

It starts with one

Posted by oneday - 12 May 2010 15:39

Hi. I'm 14 years old and I'm determined to stop all this nonsense. If anyone has any tips feel free to let me know!

Edit:

I don't really have a story but what I do I'll say. In eighth grade my Rabbi talked to us about the prohibition of shichvat zerah, I already knew about it and had no inclination of ever doing it. I happen to go to a modern orthodox school and one of my friends said after that "ya right, like I'm going to stop". This truly bothered me, how can he be messing up his life and he is going to be killed and go to h*** I thought. I don't exactly know how much later, but some time after this my yetzer hara got me. I felt horrible after I did it. I literally cried out to Hashem that night and promised I would never do it again. About two weeks later I did it again and again and again and here I am now. When I lose a battle which b'ezras Hashem will not happen again I say to myself two things "He won a battle, but the war I shall win" and "The die I die, is the die I give up" this encourage me that I can't give up and must continue to my eventual goal of being free from this disease. I've also started learning on my own at night, usually every day, a perek in chumash. This gives me something to think about torah wise and is always a good thing.

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Re: It starts with one

Posted by oneday - 26 Sep 2010 03:51

[desperate teddybear wrote on 22 Sep 2010 03:16:](#)

oneday, you've got an awesome attitude.

i never thought of it quite like that- if i did it i know i can do it again-....thank you, by you being strong you've succeeded in being mechazek me.

Well I'm happy that I helped you!

I got back to day three again today (2 day yontiv, but hey all take it!) and I fell. :(I know that if I keep myself down it ain't going to help and I have to do well tomorrow on 'day 4' even if it is 'day 1' of being clean. the name of days don't matter! It is still the same day that I strive to be clean! Hopefully Hashem will help me be strong tomorrow!

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Re: It starts with one

Posted by oneday - 28 Sep 2010 06:15

These past couple of days have not been what I wanted, but I'm starting fresh and that is all that I got to worry about!

I was reading the other day about Texas Rangers Outfielder, Josh Hamilton. The rangers clinched a playoff spot and in tradition they celebrate with champaign. Hamilton, who used to be addicted to alcohol and the likes decided he was going to skip it all together to be clean. He STAYED AWAY and didn't give himself the possibility to slip. (Here's a link to the article sports.yahoo.com/mlb/blog/big_league_stew/post/Hamilton-avoids-temptation-skips-Rangers-champa?urn=mlb-272472).

I believe that what he did is key in order to be succesful... stay away from as much temptation as you can and Hashem will do the rest!

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Re: It starts with one

Posted by oneday - 03 Oct 2010 04:13

SOOOO close, but no cigar. I know I am so close to winning and finally living the life I want, but that means the y"h is makin' his last ditch effort! On simchas torah, I took a nap and bam all these thoughts that I usually don't have hit me in a dream. Luckily my subconsciouses knew it was wrong and I never acted out in my dream! If I can stay clean in a dream, I know that even with my falls in real life, my brain is trying and not giving in right away!

Since Shabbos ended tonight I had a real desire to fall. My y"h tried everything and I finally said enough after a slip and just wished it would go away. Hashem helped me and I was asked to go out for pizza! I though phew Hashem saved me. Unfortunately, I ended up falling, but I saw no p* and I delayed the fall and I am proud for that.

The sun will start shining soon and I can't wait!

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Re: It starts with one

Posted by oneday - 04 Oct 2010 02:35

Not quite there yet, but the sun is still just on the horizon I know it. Hashem is going to help me get there! My week this week should be very busy and b'ezras Hashem it will start with a clean day tomorrow!

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Re: It starts with one

Posted by oneday - 05 Oct 2010 03:30

I'll try again tomorrow for day 1! I think the right sites are now blocked. I won't be home until late tomorrow so hopefully it will be enough to push me through! If I can keep trying, I KNOW I will succeed sooner than later!

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Re: It starts with one

Posted by oneday - 06 Oct 2010 03:02

There we go! Day one is in the books! Busy=clean! I made sure I set up the fence today and Hashem did the rest. Day 2 here I come!

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Re: It starts with one

Posted by bardichev - 06 Oct 2010 05:32

Day one

Have another day one

Keep on trucking

Keep it up

Mimic ur own success

Do it again!!

Stay in the game

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Re: It starts with one

Posted by Yosef Hatzadik - 06 Oct 2010 16:50

Day One = A Day of One = A Day of The ONE = A Day of Hashem!!!!

