

90 Days - Bring it on!

Posted by Gabe - 04 Jan 2010 02:18

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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 Gabe - 03 Feb 2010 07:11

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lol I love you, HB. I've got something to say this time though.

They've hired a new girl at work and she's attractive. She has one of those cute English accents too and of course she's wearing revealing clothing. This is not good.

Of course I try to look away and not engage her in conversation, but it's not the best of situations.

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Re: 90 Days - Bring it on!  
Posted by silentbattle - 03 Feb 2010 16:42

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Know the feeling, bro - but even talking it out here means that you're facing the issue. Be polite, professional, but not friendly.

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Re: 90 Days - Bring it on!

Posted by humanbeing - 03 Feb 2010 18:52

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I feel for you and your struggle....What it really it means, is that Hashem trusts you to overcome this new test...You will be successful in passing it.

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Re: 90 Days - Bring it on!

Posted by Gabe - 04 Feb 2010 02:59

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Thanks guys. Your support means a lot to me.

I'm not at work today as I only work p/t 3 days a week so B"H no problem today.

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Re: 90 Days - Bring it on!

Posted by sci1977 - 04 Feb 2010 03:00

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Keep on trucking!!

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Re: 90 Days - Bring it on!

Posted by OneLife - 04 Feb 2010 06:36

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halevi,

i struggle with the same problem in my work, you can see in my thread, the same words as you.

this is not easy test at all,

but you can do as me,

if you don't work on the same project as her, just try to ignore her existence.

nothing! even not a glimpse,

because of

her, and we must learn from that)

you can imagine the bodyguards pair silentbattle and me, stand next to you on your right and left guard your eyes and thoughts everytime you walk or draw near her , the imagination of us as your bodyguards will take your head down at the same time you smile to yourself. ;D

it could be very danger and could triggers you. (two months ago, i had a big fall  
Just think how happy we would be when you tell us your every little victory. 8)

trust you gever.

keep on tell us.

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Re: 90 Days - Bring it on!

Posted by Gabe - 04 Feb 2010 09:30

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Re: 90 Days - Bring it on!

Posted by silentbattle - 04 Feb 2010 18:57

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We're all here for you - keep on rocking!

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Re: 90 Days - Bring it on!

Posted by imtrying25 - 05 Feb 2010 10:17

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Halevi!!! How you be?? seems like your doing alright. Alrighty then just stoppin by to say Good shabbos!

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Re: 90 Days - Bring it on!

Posted by Steve - 05 Feb 2010 19:12

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Halevi, you holy warrior you,

You're gonna get there one day. You're gonna feel BLESSED INDIFFERENCE to the pretty ones around you. Just keep going the way you're going. And think 'bout joining DC's group Call in a couple of weeks. It can lead you to freedom from this lust-pull. Really.

Stay strong, my brother, stay strong...

Good Shabbos.

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Re: 90 Days - Bring it on!

Posted by Gabe - 06 Feb 2010 11:43

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Hey Steve, I already feel like I've changed tremendously and there's a lot more indifference than there used to be - but I can't afford to be complacent and it does pose a new challenge.

Hope everyone is having a good shabbos.

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Re: 90 Days - Bring it on!  
Posted by imtrying25 - 06 Feb 2010 21:03

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Re: 90 Days - Bring it on!  
Posted by Gabe - 06 Feb 2010 23:42

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[imtrying25 wrote on 06 Feb 2010 21:03:](#)

Good shabbos?? Isnt it a good week?!?

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Well, yeah, but my timezone is a little different to yours. At the time I posted I think it would have still been shabbos for you guys.

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Re: 90 Days - Bring it on!  
Posted by silentbattle - 07 Feb 2010 02:52

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Shabbos was good, looking forward to a great week!

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