

Chizzuk!

Posted by Emes - 18 May 2009 13:29

---

I thought I didn't need this anymore, but I'm wrong again. I hope I can add another honest story to the inspiring accounts of ordinary men struggling against an overwhelming enemy. I need the help and encouragement of my fellow warriors, battling in distant yet familiar battlefields around the world, and I hope I can add my strategies and weapons to the common fight, until we slaughter this enemy the same way he wants us destroyed.

MS

=====  
=====

Re: Chizzuk!

Posted by Emes - 01 Jun 2009 12:50

---

I should elaborate what happened. I was watching a movie when an inappropriate image came on screen (in the background) and I continued watching. The image went away after about 20 seconds. Obviously, I should have turned off/changed the channel, but after re-reading the rules I think this would be considered a 'slip' and not a 'fall'.

If you agree, guardureyes, please re-instate me to where I had reached.

I hope I will be able to avoid even such a 'slip' in the future.

=====  
=====

Re: Chizzuk!

Posted by the.guard - 01 Jun 2009 14:04

---

one of the symptoms of lust addiction is that no matter how hard we are working on ourselves, and no matter how long we have been clean, if we are faced head-on with lust, as you were on the TV, it will be almost impossible to stop ourselves from lusting. That is why we have to make so many fences for ourselves in the area of Shmiras Ainayim. Much more than normal people. If you are serious about beating this addiction, TV will have to go eventually. It is full to the brim of

lust triggers. Please read well Tool #2 on the GYE handbook...

=====  
=====

Re: Chizzuk!  
Posted by Ano Nymous - 01 Jun 2009 17:22

---

Emes, don't be so hard on yourself. It's good that you recognize that you were lusting and that ideally you should not be. However, it is my opinion that the voice telling you that you need to start counting over because you saw an image in a movie and didn't change the channel is your YH talking. Once you restart the count, the YH can tell you that you may as well give in "just once" because you are restarting your count anyhow. Think carefully when you have a sudden urge towards extreme piety. Are you really all that pious, or is there a sinister motivation behind it? The YH is very smart you know...

=====  
=====

Re: Chizzuk!  
Posted by Kedusha - 01 Jun 2009 19:55

---

Emes,

Keep strong - the Y"H's Modus operandi is to blow our aveiros out of proportion so that we'll give up. Notice, however, that before we do the aveira, the Y"H doesn't say anything to stop us. Only after we've done the aveira does he become "Frum," and starts magnifying it with an electron microscope.

Ano - my point above basically reiterates your post, which so much rings true. After my longest period of sobriety in recent times (18 months), I briefly looked at a woman in Walmart, then I could not resist taking a second (and maybe third) look. Of course, my behavior was inappropriate. However, I wish I would have had the basic vocabulary to differentiate between a "slip" and a "fall" - it would have been very helpful. As it was, this incident caused me to fall completely. Because I did not have an Internet filter at the time, there was nothing at all to even cushion my fall.

=====  
=====

Re: Chizzuk!  
Posted by the.guard - 01 Jun 2009 22:48

---

Like Ano and Kedusha said, you MUST listen at least to this [5 minute clip](#).

=====  
=====

Re: Chizzuk!  
Posted by Emes - 02 Jun 2009 15:04

---

I just watched this interview.

Absolutely terrifying!

I hope I never forget it.

=====  
=====

Re: Chizzuk!  
Posted by Kedusha - 02 Jun 2009 15:29

---

Dear Emes,

I clicked on the link, and was able to access the video. I watched it for a couple of minutes, and hope to see it when I have the chance.

Here's the problem: I have my Internet filter set to block Google Video. Indeed, if I try to access Google Video from Google's home page, I am unable to do so. Somehow, however, your link got me to Google Video - my filter was unable to stop it. I have fallen greatly in the past with Google Video, as you can imagine. Although my filter limits me to "Safesearch," I can still get into a great deal of trouble with Google Video.

I, therefore, need to ask you a favor, Emes. Please modify your message and remove the link. Put in this link instead: [www.guardureyes.com/GUE/Tips/SealofTruth.asp](http://www.guardureyes.com/GUE/Tips/SealofTruth.asp), which my filter is able to block (I can access that page, but it won't allow me to get to Google Video).

