

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 Rage AT Machine - 16 Sep 2009 18:27

no cure, huh? i heard there exists a good 12 step program that helps you cope with it, though.
the first step is to go 90 days without acting out any flakiness.

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Re: My progress for all to see

Posted by letakain - 16 Sep 2009 18:30

[Rage AT Machine wrote on 16 Sep 2009 18:27:](#)

no cure, huh? i heard there exists a good 12 step program that helps you cope with it, though.
the first step is to go 90 days without acting out any flakiness.

oh, well, no hope for me!

8)

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Re: My progress for all to see

Posted by bardichev - 16 Sep 2009 18:34

RATATATATAMMM

OK YOU NEED TO DEFINE FLAKINESS

ITS BECOMING

A VERY OVERUSED

TERM

BE SO KIND

CAN YOU DEFINE IT IN YOUR UN-IMITITABLE STYLE

THANKS

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Re: My progress for all to see

Posted by Rage AT Machine - 16 Sep 2009 18:36

no, letakain, you can do this! daven to your tatte in shomayim; riboynoy shel oylim, oh tatte, oh tatte, i am powerless over my flakiness; cry to your tatte, let the tears flow, then a poem:

how my flakiness makes me sad

how my flakiness makes me mad

i wish i wasnt flaky

i like soda and cakey

keep it up and you can do 90, i promise...

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Re: My progress for all to see

Posted by Rage AT Machine - 16 Sep 2009 18:38

bards,

i defined it on page 2...

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Re: My progress for all to see

Posted by letakain - 16 Sep 2009 18:40

hey! i'm just glad i wasn't excommunicated!!

soda and cakey! LOL! ;D

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Re: My progress for all to see

Posted by bardichev - 16 Sep 2009 18:46

RATATATATAM

I MUST TAKE A PARNOSSAH BREAK

SEE YOU ALL LATER

LAETAKAIN GO BUY A BIG RIMON IN POMEGRANATE =WE USED TO CALL IT CHINESE
APPLE (MILGROME YIDDDISH)

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Re: My progress for all to see
Posted by kosher_vision - 16 Sep 2009 20:52

I think this discussion of flakiness should come to an end. This is not helpful for this forum topic.
If you want to continue talking about flakiness, please start a new topic in the forum. Otherwise,
please stick to the topic of 'my progress' and chizuk etc.

I hope I am not really excommunicated!

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Re: My progress for all to see
Posted by Me3 - 16 Sep 2009 20:59

You're right.

How are you progressing in your flakiness?

Do you need any Chizuk?

Sorry. Couldn't resist

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Re: My progress for all to see
Posted by Rage AT Machine - 16 Sep 2009 21:06

kosher eyes: congrats on 50...that is truly amazing...whats even more inspiring is that this is your second go round...you havent posted a whole lot so why dont you tell us what has helped you, i would love to hear...

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Re: My progress for all to see

Posted by kosher_vision - 17 Sep 2009 15:23

Thanks for the support.

Well, I think a few things have helped me this time round. Before my last fall, I had added a load of sites to my router blocking page, which only my wife has the password to. This included things like you tube. When my y'h last took the better of me, I managed to find things which got around the filter. I have since blocked those also.

This means that if I have another computer without a filter, it still wont be able to access anything. I also have Covenant Eyes installed on every machine. I am still waiting for them to produce an Apple version of the filter though.

My wife also block internet access on my phone when she is nidah, as this is when I struggle the most. If I need to use it at other times (when we are out and need to look something up) she unblocks it temporarily for me.

After my last slip I binned a few DVDs which were really bad for me. That was a very positive action which gave me a lot of strength and determination to continue this current streak. I feel that my depression from the previous slip really helped me to realise that I had to get back up and try again. Thank G-d, I am still doing ok.

We went away on holiday for a couple of weeks when I had no computer, and no stress. This was amazing, and I found it much easier to stay clean.

Recently, i have been very busy with work and other things (including learning). When I am very tired and have a full day, I am less likely to be tempted.

I am also trying to not look around too much when on public transport. i still find this hard and am working on it.

The filter on the router is a great thing for me, because I know I can't get around it.

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Re: My progress for all to see
Posted by Me3 - 17 Sep 2009 15:58

Great Kosher eyes! Happy to hear that you are doing well.

I think what is important in beating this thing is not surfing because you are controlling yourself, as opposed to not surfing because there is a filter blocking you. Because no filter is fool proof, and it is impossible to never again access an unfiltered computer. Also if you are controlling yourself you will resist "seeing if you can beat the filter" or "testing just how good the filter is" etc and all other clever tricks the YH has up his sleeve.

K'siva V'Chasima Tova.

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Re: My progress for all to see
Posted by the.guard - 17 Sep 2009 17:53

Kosher_eyes, you are learning to make the fences stronger and better all the time! This is tremendous progress! (of course, the ultimate goal is to realize it's poison and not want it anymore, but that take a long time to reach - if EVER). So keep up the great work!

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Re: My progress for all to see

Posted by kosher_vision - 21 Sep 2009 16:02

Shana Tovah!

Thanks for the chizuk. I feel recently that when I have been surfing that I have been in control, and not tried to break the filter. I do feel myself struggling a little though, and recently the worst has been day dreaming and wantings, rather than using the computer. I am finding it harder to control my eyes in the street, but still have some success as well.

I have not m*****d for such a long time now, and yet I felt like I needed/wanted to. I have managed to resist now for over 50 days. Excuse me for providing too much info, but I woke up one morning this week and realised I had a nocturnal emission, something which has not happened to me for a long time. I know in the Kitzur Shulchan Aruch, it says you should wash your hands and pray when this happens etc. Although this is a sad thing (that seed was lost etc), I feel like this is a real success for me, because it means my YH and body wanted a release, and I did not act on it. My body naturally reacted while asleep, but I managed to conquer the desire to bring this about willfully. I don't think this has happened to my more than 10 times in my life, but I would much prefer this happen than willfully sinning.

What are peoples' thoughts on this sort of occurrence?

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