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Re: It starts with one

Posted by oneday - 07 Oct 2010 03:33

Day was was not what I wanted, but I will go back out there tomorrow and fight for day one

again! I fell. I was still pretty good about it and didn't care. I fell again today and the y''h won me over for a few minutes by feeling depressed.

I am now in a good mood again and ready to go out and Win tomorrow's battles with Hashem's help.

Thanks for the support!

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Re: It starts with one

Posted by Holy Yid - 07 Oct 2010 05:43

Good going but maybe don't fight...

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Re: It starts with one

Posted by Dov - 07 Oct 2010 17:09

[oneday wrote on 08 Sep 2010 03:36:](#)

Thanks for the words Dov. I think that although from your perspective it might look bad to do the day thing it works unless I fall. It helps me hold back from that first fall, but after that it becomes free fall. There have been many times where I just wanted to do it, but this 'game' to get to 90 gave me that extra strength.

For now... I'm going to continue the 'game'. In a few weeks if I STILL am not making much progress I will come up with a new approach. Recently, I have been more successful and hopefully I can continue that!

Today, I had a very bad urge to fall. I felt loss and I couldn't take it and I loss today's battle. I managed to keep myself from repeating so I guess that is good.

I think the problem is, I don't have an emergency plan! I would appreciate if anyone had any ideas!

I want to wish everyone a Gmar Vchatima Tova and that everyone will be written for a good, successful, prosperous, and happy year!

Dear yid withe username "Oneday",

Above is your response to my first post to you, 2 pages ago. My point then was to suggest that "It starts with one..." is a nice idea, and I just said that I want to add these words to it: "...and it ends with one." Meaning: There really is only **one** day of recovery - ever. And that's 'today'. This is, I believe, why Teshuvah is one of the things sometimes code-named "*Atah*" - Today - in navi. It's not that it is to be *done* now, but that it *IS* only **now**. No way to do anything for *tomorrow*, or for yesterday. I can't go to the bathroom extra today so that I will not need to go tomorrow, can I? Same with recovery. There is nothing I can do to "prepare to be sober/clean/whatever tomorrow. Nothing. The only thing I will ever be able to do is be sober/clean today. So to me, the counting and 'adding up' is really silly. It can give a false impression that there is some sort of *buildup*, , like we are going to a 'destination' of recovery. Not so for me. I like what Rebbe Nachman said, "*yehudi hu tamid baderech - ein hu yachol lavo l'shum tachlit*". It's not about attaining a *milestone*. 90 days, a year, ten years...all arbitrary, really...the *next* day will **still** be *just another day*, no? Even my old goal of 'dying sober' is arbitrary. To Hashem we don't 'die', at all. It's a fake end. There is no end - that's why suicide is such a stupid solution for problems.... We are always gonna be here, and somehow, we always *were*. How *can* there be more than 'today', for us?

Hashem has no 'milestones', does He? It's an endless journey in an intimate relationship and adventure with none other than our Eternal Best Friend.

One day at a time is not a technique or a trick, as in 'just don't masturbate for one day, you can do it'. It's much more than that. Like pretty much everything else in the program, it has less to do with 'not acting out' and more to do with an attitude for living life. The only way for me to live is to take my focus off of lusting or not lusting, and onto living. And I completely depend on using the steps, to allow me to do that.

Can't remember how this all started....can you?

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Re: It starts with one

Posted by oneday - 08 Oct 2010 03:27

Well as I said I wanted to continue doing the counting way a month ago, but look where it has got me... not as far as I wanted. For now on I will try to limit my computer time and I will only post how the day went and maybe an occasional milestone day... In essence they, they are all still day #1!

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Re: It starts with one

Posted by Dov - 08 Oct 2010 04:32

, here is a question for you:

So, what is your plan, actually? Do you have any actual action-tools (things to do) that you didn't have for the past few years? If so, great. When they work, iy"H, share them with us. But if you are essentially trying basically the same thing and expecting a totally different result, then that's an entirely different matter.

I think we can agree that we are not talking about a mere habit here. We are talking about using a things like lust, porn, masturbation, and fantasy. These things engage a chunk of our brains that is (temporarily) wonderfully invigorating, and are powerful enough to create actual bodily sensations that cannot be wished away. For many guys, these things convince them that they are real men, and the center of the universe, at least for a little while. Hey...being a king for a few minutes is nice, no? So we get slapped around pretty good afterward...that inevitability rarely stopped any of us before, right?

