

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 - 15 Jul 2011 03:33

[shteighecher wrote on 14 Jul 2011 19:43:](#)

Great.

Keep on trucking. One day at a time and one desire at a time.

With the help of Hashem I hope to do just so!

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Re: It starts with one

Posted by oneday - 24 Aug 2011 03:44

I hope all is well with everyone. After being clean for 13 days I slipped a little and it seemed like I was back at square one. I reminded myself that I am improving even if I can't "see it" necessarily. Well I'm proud to say I've just been living again and not really focusing on this anymore. I am around people more often and overall just happier. Boruch Hashem I have been clean 5 days now and hopefully with the help of Hashem I can continue as I can't do it myself... I tried and failed miserably!

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Re: It starts with one

Posted by Maccabee - 14 Sep 2011 05:17

Where are you??

Hope all is well!!

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Re: It starts with one

Posted by Dov - 14 Sep 2011 22:37

He *better* be doing OK, cuz we miss him here.

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