Thank you very much - I hope you do this as soon as possible **before** I stumble, Chas v'Shalom. If Emes does not see this message soon, perhaps R. Guard can make the change, or someone else with administrative privileges. TIME IS OF THE ESSENCE. I will delete the information from my browser's history, so I won't be able to get to it.

Thank you very much - Tizke L'Mitzvos!

=====  
=====

Re: Chizzuk!  
Posted by the.guard - 02 Jun 2009 15:44

---

DONE.

It's good you let us know about the test. This already puts some good "accountability" in place to prevent you from falling :-)

=====  
=====

Re: Chizzuk!  
Posted by Kedusha - 02 Jun 2009 15:54

---

Yes, indeed - thank you very much!

=====  
=====

Re: Chizzuk!  
Posted by Emes - 03 Jun 2009 06:40

---

---

Dear Kedusha,

I am mortified that I circumvented your filter. I wanted to share some yiras shamayim, not be poretz geder.

I am so sorry I was a michshol to you. Thank you to guard for rectifying the post.

I will have to think far more carefully about what I link to in the forum.

Emes

=====  
=====

Re: Chizzuk!  
Posted by Kedusha - 03 Jun 2009 13:59

---

Dear Emes,

It's all right, you had no way of knowing that it would be a problem. Indeed, I have no idea why your link circumvented my filter - after all, my filter does not allow me to access Google Video from the Google homepage, so why would your link be different? Anyway, Boruch Hashem, I stayed calm and was not Nichshol. I did not want to lose 15 (now 16) days of sobriety. I simply described the problem, went on an errand, and by the time I returned, R. Guard had already fixed it (as I know you would have as soon as you discovered the problem).

Kol Tuv - Chazak v'Ematz!

=====  
=====

Re: Chizzuk!

Posted by the.guard - 07 Jun 2009 10:47

---

I updated your chart, Emes, to 18 days (based on your last reply on June 2). Please send an e-mail to [wallofhonor@gmail.com](mailto:wallofhonor@gmail.com) each Friday / motzai Shabbos so we can update you easier...

Keep up the good work!

=====  
=====

Re: Chizzuk!

Posted by Emes - 09 Jun 2009 14:55

---

Shidduchim looked pretty exciting in theory. I imagined I had plenty to offer some fine young maidel - years in Yeshivah, a Bachelors degree, a gentle nature, and devastating good looks ;D. Apparently they also expect conversation.

=====  
=====

Re: Chizzuk!

Posted by Ano Nymous - 09 Jun 2009 21:14

---

HAHA Emes,

I feel the exact same way about shidduchim, even though I am single and am not going to be dating for a nice amount of time. I'm great on paper, but a batter who was 5/5 against a particular pitcher still may strike out against that pitcher the next time...

I guess the paper doesn't mean too much when you actually have to perform. I just realized that we can apply that to the addiction as well. Sometimes we are tempted to think that we will CERTAINLY fall because we have so many times in the past. Instead we should be like that pitcher. Even though the batter he is facing may be 5/5 or 10/10 against him in the past, he is still completely confident that he can strike him out. That's my baseball vort of the day. Hope you enjoyed :D

=====  
=====

Re: Chizzuk!

Posted by Emes - 12 Jun 2009 11:10

---

No, seriously, I wasn't able to hold an interesting conversation. Sure, I could discuss the morning's sugya, or that time I was m'kavein to the Maharsha (the high water mark of Yeshivah for me), but nothing to hold a girl's attention.

It was a measure of my emotional immaturity and lack of self-esteem that I couldn't find anything relating *to someone else* or even the rest of the world to talk about. I was shut off from and afraid of the world. It took months and a string of first dates to bring that home to me.

I remember going back to the shadchan who set me up with the one girl who had agreed to a second date, long after the event, and asking her if she remembered why the girl didn't want to see me any further. She politely told me she didn't remember that far back, and, smiling, couldn't herself think of anything that might have turned her off. But after running out of fingers counting first dates there was obviously something wrong. With **me**. Depressing, no?

In hindsight I was always depressed. A sort of low-grade depression stemming from that explains my behaviour and thinking all through school to the present. Withdrawn, quiet, introverted to the point of anti-social. Living in my head. It was safer than outside it.

This wasn't the trigger that threw me into full-scale, non-functioning depression. That came later. I needed something more... How about proposing to an emotionally troubled schoolgirl about ten years younger than me and then breaking it off? Would that work? It did.

=====  
=====