

It starts with one

Posted by oneday - 12 May 2010 15:39

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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 - 12 Oct 2010 02:27

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Had a successful day today! Never really had the urge to fall! Hashem made it easy for me to get through today!

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Re: It starts with one

Posted by ZemirosShabbos - 12 Oct 2010 17:58

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beautiful! keep up the good work

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Re: It starts with one

Posted by oneday - 13 Oct 2010 02:49

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Another clean day!

Unlike yesterday where I virtually didn't have any desire to fall, today I did. When this thought came, I looked away from everything and thought for a second. Yesterday, Hashem made it easy for me just so I can get back on the right path. Today, Hashem is ready to start testing me again so I can make tikkunim and show how I have changed as a person. I also thought that it isn't my job to win, but to realize I am starting to slip and ask Hashem to do the rest which he did! Also the one day thing came in about focusing on today only.

I'm finally putting everything together!

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Re: It starts with one

Posted by ToAdd - 13 Oct 2010 09:57

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Well done on those victories.

Can I suggest something?

When you sit in front of the computer, ask yourself "If I wasn't addicted to lust, what would I be doing, how would I behave right now".

Maybe think of someone that you believe does not have lust issues and ask yourself "If I was Chuck Norris, what would I be doing right now".

This may help change the mental image your brain is preparing for you and change it to a stronger, more positive one.

Please let me know how it goes.

ToAdd

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Re: It starts with one  
Posted by oneday - 14 Oct 2010 03:51

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[ToAdd wrote on 13 Oct 2010 09:57:](#)

Well done on those victories.

Can I suggest something?

When you sit infront of the computer, ask yourself "If I wasn't addicted to lust, what would I be doing, how would I behave right now".

Maybe think of someone that you believe does not have lust issues and ask yourself "If I was Chuck Norris, what would I be doing right now".

This may help change the mental image your brain is preparing for you and change it to a stronger, more positive one.

Please let me know how it goes.

ToAdd

I have  
thought many times about what my life is now and what it could be. I realize once I become  
clean my life becomes clean and I can begin to enjoy it more and more!

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Re: It starts with one

Posted by oneday - 14 Oct 2010 03:54

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Today I fell once, but I picked myself right back up!

I believe the reason I fell today was because I let one of my fences down, by not following my time limit if alone.

After I fell I felt down, but quickly (5 minutes) I picked myself up and I'm ready to go again!

I realized how far I have come and these falls are becoming more spaced out and I am really 'winning' this battle. This was just a little pothole on my journey. No worries!

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Re: It starts with one

Posted by ToAdd - 14 Oct 2010 09:06

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Hi,

What I am trying to say is that our mental image of ourselves is very powerful.

We can change the way we behave if we change our mental image of our self.

Lust's biggest battlefield is our imagination – let's conquer that territory from him.

If I constantly look at myself as someone who battles with lust, then I will be someone that constantly battles with lust.

If I look at myself as someone who does not lust, and have an image in my mind of how such a person behaves, then I can act and be like that person.

You're probably too young to drive, but perhaps you ride a bicycle? If you are trying to avoid an obstacle, the worst thing you can do is focus on that obstacle – you will hit it. Rather, focus on a path around the obstacle and your mind will automatically steer your body and the bike in that direction.

So basically, trying to fight the wrong behaviour creates an image in our mind of that behaviour and we tend to follow that path.

If we picture who we want to be, we have a positive image we can follow. That way, we don't actually fight the y"ח, we just avoid him all together.

Lust isn't a problem we can solve, it's something that we should avoid by doing something else, but we need something else to do.

At every minute of every day, we decide how we behave. We are always doing something.

Lust makes very strong images in our imagination and we follow those images. If we can replace those images with something better, then we will behave in a better way.

What I'm proposing is that we take control of our life. Who is in control of this body / bicycle / car / truck? Me or my yetzer hora?

Where am I going? Do I have a map, do I have an image of who I want to be at the end of this journey I call "today"?

The yetzer hora has a plan, he has an image, fresh in memory of what he wants – It's a picture of me, lying in bed, regretting what I just did, and a whole map of how to get there.

Right now, I am imagining myself lying in bed tonight, happy that I won. There is no lust addict in that picture, it's the perfect me.

Every web site I open, I am going to ask myself: "Is this the path to the perfect me, or is this the path to regret? – If I were a tzadik, would I visit this site?"

I don't actually have to be perfect or a tzadik, but if I visualise how such a person behaves, then I can copy that behaviour and follow in his footsteps.

I hope this clarifies what I was getting at.

ToAdd

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Re: It starts with one  
Posted by Dov - 14 Oct 2010 16:57

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Sweet!

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Re: It starts with one  
Posted by oneday - 15 Oct 2010 02:34

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It definitely did help that post! Thanks for the time explaining further! I hope to use this strategy and the more strategies I use the easier it should be!

Today I fell twice by the same thing which I fell by yesterday also. I'm going to block it on k9 when I get the password and hopefully this will be the last post of saying a loss! Then again, my focus is now at the current moment which I am clean and I have to be happy that I am not depressed and ready to continue on with my life as a 'normal' person and forget about this whole situation that I am in.

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Re: It starts with one  
Posted by oneday - 18 Oct 2010 02:55

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I fell. I thought I had a site blocked, but apparently not. Oh well, tomorrow is a new day and a perfect day to start!

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Re: It starts with one  
Posted by ToAdd - 18 Oct 2010 06:13

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Hi,

I've pulled a few statements from some of your latest posts:

I think I have to try to keep myself busy and I should be good to go.

Well maybe my mindset of thinking these last two days were 'gimme days' and I wouldn't fall didn't really help.

The next two days I won't internet where I would have a chance to fall!

And the following post:

I'm back now and just had a good clean two days.

I have been falling through the means of facebook again

**Day four done!** Day FIVE!! here we come! Although I have been clean these past few days, I have been really busy and have not had as much time on my hands. I think that that is the reason by **limiting free and computer time** and **Hashem has been helping me** through these days!

I won't be home until late tomorrow so hopefully it will be enough to push me through!

And the following post:

There we go! Day one is in the books! **Busy=clean!**

I now have blocked the search engine which has allowed me to find ways through the filter.

I fell. I thought I had a site blocked, but apparently not.

There's a pattern there:

Rely on filter to block sites for you = fall

Facebook = fall

Stay away from computer = clean

Keep busy = clean.

In this world, effort = reward.

I hope I got this right: poseach es yadecha umasbiah I chol chai ratzon.

Possibly the most important line in all of psalms. It means that Hashem helps you fulfill your will.

If it's your will to fall, he will help you, If it's your will to stay clean, he will help you.



Repeating an action makes it part of your will. Thats why we have a chart.

The more times YOU say no to doing the wrong thing, the more it becomes part of your will, the more Hashem helps you.

I think you need to go cold turkey for a couple of days. Stay 100% away from the internet until the urge has subsided. I know it's not easy, but reward comes with effort.

The Ramchal said that to uproot a negative trait, a person must avoid that behaviour entirely for a period of time.

Do you really want to quit?

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Re: It starts with one

Posted by oneday - 19 Oct 2010 03:20

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Wow thanks for pulling that together!

Today I was busy and yup I was clean!

Tomorrow I should have even less time, so things are looking good again!

Plus in a month or so, I will be in Israel for about two weeks so that will be nice!

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Re: It starts with one

Posted by oneday - 20 Oct 2010 03:24

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I was really busy again today and stayed clean again!

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Re: It starts with one

Posted by oneday - 22 Oct 2010 03:04

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Been a rough day (fell twice)... I need to keep myself busy!

Have a good Shabbos!

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