

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"h 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 imtrying25 - 30 Jan 2010 22:18

Anybody home?? :-\

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Re: 90 Days - Bring it on!

Posted by Gabe - 30 Jan 2010 22:45

Hey guys (and gals if they read this),

I'm one month (28 days) clean as of this morning. That means I graduate to the next class and receive an "Eved Hashem" crown when I next update my chart status. Woot!

I was called up to the Torah yesterday at mincha time and really tried to channel the positive energy. I know I'm not alone when I say that there is a feeling of guilt/unworthiness when receiving a kavod after having acted out in a way which is not befitting such an honour but B"H that feeling was not present yesterday. I feel as if I'm finally losing that dual personality which I've created through years of private porn and mb abuse. That's a comforting thought.

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Re: 90 Days - Bring it on!

Posted by Gabe - 30 Jan 2010 22:46

[imtrying25 wrote on 30 Jan 2010 22:18:](#)

Anybody home?? :-\

Thanks for checking in on me, IT25. How are you travelling?

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Re: 90 Days - Bring it on!

Posted by imtrying25 - 30 Jan 2010 22:57

[Halevi wrote on 30 Jan 2010 22:45:](#)

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It most definitely is! Keep on truckin my holy brother! Your doing great!!

[imtrying25 wrote on 30 Jan 2010 22:18:](#)

Anybody home?? :-\

Thanks for checking in on me, IT25. How are you travelling?

Having some bumps here and there you know. But im going forward. And thats the nmost important. Although we may make itstops along the way, as long as were going forward eventually well get there. No?

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Re: 90 Days - Bring it on!

Posted by silentbattle - 31 Jan 2010 06:52

[Halevi wrote on 30 Jan 2010 22:45:](#)

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Absolutely. I think that part of that is also opening up (like here, on the forum), so it's not a secret anymore. When it's "our" secret, I feel like it becomes a bigger part of us, occupies more of our energy, etc.

I'm really happy to hear that you're doing great, and feeling even better!! ;D

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Re: 90 Days - Bring it on!

Posted by Gabe - 31 Jan 2010 07:58

Thanks guys. You're all awesome. Keep on drinking whatever it is bards prescribes and trucking along that highway.

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Re: 90 Days - Bring it on!

Posted by silentbattle - 31 Jan 2010 08:03

You're part of the "guys," too - so that makes you double-awesome!

Drinking and driving??? :o :o

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Re: 90 Days - Bring it on!

Posted by humanbeing - 02 Feb 2010 01:16

Not So Silent,

You are partners with that Silent Voice that booms out of Mount Sinai every day.

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Re: 90 Days - Bring it on!

Posted by silentbattle - 02 Feb 2010 07:16

hey, can't you see he's a ninja? Silent, and all? :D

Wow...I don't even know what to say! Especially coming from you, that's an incredible compliment...

Halevi, keep us posted, we're all excited to hear that you're doing well!

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Re: 90 Days - Bring it on!

Posted by imtrying25 - 02 Feb 2010 12:15

Aifo halevi??

And yes in bardstown kentucky it is legal to drink and drive!!

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Re: 90 Days - Bring it on!

Posted by Gabe - 02 Feb 2010 12:32

Hey mate,

Hope everyone is doing well.

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Re: 90 Days - Bring it on!

Posted by imtrying25 - 02 Feb 2010 12:54

:D :D :D ;D

;D ;D

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I guess , as they say, no news is good news. So keep up the no news halevi!!!!

Re: 90 Days - Bring it on!

Posted by OneLife - 02 Feb 2010 15:01

hi, halevi.

im greatful to tell you that you passed the hard period .

to my little experience the urge should be more and more weak as much as you continue to stay clean.

i wish you luck man. 8) 8)

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Re: 90 Days - Bring it on!

Posted by silentbattle - 02 Feb 2010 17:40

One of the reasons i like this forum, is that posting regularly forcves me to examine myself and FIND something to say.

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