

Starting my journey to 90 days

Posted by aryehtahor - 25 Jan 2010 21:36

I have officially begun my 90 day journey. It started on January 19th so I am now on day 6. 84 days until I make it to the Wall of Honor! Will update this thread with my experiences periodically.

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Re: Starting my journey to 90 days

Posted by Ineedhelp!! - 24 Feb 2010 05:13

Thats a great realization AT. However, this wont make the problem go away. We need to work on ourselves, not the issue of internet. There's something rooted deep inside us that needs to be fixed. Blocking th internet or even having GYE as your homepage will not break the habit.

Keep on keepin' on!

-Yiddle

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Re: Starting my journey to 90 days

Posted by silentbattle - 24 Feb 2010 20:10

I think AT realizes that - that's what he meant by the "big guns" - am i right?

However, I would agree with Yiddle, and recommend that you deal with the issues, and work on growing, *before* push comes to shove. Much easier that way.

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Re: Starting my journey to 90 days

Posted by briut - 24 Feb 2010 20:40

AT: We're at a similar count of days. It's my first time. Seems a little easier on the physical and willpower scales, and a little harder on the psychological and motivation scales. I've been sitting around most of the day reading old posts (my thread and others'), asking myself how I got into this place and where I'm hoping it might take me. Questions that are impossible even to fathom, much less answer. Still, my mind is racing: restlessly, irritably, even depressingly, toward looking for clues.

I don't know if any of this is getting your head to nod in agreement. Your situation may be very very different. But just sharing the idea that my body feels exhausted and the food feels tasteless and and... Well, it might bring you a little comfort or at least clarity. If so, PM for more. If not, I'll hope you know where the 'scroll down' key is.

I daven that things should continue to go well for you, in accordance with His plan.

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Re: Starting my journey to 90 days

Posted by imtrying25 - 24 Feb 2010 21:13

Hey Aryehtahor!! How are you doing?? Seems like your really getting places. Your attitude as is apparent in your last post, is really awesome.

And thanks briut for that post. It was nice to read. thanks.

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Re: Starting my journey to 90 days

Posted by aryehtahor - 24 Feb 2010 21:29

Actually, Yiddle and SB you bring up a good point. I'm wondering now if I really do have something inside me that needs fixing. Am I really an addict? The last 30-ish days have been suspiciously easy. No big struggles, or realizations. I just go to GYE whenever I'm at my computer and want to procrastinate or whatever, basically anytime I would have gotten sucked

into pornography. It's true, I felt a pull to pornography that would get me stuck on it for hours at a time. But it doesn't feel like there's something deeper going on with me, some underlying issue, or pathology, or if there is, I don't know what it is...

I hear everyone shouting "NO! YOU ARE AN ADDICT! THAT'S YOUR Y" H SPEAKING".

Wow, on second thoughts, you're right. What am I thinking? I used to be stuck on the computer for HOURS looking at dirty pictures without even enjoying it! I had relations with a prostitute! I fantasized frequently just for fun! I must be an addict!

But I still don't know the answer to my main question. Why have the last 30 days been so uneventful? Oh well, can't really complain!

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Re: Starting my journey to 90 days
Posted by imtrying25 - 24 Feb 2010 21:34

It may be because of your approach. your attitude. it can be because of many things. But we need to realize that we are addicts. Why, you may ask?? because if not, we start getting to cocky and we aren't so aware and we take things easy.....and before we know it we're right where we started. This is proven by many on this forum. There are many that have gone for long times, some 4 months some 7 months and some even more and fell. And they will all say it came from one thing. Starting to think that I'm over this and I don't need to be on the lookout like I used to.

So be happy you're having an easy time. But never forget....once an addict always an addict!

hatzlacha my friend and wishing you all the best.

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Re: Starting my journey to 90 days

Posted by aryehthor - 24 Feb 2010 21:48

Case study in the Y'H :

Last night I had an idle moment before going to bed. I thought I'd check out an apparently harmless website. The website advertised a song for download. I recognized the title of the song as a song that had been stuck in my head from involuntarily hearing it blasted from the house next-door. Downloading a single song is cheap, and I suddenly had a strong desire to hear it because, despite being completely inane and inappropriate and SUNG BY A WOMAN, it was catchy and I wanted it. Immediately. So I downloaded the song and listened to it, and now it's hard for me to stop listening to it (because it's catchy and I'm the sort of person who listens to songs over and over and over again).

