

My progress for all to see

Posted by kosher_vision - 29 Jun 2009 14:13

I am new to the site, and my story is as follows (in brief).

Growing up, I was lead to believe that masturbation was a normal thing. From age 13 i started doing this, not so regularly, and gradually starting associating this with lustfull images, introduced by some of my friends, and then unfortunately from exposure to TV and the internet. During university this became worse, until a point where I couldn't seem to stop. It was a kind of escape, and I have become aware in the last year, that one of the main reasons why I act out is due to stress.

I was always brought up traditional, and I became fully religious around 6 years ago, and so my behaviour became a huge problem. I became very depressed every time I did slip, because I knew this was an aveirah. Due to my familly situation, which i wont go into all the details, I actually had to go through an Orthodox conversion a few years ago to make my Jewish status fully halachic. I was a sincere convert, and I live a full shomer mitzvot lifestyle, in which I place a great deal of importance on torah learning. I was so determined to break away from this behaviour, that I managed to be completely sober for 6 months at the time of my conversion. Unfortunately I did slip, and failed considerably for some time, having good periods and bad periods, but I really wanted to keep to a sin free path. I have come to the realisation that this does not invalidate the sincerity of my conversion, because even the greatest Tzadikim have sinned, but it motivates me even more to become fully sober.

I thought that marriage would put an end to this problem, but after just a few months, I slipped again. My wife is aware of my problems, and is trying to support me. I managed to stay sober for 36 days before last slipping. I have now blocked the worst sites I used using our router, that only my wife has the password for. I also have Covenant Eyes installed, so that my wife can keep me accountable. I snapped a DVD in two the other day and wiped my PC clean of all innappropriate files. I have now reached 5 clean days, and I would like this count to keep increasing.

With Hashem's help, I can protect myself from these temptations. I will use this board to report back on my successes. I promise to be honest.

All I can say is, I wish this site had existed a few years ago. I had a similar idea, but am glad someone else has set this for all to benefit from. May your site be blessed to help bring

kedushah into the lives of all those who seek your help.

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Re: My progress for all to see

Posted by kosher_vision - 28 Jul 2009 11:12

I can't believe I have let you all down. I just couldn't stop after my YH took over me.

I had a lot of Chizuk the other week when I learnt that 22 Tamuz was the date of the site's creation - it is also my father Yahrzeit, and I took a lot of inspiration from that. If it wasn't for my late father, I may not have become frum.

Now I feel like I have let him down as well.
I am afraid I slipped today - after 34 clean days

I really want to get to 90 days - all that time seems so difficult to make up.

I got around the filter, so will add some more URLs to the blocking list to stop this happening again.

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Re: My progress for all to see

Posted by Momo - 28 Jul 2009 12:14

Dearest Kosher Eyes,

You haven't let anyone down! 34 days is amazing. Think of how many times during those 34

days you said "no" to the Yetzer Hara! Remember, just because you slipped, that doesn't erase your clean days!

The only way to let us down, and yourself, is if you give up. A true fighter picks himself up after falling and tries again (think boxing). Chazal writes that a tzadik falls and rises at least 7 times, right?

If you see where you slipped and learn from it to help you from slipping in the future (as you indicated in your last post), you are using the fall as a means to kedusha. I think that's the meaning of the Chazal that if we do Teshuva meAhava, our sins turn into merits, because our sins led us to do merits!

Keep up the good work, and keep writing!

Your friend,

Momo

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Re: My progress for all to see

Posted by kosher_vision - 24 Aug 2009 15:52

Hello everyone,

Well, B'H since my last slip I have managed to stay clean - my current streak is 27 days.

I went away with my wife for a couple of weeks, and I felt so great being away from computers and away from the internet. It really took away most temptation from me. Being relaxed also helped, along with having something to do every day.

During Elul I want to make a strong resolve to maintain my clean streak and try to guard my eyes, especially when travelling to and from work.

