

Just Starting

Posted by humanbeing - 04 Jan 2010 17:34

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Hello fellow brothers,

I can't begin to describe my feelings of love and gratitude to all you kind Yidden. Kal Yisrael Araivim etc. and now I can truly see I'm not alone...

A little about me - I'm 32 years old with 4 B"H beautiful children and a very wise wife whom I truly love and cherish.

I have been struggling with remaining clean since I'm 15/16 years old...I fall once or twice a week since then.

When I got married (8 years ago) I was able to control myself for quite some time. However, the pressures of Parnossoh and the pitfalls of the high speed internet. R"L... Due to technical difficulties (I marked 1/1/2009 instead of 1/1/2010 as my first day) mistakenly my wall of honor post shows a previous streak of 364. I am now clean for 4 days since the Goyishe New Year and I hope to make that 364 days clean (and beyond) a reality.

I hope to find a sponsor or at very least a partner to whom I can entrust my internet filter/Accountability software. I will need that person to spend time in the beginning to tweak the settings since I have to use the internet extensively as part of my job. Unfortunately, I spend many hours alone in my office...I pray that this accountability and sense of community will help me attain a daily victory over my Yetzer Horah and desires for many years.

I also hope to find a Phone Group that would work with my schedule...I'm in the West Coast

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Re: Just Starting

Posted by humanbeing - 05 Jan 2010 19:52

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Some News..

Just set up the K9 Filter...I hope it works for me being that I need to use the Internet extensively for Parnossoh.

Thanks to the Powers that be for setting me up with a Acoountibility partner....And thanks to all you great anonymous people out there who have given me hope where there was none.

Has anyone discussed the general addiction to the internet aside from the Lust addiction angle...i.e. wasting time on the web?

Perhaps it may be connected to my Lust addiction perhaps seperate...But I waste dangerous amount of time playing games watching movies, even reading movie scripts. It's only Day 5 for me Clean.

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Re: Just Starting

Posted by imtrying25 - 05 Jan 2010 20:14

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Keep up the great work. And there is alot on the forum about internet addiciton in it by itself but i dont know exactly where so i cant quote it for you. Sorry.

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Re: Just Starting

Posted by Steve - 05 Jan 2010 21:41

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Mazal Stove on day 5, man. Just keep taking it hour by hour, day by day. Each time you resist a bad urge, the stronger you become.

One eitz is to THINK POSITIVE. Don't harp on what you are missing out on by not giving in to your former enjoyment, the false pleasures. Think about what you are gaining!! I mentioned this

on someone's thread, that if we concentrate on what we CAN'T have, our YH makes us want it more. Better to focus on what we COULD HAVE, the good we accomplish. Remember the Tzitz, which the kohein gadol wore, a word that means "gaze," had those words on it. Wherever we turn, we can make a POSITIVE choice to keep our gazing Kodesh l'Hashem! When a "pritsy" walks by & you refuse to give a second look, think (even better, SAY out loud) "I am doing a positive act of keeping my gaze, my eyes and thoughts KODESH L'HASHEM." I am getting close to "my Tatte in Himmel" as a great man recently said.

Stay strong. You deserve it.

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Re: Just Starting

Posted by silentbattle - 05 Jan 2010 23:05

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Reb Human, welcome!

My advice to you, like Habib said - relax. Take a slow, deep breath.

90 days helps us break the habit, true. And 90 days clean is incredible by itself! But the important thing is that, one day at a time, you're growing. And even if you fall, chas v'shalom, you're going to get right back up!

I'm glad you're joining us!

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Re: Just Starting

Posted by humanbeing - 06 Jan 2010 01:12

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[silentbattle wrote on 05 Jan 2010 23:05:](#)

Reb Human, welcome!

My advice to you, like Habib said - relax. Take a slow, deep breath.

I'm glad you're joining us!

I'm trying to...I'm still very Tzumisht and really like CONTROL...Hashem IS THE ONLY ONE REALLY IN CONTROL AND HE WANTS ME TO SUCCEeD SO THEREFORE I'M GOING TO...Screaming even on paper helps me feel better...I look forward to posting a full 5 clean days tomorrow - Filter K9 is working fine i.e. It doesn't block the legit sites I visit.

Thanks for the deep Love and Encouragement...Steve I'm hoping to join Duvid Chaims group in Feb. when he starts again..I heard such great things from you about it...Let me know what i got to know...Is it every day...Is there a once or twice a week option?

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Re: Just Starting

Posted by Steve - 06 Jan 2010 01:59

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HB, good to hear your plans. check out the info avail on the main page of GYE, you'll find links about the calls and how they work. i think there's an info page also at the beginning of the Duvid Chaim's Calls listing on the forum main page - scroll down a little from Wall of Honor till you find it.

Hold your head up high, you're gonna be OK. Reading your posts is a chizuk for me, seeing how fast you are moving ahead toward cleanliness. man, I'm impressed!!!

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Re: Just Starting

Posted by silentbattle - 06 Jan 2010 02:01

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I know it's difficult - but you can relax. Trust me. it might take some time, but you can. And please remember that this is a safe place - as cliched as it sounds. We've all fallen (well, most of us, anyway), so you know that our encouragement and understanding is real. As well as our joy at your success!