What's more, being an addict who has been around that bush a few times myself, I believe that the innocent, well-meaning fellow who goes hunting for sobriety with the same stick-with-a-nail-in-it that he had before actually **wants** to get exactly what he got before: failure. After all, it is really hard for us to say goodbye to our friend, schmutz. And if anyone says "Ach! No, it's horrible!" then I ask him, "then why it has become so **habitual** for us?" Because it's evil? Who likes *evil*? No one I know. Oh, the YH made us do it? Well...I think that's a different religion, personally. I prefer *yiddishkeit*, myself - the religion that says we bear personal responsibility for our choices and yet can be completely forgiven by Hashem as long as we *give the self-*

destructive behavior up. And I believe that if a man or woman is an addict, they really have lost the ability to fight this and are doomed to descend forever lower - until it hurts so much that they cry out to the only Power that is left: Hashem - the very One they were always running away from! The only 'Ace in the hole'. All the sincere plans, takanos, kabalos, chizuk groups, and white-knuckling eventually just run out. Charotoh is certainly very nice and may be a mitzvah of some sort, but is *still basically useless* for people like me.

I never stopped because of moral regret. I stopped because of having to make a choice between losing everything valuable in my life or hanging on to that open-ended expense account I discovered I had access to: Lust. It served its purpose for a while, then it turned on me and I still wanted it (and sometimes still do) but fully accept that ***I can't afford it.***

I did it ***for me***, not for Hashem, not for my family, not for Klal Yisroel, nor for my Olam haba. I did it for me right here and now, when the cost just became too much. So I have no interest in any s'char for it - not from Hashem, nor from you or anybody else who might admire me for staying sober....I am sober for selfish reasons. It's enlightened self-interest, that's all. I refuse to be relegated to the trash heap. I refuse to roll over and be road-kill - but I truly cannot stop!! I need a miracle *to avoid the very first drink* - the only one that really gets me in trouble.

So... [oneday wrote on 08 Oct 2010 03:27:](#)

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...it all depends on what you *want* and what you *don't* want. There are *tools* for those who have discovered that they don't have what it takes to win. Like me. And that is where the recovery I know of *begins*.

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Re: It starts with one
Posted by oneday - 10 Oct 2010 03:13

[dov wrote on 08 Oct 2010 04:32:](#)

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If I may have your permission to be *just a bit more annoying* :

I take my laptop outside my room and sit in the family room or something where people are walking in and out of. By not being in my room really changes things.

I think we can agree that we are not talking about a mere habit here. We are talking about using things like lust, porn, masturbation, and fantasy. These things engage a chunk of our brains that is (temporarily) wonderfully invigorating, and are powerful enough to create actual bodily sensations that cannot be wished away. For many guys, these things convince them that they are real men, and the center of the universe, at least for a little while. Hey...being a king for a few minutes is nice, no? So we get slapped around pretty good afterward...that inevitability rarely stopped any of us before, right?

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between losing everything valuable in my life or hanging on to that open-ended expense account I discovered I had access to: Lust. It served its purpose for a while, then it turned on me and I still wanted it (and sometimes still do) but fully accept that ***I can't afford it.***

The other night I came to realize that I really need to make a decision. Continue on this downward spiral or stop NOW before anything terrible happens in this world to me. I thought of my future, my future family b'ezras Hashem. What would I do?? I came to senses at the time and it has been giving me some extra strength that I really don't have any other option, but to be clean!

I did it ***for me***, not for Hashem, not for my family, not for Klal Yisroel, nor for my Olam haba. I did it for me right here and now, when the cost just became too much. So I have no interest in any s'char for it - not from Hashem, nor from you or anybody else who might admire me for staying sober....I am sober for selfish reasons. It's enlightened self-interest, that's all. I refuse to be relegated to the trash heap. I refuse to roll over and be road-kill - but I truly cannot stop!! I need a miracle *to avoid the very first drink* - the only one that really gets me in trouble.

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Well right now counting or not I have been clean yesterday and today and I thank Hashem for that. By not going on my laptop in my room except my allotted time each day, it has been helping me!

My new way of computer time= 5 minutes more each day that I'm clean. Every fall= 10 minutes less. This way if God forbid I fall I will have incentive to make it a one time fall

and not repeat. These minutes count for my computer time if I'm alone, but doesn't include gye. Right now it is working and b'ezras Hashem I will keep to it this time!

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