My wife has told me the reason I find it hard to stay away from temptation is because it has become my way to 'relax' - can anyone suggest methods of relaxation that work for you that I might be able to adopt when I become tense?

I am so glad that so far I have not slipped again but I found it difficult yesterday when we went out for the day and there were so many non tzniusly dressed women in the hot weather. I have to try to keep my mind off of these thoughts and focus on this month of Elul.

Many thanks for everyone's support - may we pray for our continued success and to bring help to all those who seek it!

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Re: My progress for all to see

Posted by Someone - 24 Aug 2009 16:16

Wow - 27 days is amazing! Sometimes, when I have the time and feel very tense, a good, fast, killer-run is all I need. The milder version in the form of jogging or anything like that will surely help as well.

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Re: My progress for all to see

Posted by the.guard - 24 Aug 2009 17:32

My wife has told me the reason I find it hard to stay away from temptation is because it has become my way to 'relax' - can anyone suggest methods of relaxation that work for you that I might be able to adopt when I become tense?

You might find some good ideas in Chizuk e-mail #478 on [this page](#), and in the links there...

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Re: My progress for all to see

Posted by Tomim2B - 26 Aug 2009 05:57

From what you write, it seems that your wife is supportive of you in facing this struggle. Your lucky for that! What she says about your battle being as difficult as it is, because it has become your outlet of relaxation is very right. The release that a person gets from the fall is very much related to the numbing and relaxing effect that is produced by some of the hardest drugs. In overcoming this addiction, trading this outlet for a healthy outlet by which to release your tension is key. For one method, have you tried exercise?

You're progress is fascinating! What a way to greet the month of Elul!

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Re: My progress for all to see

Posted by kosher_vision - 16 Sep 2009 14:23

Thank you so much everyone for all your Chizuk and help.

B'H, I have just reached 50 days. I am so glad that I haven't had a slip. Things got 'tempting' the other day, and I keep getting improper thoughts, which is a warning sign for me. I hope I can be strong enough to ignore them. I think that now I have achieved 50 days without slipping, I need to start focussing on guarding my eyes more. What I mean is even when walking around at lunch time near my office, travelling on the tube and going out for the day, I need to avoid 'second looks'. This I sometimes find challenging, but I know deep down that if I don't avoid this, then it may lead me on to worse, c'v.

Re: My progress for all to see

Posted by Efshar Letaken - 16 Sep 2009 17:29

RATM,

I was sure you were going to say that you don't do it because your not a flake.

But if its because your "Afraid!?" now that's Flaky!

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Re: My progress for all to see

Posted by Rage AT Machine - 16 Sep 2009 17:42

ok, droogs, many of you have wondered whether i am warming up to you flakes; maybe da maybe nyet, or so you think...allow me to be clear:

RATM has no tolerance for flakism. Any person calling for an act of flakiness in the name of RATM is hereby promptly excommunicated. It is the civic duty of every GYE member to unconditionally condemn any act of flaketry perpetrated in the name of RATM. Any statement or post that has ties to flakists in any way, shape, or form, is hereby universally condemned by RATM in the strongest terms.

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Re: My progress for all to see

Posted by kosher_vision - 16 Sep 2009 17:46

Please feel free to call me ignorant, but what is flakism?!! It doesn't sound like something I normally associate with so sorry for sounding flaky!!

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Re: My progress for all to see

Posted by bardichev - 16 Sep 2009 17:50

OR ELSE THE WAFFLE SHAPE OF THE DR MARTENS WILL BE SMOOOSHED IN YOUR
FACE

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Re: My progress for all to see

Posted by Rage AT Machine - 16 Sep 2009 17:53

Flakism has been defined in the past as the calculated use of yiddish words in an english sentence, crying to tatte (or the threat of crying to tatte) or writing 3 page poems about your feelings in order to attain goals that are related to the defeat of this addiction. The term, of course, is more fluid than that and goes on to include any visual appearance of softness or mushiness; incorrectly compared in the past to mashed potatoes; more accurately associated with rotting fruit. Am I clear?

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