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Re: Just Starting

Posted by NOYA - 06 Jan 2010 02:32

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Hey human,

Yeah, internet and THE SCREEN can definitely be an issue aside from the inappropriate sites. I used to play computer games for probably three to four hours daily just a few years ago, and I shiver when I think of how much time that adds up to, completely wasted. I definitely am not the king of time efficiency, but I'm a lot better than I used to be, and I try to make a conscious effort to have a plan and agenda for my time.

Anyway, I don't know your setup over there on the west coast regarding your work environment and whatnot, but yeah, it's probably a good idea to try to curtail other activities you don't need to do online because why waste your life with watching movies when you don't need them, or why waste your life surfing the internet being on sites you don't need to be on. I understand it's hard to change that if you're used to it (I was there, and I still watch one tv show a week online for half an hour) but you'll be glad you did.

Anyway, welcome to GYE! And thank you for posting on my thread and giving me chizuk. Right back atcha, human!

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Re: Just Starting

Posted by Gabe - 06 Jan 2010 03:02

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Hey humanbeing,

I, like you, am just starting out on the path of recovery. I'm here for you, brother. Keep up the solid work.

Together we will get through this.

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Re: Just Starting

Posted by Noorah BAmram - 06 Jan 2010 03:23

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Warmest Shalom Aliecem dearest sweetest Yid,

deepest prayers for success on our journey up the mountain of Hashem ?? ???? ??? ??? ???  
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fiery and burning love to a fellow warrior

Noorah from the House of Amram

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Re: Just Starting

Posted by humanbeing - 06 Jan 2010 05:54

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Thanks for of the posts from all of you holy people....Steve DC page has not been updated lately there is no current dates etc. on there....Also Can i work his Program if I just call in twice a week?...Just ordered the BB on AMzon...Used it's only \$1.35 + \$4 s&H

To fiery Warrior buddy - From the Maggid of Mezritch - Aish Tamid Tukad al Hamizbayach then the Lo is Sichbeh - I'm starting to get what alot of the more experienced ones are saying - You have to change one thing....EVrything..Work on yourself and your relationship with hashem and this new family - don't think about the addiction....Hamisavek im Menuval Misnavekl gam Kain.

Noya - With your holy love and encouragement we will change our whole lives for holier and more meaningful ones constantly.

halevi - Nice to hear from someone just starting out. Just entered all those specific Key words I used to use to find the Shmutz into K9 - It was abig shakeup for me to really face that this is me...No more hiding...i will unite that hiddden side and pull it into the light with hashem's blessing and all of you's Help and encouragement..Thank all Good Night...See you tomorrow for Day 6 B'ezH

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Re: Just Starting

Posted by habaletaher - 06 Jan 2010 06:34

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Dear Human being

Welcome to GYE, a place that WILL help you immeasurably on your road back to control!! Kudos to you for installing the K9 so fast, it took me a long time to relinquish that pseudo freedom to roam anywhere online I wanted...

And BTW, what with you getting 5 days down so quickly and getting that K9 up so quickly, I'm started to think you ain't no Human being, you sound more like a malach Ha-shem tzivaos!!!

Keep on Trukkin!

Haba

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Re: Just Starting

Posted by Steve - 06 Jan 2010 15:47

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HB,

U can find DC's email on the page, and drop him a line 'bout wanting to join & waiting for more info. He's planning on starting again in Feb sometime. BUt the page has answers to all your other questions. What worked for me was a phone card with a local access number, for less than 1.2 cents per minute nation wide. No one at home or work need ever know. No use of cell-phone minutes, cuz I'd use a land-line (even with unlimited minutes, if someone else sees the bill, they'll see the many minutes to that number and may question it.) Coincided with lunch time for me.

I also asked about what if I'd miss. In fact, I missed the FIRST DAY cuz my Mom was having surgery. Let me tell you that even tho DC would post a daily summary, it does not compare to the real thing. There are those who came late, and those who left early, each according to his needs each day. But hearing DC's voice and those of the others, once everyone is sharing their thoughts and struggles, but mostly their successes, is worth all the money in the world. I did not want to miss a single minute. It's only 11-13 weeks long, depends on the progress. Maybe you could arrange your schedule to start your day an hour earlier, so you could take off for a conference call for that hour without losing anything. I told associates I was on a Lunch & Learn Mussar Shiur, so they wouldn't call then.

I hope u can work it out. It WILL change your life, and You're worth it.

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Re: Just Starting

Posted by humanbeing - 06 Jan 2010 20:23

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Ok This is a log so...B"H Day 6 Clean and moving on with serving my Creator!



I just spoke with the Hotline Elya...I just needed to speak with a human voice...i will be joining his group tomorrow Be'H on the call....

Steve I still want to join CD Group...I like the idea at least at the beginning to start everyday (9Am PST) with a powerful hour of Introspection....Davvening after Davvening!

I wanted to to this...Stop my addiction 17 years ago...I've been wanting to do this for 17 years...Adaing dir main tayere Tatte in Himmel that I found so many of your kind children ready to help with such love, wisdom and devotion to a fellow Yid and to you Ribono Shel Olam...

Steve - Your description of your little one's calling you "When will you be coming home?" broke me as I can relate to that so very well...Enough!!! No more pain to those around me...Please keep giving me the Chizuk I would not be here day 6 without it.

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