

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 Tomim2B - 21 Sep 2009 17:12

[kosher_eyes wrote on 21 Sep 2009 16:02:](#)

I don't think this has happened to my more than 10 times in my life....

10 times!? I can't make it past 10 days. And yeah, this happened to me on Rosh Hashonah too. It's a bit frustrating, but the fact that they are entirely involuntary....

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Re: My progress for all to see

Posted by bardichev - 22 Sep 2009 21:18

What are peoples' thoughts on this sort of occurance?

MIKVAH

LEARN TORAH

BASICALLY KEEP ON TRUCKING!!!!

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Re: My progress for all to see

Posted by kosher_vision - 07 Oct 2009 13:45

Hi everyone. I am on over 70 days now, but I have now had 2 occasions where I have slipped, but managed to stop viewing and M*****g, and regain control.

I have a great urge to feed my craving - please help me! I keep wanting a binge. I am not sure if I will be able to stop myself again. In need of some urgent Chizuk.

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Re: My progress for all to see

Posted by Kedusha - 07 Oct 2009 14:02

Dear Kosher_eyes,

A Gutten Moed!

Please keep in mind the following:

1.) Yosef was called Yosef HaTzaddik because of his success in passing a single Nisayon. The same can be with you.

2.) If you're having a hard time, use that to your advantage. If, c"v, it was decreed that a person will undergo some suffering this year, he can be Yotzei the decree by this kind of "suffering."

3.) Change your focus to one of Kedusha. Go to the Mikvah, say the Tikun Klali, and/or learn Torah. The Nisayon will pass, but your success will be yours forever.

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Re: My progress for all to see
Posted by the.guard - 07 Oct 2009 23:41

When Jack (who's clean over a year today) was about to reach 70 days, he too almost lost it...

See his inspiring time-line here: www.guardureyes.com/GUE/OurStories/Determined1.asp

And see what Rabbi Twerski answered him in his hard time (days 64-68)

Here: www.guardureyes.com/GUE/FAQ/FAQ36.asp

and here: www.guardureyes.com/GUE/RTwerski/Void.asp

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Re: My progress for all to see
Posted by kosher_vision - 13 Oct 2009 14:20

I am afraid I have fallen twice today, after 77 days clean.

I know what my weak barriers were. I am now going to install K9 on all machines, and try to get straight back on track. Sorry for failing.

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Re: My progress for all to see
Posted by Sturggle - 13 Oct 2009 14:25

kosher,

who are you apologizing to?!

77 days is amazing.

i can relate to falling after a long stretch,

it was hard for me.

sounds like you're still on track,

get those k9s raring to go!

teeth-baring and all!

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Re: My progress for all to see

Posted by the.guard - 13 Oct 2009 14:50

77 days clean shows you will make it this year **5770!!** It also shows that you really have it in you. Now, beat that record, one day at a time!

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Re: My progress for all to see

Posted by kosher_vision - 13 Oct 2009 21:19

Just got K9 installed on my 3 computers and I don't know the password!! My wife has the password and every time we need to make an adjustment, she will type it in a watch me change the settings.

I had to request 3 licenses. It seems that the program is configured individually on each machine, rather than the settings being server based. Does that mean if you find a site which you want to block on one machine, you need to block it on each on?

Has anyone got some useful info on the software to help me get the most out of it?

I feel a lot safer with this filter now. My router based server was not smart like K9, but now a lot more is blocked that should be, baruch Hashem!

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Re: My progress for all to see
Posted by the.guard - 13 Oct 2009 22:14

Can this page help?

www.guardyoureyes.org/?p=24

Read also the comments at the bottom.

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Re: My progress for all to see
Posted by kosher_vision - 14 Oct 2009 12:21

Thanks for the link. I already had a look at that. I am happy configuring on one machine, but what I need to know is can K9 automatically replicate across multiple machines. There are 2 potential problems if I can't:

- Need to unblock and incorrectly blocked site on all 3 machines, needed my wife to type in admin password on each
- Need to block a site on all 3 machines, which has not been blocked. If I were to only block it on one, I may be tempted to view on another machine!

Any ideas if this sort of setup is possible?

Thanks

Re: My progress for all to see

Posted by kosher_vision - 18 Oct 2009 14:22

Fell again today. I feel good about it with some respects, because I didn't look at anything inappropriate at all! My thoughts just wondered, and this is not something which I have done for a long time.

I will be stronger next time, and thanks to K9, I am protected from so much. I am ready to go all the way this time!

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Re: My progress for all to see

Posted by Ineedhelp!! - 18 Oct 2009 14:50

Hey Kosher Eyes,

Sorry to hear that you fell. I hope this is something you can from and build off of. Were here for you anyway we can help. P.S how did you fall if you have K9?

-INH

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Re: My progress for all to see

Posted by kosher_vision - 18 Oct 2009 15:57

As I said, I didn't look at anything at all. My mind just wondered. I know it isn't good, but at least I didn't look at anything.

I was tired and went for a long nap, as I wasn't feeling well. Unfortunately my thoughts betrayed me, but I was no where near a computer. For me, this is progress I think, but I still need to learn

control.

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