacle course" (as I like to view these challenges) was far superior to any sights I could've enjoyed that day.

Keep Up The Great Work! (See? I learned how to spell that out.)

=====