

Taking the Plunge

Posted by purenclean - 16 Mar 2010 21:20

I've been monitoring these forums for a while now, but I've never posted. 'Coincidentally', I can't seem to make it past day 15 on my path to cleanliness.

Accordingly, I've decided to start my own thread and join an accountability group. Hopefully, the additional chizuk/ peer pressure will provide me with the catalyst that I am so desperately searching for.

I am 35 years old and I have had a problem with masturbation and lusting most of my life. I am married with a wonderful wife and beautiful children who all look up to me and put me on such a high pedestal. It kills me when my wife criticizes herself saying that she doesn't measure up to me - if she only knew.

As with everyone here I've tried to quit millions of times. Every day of my life has either been spent encouraged that I am on a clean streak or regretting that my streak just ended.

My longest streak ever was 38 days (it ended 2 days after hoshana rabba). I even remember the image that triggered that fall. It was the most innocent image that I most people wouldn't even think twice about if it passed across their screen.

I know that we are not presented with a nisayon which we cannot overcome. I just hope I can overcome mine while I still have an opportunity to savour my life as a clean person who can be oved hashem b'kdusha u'btahara. I want to know what a shemonei esrai can feel like as a pure soul. I want to know what a blatt gemara feels like with an immaculate neshomo. I yearn to live life without this cloud hanging over me. I want to fall asleep at night knowing that I am not hiding anything from my devoted and loving wife.

I am sure that with your help I can achieve these goals.

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Re: Taking the Plunge

Posted by purenclean - 23 Mar 2010 14:05

An update:

It's been a difficult few days for me. I last fell on Friday. I have had a few slips since then but I have managed to maintain my balance.

We are going to my inlaws for Pesach. For some reason their house has always been a safe place for me. In my mind if I can just get through until the end of this week then I should be OK until the end of pesach (Bezras Hashem).

The problem is that I am extremely stressed out and I am very vulnerable right now. I am studying for a few exams which means I am looking for any excuse to procrastinate. Which obviously leads me down the path to falling.

With your help and encouragement I can hopefully make it through the next 4 days. I am trying to take it one day at a time and even split up the days in segments. At shacharis I daven that hashem should keep me free from falling, at mincha I daven for the period until maariv, and at maariv i daven for the period until shacharis. This has worked so far bt I have a really bad feeling that I'm going to trip up at some point before the end of the week.

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Re: Taking the Plunge

Posted by Yosef Hatzadik - 23 Mar 2010 15:40

[Chaim III wrote on 23 Mar 2010 14:05:](#)

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You are hereby being granted a free pass for one 'trip up' over the next week :-X. Be smart, don't use today, save it for tomorrow. Tomorrow you may find something more enticing and you . It is in the 'best' interest of your temptations not to waste the one pass

Nu, is today taken care of....??

(Do you think you can carry this pass past Passover?? ;D)

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Re: Taking the Plunge

Posted by silentbattle - 23 Mar 2010 22:29

Dunno - I'm not really into the "free pass" thing.

But one day at a time - or even one part of the day at a time...that always works! Right now, you're clean, and that's reason enough to celebrate!

Throw that bad feeling away - it's the yetzer hora, in so many ways - so you can say, "I saw that coming." More practically, though, the more you think about it happening, the more likely it is to happen. Just move forward, you can DO this!

Being stressed out is tough - but it's also a great opportunity! You can remind yourself that you don't need your old security blanket, your old drug. You can change your habits, and this is the perfect time to do it!

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