And I realized something.

This song, which, again, is sung by a young woman and talks about very untznious topics as one would expect from trashy pop, it's pure audio pornography. It's filth in audio form. The only reason I want to listen to it is the same reason I need to look at girls walking down the street and the same reason I couldn't stop looking at pictures and movies and reading stories etc. etc. etc.

Lust.

Talk about the Y'H coming in through the back door!

UPDATE : I permanently deleted the song.

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Re: Starting my journey to 90 days
Posted by silentbattle - 25 Feb 2010 00:02

Nice! Good job!

Very insightful, as well - keep in mind that when we talk about issues that need to be worked on, that doesn't mean that you're crazy. It just means that you have issues - welcome to the real world, most people have issues. Appreciate the fact that you've realized that you need to work on yours!

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Re: Starting my journey to 90 days
Posted by briut - 25 Feb 2010 02:41

Regarding your song:

Amazing how much of popular culture has become plain old sexuality. Without a drop of further content. Gets worse every year.

Makes it difficult to distinguish compulsions from living in the world, in my opinion. Or, maybe there's another world hanging out somewhere.

You're doing a good thing in deleting the song permanently. Sh'koiach.

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Re: Starting my journey to 90 days
Posted by aryehtahor - 01 Mar 2010 20:21

ARG I'm struggling here...

I've become a mess. My sleep schedule is totally off, I feel dazed and confused, cut off from the world, undeserving of kindness from people or G-d. As I walked home from my class today I spoke to Hashem but I felt embarassed both that I felt I didn't deserve anything and that I wasn't

even being sincere. I just wanted to try to talk to Hashem anyway. Hashem has already given me so much, and I return the favor by being sloppy with brachas and sloppy with davening and gazing at women all the time. I feel very disconnected from Torah and my emunah feels gone. I don't know if it's caused by my environment or what. (Maybe when I finally graduate and go to Yeshiva things will be different?).

Also, this stupid song has been stuck in my head for days! I bought it, deleted it, and then last night I slipped and went on YouTube to watch the music video which was mostly a scantily clad girl prancing around and doing very immodest things. I'm not sure if that knocks me back to square one, because it wasn't actually pornography, but I guess it amounts to the same thing. And the song just won't leave my head!

Anyway, sorry for the rant. Any chizuk appreciated as always.

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Re: Starting my journey to 90 days
Posted by NOYA - 01 Mar 2010 21:11

Hey aryeh,

I read through your thread today and want to congratulate you for being such a warrior in the face of strong enemies. A wimp like me wouldn't last a day in secular college, which is your place of combat I assume, and it's just amazing how you're going on such a long streak despite that environment. And listen, pal, everyone has days where they feel "dazed and confused, cut off from the world, undeserving of kindness from people or G-d." That's where KOT comes in.

Sometimes people get in these moods, funks if you will. But that's all they are. Moods. Funks. When you're in these moods you can't see the end, everything looks hopeless. Just like the way I felt yesterday in the afternoon. I felt that I couldn't defeat the yetzer hara. But then I called a friend to pull me out of the swamp I fell into, and he helped me out. Keep on posting, and we'll help you get out of funks fast. But sometimes they can be persistent and you just need to truck it through.

As for the music issue, try replacing it with good stuff. Chopin is good. Rachmaninov too.

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Re: Starting my journey to 90 days
Posted by aryehtahor - 01 Mar 2010 22:17

Shkoyach NOYA. Good ideas, especially on the Chopin and Rachmaninov. They happen to also be favorites of mine.

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Re: Starting my journey to 90 days
Posted by silentbattle - 02 Mar 2010 05:15

Like NOYA says, we all have days when we feel like that - but you know what? Hashem is there for us anyway, especially when you've shown, time and time again, how much you want to be close to Him.

Our environment certainly effects us, but you can struggle through, and fight to feel things anyway. Don't wait till next year, build yourself a solid foundation now - and then next year, things will really explode!

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Re: Starting my journey to 90 days
Posted by aryehtahor - 03 Mar 2010 00:44

B'H my davening was better today. I feel humbled enough that I am ready to come back to the embrace of Hashem.

The Y'H however, is upping the ante. I feel a very strong desire to find porn right now. So I'm posting here instead...

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