

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 Gabe - 27 Mar 2010 13:39

Time to dust off some of the cobwebs this thread has been gathering.

Day 83 complete and knocking on the doorstep of 90 days...

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Re: 90 Days - Bring it on!
Posted by Gabe - 02 Apr 2010 06:11

Currently in the middle of my 90th day clean b"h!

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Re: 90 Days - Bring it on!
Posted by briut - 02 Apr 2010 21:32

MAZAL TOV!!!!!

Congratulations!

TERRIFIC!

Would it be too personal or voyeuristic or something to ask you... to share what's going on related to your hitting 90?

Is it easier or more difficult now than Day 1? Are any specific issues easier, or any relationships, or any deveikus, or ...?

It looks like you don't post much, so I'm guessing you won't have much interest in providing lots of details.

But, just wanted to let you know that your experiences are of interest (and hopefully assistance) to the rest of us.

Good Yomtov.

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Re: 90 Days - Bring it on!
Posted by cleareyes613@gmail.com - 02 Apr 2010 21:54

Mazel Tov!!

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Re: 90 Days - Bring it on!
Posted by Gabe - 04 Apr 2010 04:51

Thanks so much, guys! ;D

I'm in a bit of a rush now, Briut, but b"n after yom tov I will sit down and construct a lengthy reply... there's a lot of thoughts in my head and I need the time to think before I put them down on paper.

Have a great y"t, guys. All the best!

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Re: 90 Days - Bring it on!
Posted by silentbattle - 04 Apr 2010 15:06

Fantastic - looking forward to hearing from you!

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Re: 90 Days - Bring it on!
Posted by installed - 20 Jun 2010 03:50

Great thread! Answered so many of my questions (especially the "addict" part). You're at day 165. Keep up the good work and thanks for posting your chronicle.

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