

90 Days - Bring it on!

Posted by Gabe - 04 Jan 2010 02:18

Hi everyone,

This is my introductory post to the forum and beginning of my 90 day journey to sobriety and freedom from this terrible aveirah which has controlled me for far too long.

I first stumbled upon this site just two days ago. I was reading this (<http://www.vosizneias.com/45949/2009/12/31/new-york-the-roving-eye>) article on vosizneias about how a husband's porn addiction was tormenting his wife and happened to notice that someone mentioned this website in one of the comments at the bottom of the story. I googled it and have to say that I was amazed by the amount of content and tools available. I was further amazed by this fabulous community which is full of caring ovdei Hashem who support one another and are committed to overcoming their y"ch and becoming better people and Jews. It really is an inspiration.

I have personally been struggling with this for quite some time now. I love being on the internet but I regularly fall into the trap of reading erotica and visiting pornographic websites, which I'm ashamed to say has led to regular episodes of shichvas zera (1-2 times per week!). I know this has to stop. When I was in yeshiva in Israel I had far greater control over this addiction, and at my best was able to go for a stretch of half a year without mishap. I knew that when I eventually left for home it was going to be far more difficult to remain clean. I cried and prayed at the kotel that I should have the strength to overcome it. Unfortunately, I have failed time and time again and that's why I am here, ready to turn the tables.

I have downloaded both manuals and have already almost completed my first reading of the handbook. I have also signed up for the daily chizuk emails and just requested a license for the filter from the filter gabbai. I am a little afraid about how much the filter will block out because I don't want it to interfere too greatly with my internet use - just the bad stuff! I also feel some of the handbook is probably not for me because I'm no "sex addict". Apart from the odd handshake during interviews, I've remained shomer negiyah my entire life (I'm now 22) and have never had a sexual episode.

At the moment I'm not prepared to go to the opposite extreme. I love my movies and my music and I like working out in the gym, but I know that this addiction of masturbation and porn has to end.

Thank you all for reading this post and G-d bless. May we all benefit to succeed in our endeavours.

Yours,

Halevi.

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Re: 90 Days - Bring it on!
Posted by silentbattle - 12 Feb 2010 19:56

Hey, let us know what's happening - no matter what, we're here for you!

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Re: 90 Days - Bring it on!
Posted by Gabe - 13 Feb 2010 14:49

Hey, doing well, thanks guys.

Nothing much to report.

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Re: 90 Days - Bring it on!
Posted by silentbattle - 14 Feb 2010 00:40

Dude, nothing happening is a LOT to report!

Tell us all about this nothing! ;D let us celebrate!

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Re: 90 Days - Bring it on!

Posted by Gabe - 14 Feb 2010 11:20

Actually, today had its hard moments. I'm still doing really well but I think I've lost some of the drive I had when I first started. I suppose that's only natural but it's good to recognise and acknowledge where you are at.

Today I came to the realisation that lust in all its forms is unhealthy. The Torah tells us not to covet anything which is in our neighbour's house. When you think about it, that's what lust is all about! We desire things which we can never have. They become an attractive illusion which lies outside of our reach. It's ridiculous really, if you can't have something why punish yourself by becoming fixated on it in the first place?

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Re: 90 Days - Bring it on!

Posted by silentbattle - 14 Feb 2010 14:20

The excitement does fade away. And that's when we need to start building up our own excitement from deep within ourselves, looking back and realizing how nice it's been to be clean!

And I absolutely agree with you - it's *very* good to realize where we're at.

I agree that part of lust is what you're describing...but I'm not sure if that's all of it...

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Re: 90 Days - Bring it on!

Posted by humanbeing - 15 Feb 2010 00:12

Halevi,

A true descendent of Moshe Rabeinu.

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Re: 90 Days - Bring it on!

Posted by Gabe - 15 Feb 2010 00:56

[silentbattle wrote on 14 Feb 2010 14:20:](#)

The excitement does fade away. And that's when we need to start building up our own excitement from deep within ourselves, looking back and realizing how nice it's been to be clean!

And I absolutely agree with you - it's *very* good to realize where we're at.

I agree that part of lust is what you're describing...but I'm not sure if that's all of it...

Do go on...

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Re: 90 Days - Bring it on!

Posted by imtrying25 - 15 Feb 2010 12:22

Halevi, i couldnt be more maskim to what you wrote earlier. Oy, how i thank hashem for bringing me to this site. I learn so much from all the people on it.

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Re: 90 Days - Bring it on!
Posted by silentbattle - 15 Feb 2010 18:57

There is certainly the concept of "lusting" after things we can't have...but what about lusting after things that we CAN have?

Hmmm...on the other hand, if something isn't good for us, isn't healthy (on a physical, emotional, or spiritual level), maybe that falsl under the category of what we can't have...?

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Re: 90 Days - Bring it on!
Posted by OneLife - 16 Feb 2010 16:03

Dear Halevi.

you got to the half of your journey, didn't you??

i know that the first half is harder than the last

so now you must be in *simcha* :D :D just one more time 45 days... :D :D

mishenichnas adar marbim besimcha!!!! :D :D :D

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Re: 90 Days - Bring it on!

Posted by bardichev - 16 Feb 2010 17:53

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Re: 90 Days - Bring it on!

Posted by Gabe - 17 Feb 2010 00:02

WOOOOOOOOOOOOOOOOOOOOOOOOOOHOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO

Half way there.

90 days - bring it on!

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Re: 90 Days - Bring it on!

Posted by humanbeing - 17 Feb 2010 01:01

Mazal Tov!

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Re: 90 Days - Bring it on!

Posted by silentbattle - 17 Feb 2010 01:31

Alright! Keep on trucking!

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