

Ano Nymous Update thread

Posted by Ano Nymous - 23 Nov 2008 21:01

Today was a hard day for me. I almost fell three times, but I'm still going. I will update in this thread.

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Re: Ano Nymous Update thread

Posted by the.guard - 23 Nov 2008 21:50

Thanks for updating us. Please be strong! Take strength from the fact that this whole new feature is in your Zechus! And you have no idea how this will help people. For example, someone just signed up that NEVER had a clean streak before and he is starting TODAY. What does that mean? That means that this new feature, inspired him to make a new push for it! Take heart that we are doing this all together. You are no longer alone. We all feel your struggle and will help you pull through IY"H. Don't let the yetzer Hara fool you with false claims that you can "start" and not "finish". He wants you to keep feeding the addiction, whether you finish or not. And if you do that, the addiction will remain strong and will bring you to fall in the end. Take it one day at a time. Say to yourself "Just for today, I will stay clean". Tommorow is anyway not in your hands, why worry about it?

Remember, the yetzer Hara wants your soul, not the pleasure. Otherwise, why is a thousand times never enough for him. Remember this saying. "Once is too much. A thousand times is never enough".

Let Hashem fight this battle for you. Give over the addiction to him every day. Tell him you can't do it alone. I can see in your story that a spirit of Kedusha has entered you to give you the strength you need. Hashem has been waiting all this time, NOW IS THE TIME. Don't wait until you're married. It only gets harder.

Also, the more distance you put between you and the addiction, the easier it gets. See [here](#) for more on this.

For this to really work, we implore you to install a strong filter on your computer. See also the Homepage of www.guardureyes.com for an entire list of the tools and features on our site (I just

updated the Homepage today). Make sure to use out the tools and features on our site to their fullest potential, they are all there for YOU.

May Hashem be with you!

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Re: Ano Nymous Update thread
Posted by Ano Nymous - 24 Nov 2008 19:24

I couldn't fall asleep last night, and I had a really hard time, but I was able to resist. Because I was up most of the night, I slept late into today, and the rest of the day was easy. I'll keep you updated! :D

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Re: Ano Nymous Update thread
Posted by the.guard - 24 Nov 2008 21:44

You're a Tzadik!

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Re: Ano Nymous Update thread
Posted by Mevakesh Hashem - 25 Nov 2008 03:59

unreal! What a Chizuk to me and everyone else here too to see so many people winning against the tyrant Yetzer Hara!

The sgtronger our team becomes, the weaker the villian becomes! We must stay strong...together!

Chazak V'Ematz!

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Re: Ano Nymous Update thread
Posted by Chasdei Avos - 25 Nov 2008 14:57

Ano: keep it up. we are all here for you and fighting with you. your win helps us win. thanks for giving me the extra strength I need to make it through. You are a true Eved Hashem.

Chasdei Avos

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Re: Ano Nymous Update thread
Posted by Ano Nymous - 25 Nov 2008 15:34

[Chasdei Avos wrote on 25 Nov 2008 14:57:](#)

Ano: keep it up. we are all here for you and fighting with you. your win helps us win. thanks for giving me the extra strength I need to make it through. You are a true Eved Hashem.

Chasdei Avos

I don't feel like much of an Eved Hashem. I can't really go cold turkey. I keep starting and then stopping myself. This happened twice today already. Thankfully I'm not having an issue with porn at the moment. I don't think I've seen any for over a month, and I haven't felt that urge at all. If I did and I watched porn, I'd be toast. For me, as I wrote in my story, the masturbation

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Re: Ano Nymous Update thread
Posted by jack - 25 Nov 2008 15:40

you may not feel like one now, but give it time, keep trying - if you keep trying, you WILL succeed - even though it takes a long time.these things take a LOT of time - it's not like a splinter that you can just remove.it is part of your soul - it takes time. as long as your intentions are to move forward, you WILL succeed.hang in there, and speak to people on the phone line,and dont lose your contact with this forum, because if you do, then you will really have no chance, unless you find other people to help you.but you cant do it alone. also, Hashem waits for us to do teshuva as it says in the yomim noraim tefilos - ad yom moso techaka lo letshuva jack

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Re: Ano Nymous Update thread
Posted by the.guard - 25 Nov 2008 17:17

The Yetzer Hara is a big liar. He promises pleasure but as soon as its over there's nothing, only a void, which we again seek to fill. This leads to a downward spiral of pain which continues until it destroys a person's life. After all is lost and destroyed, the person has no choice but to BURY this addiction, and along with it, a part of themselves. As we saw in today's Chizuk e-mail "The Eulogy" of the cocaine addict. It is the same with this addiction.

You are young, don't wait till you get there. You are being shown the way now. Don't let the Yetzer hara fool you anymore. Starting and stopping is just his way of getting you to fall. He wants you to keep feeding the addiction. He is trying to trick you. He wants your soul, not the pleasure. A thousand times is never enough for him. Tell him you won't be fooled by his lies anymore.

We are here for you no matter what!

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Re: Ano Nymous Update thread
Posted by me - 25 Nov 2008 18:15

Don't forget. It is the menuval that is telling you that you CAN start, and it is HE that is telling you that you will stop. And, he will let you start and stop a few times just to lure you into his trap. THEN, the next time.....he will again convince you to start,(with the promise that you will stop), and then he will suddenly REMOVE the "stoping" part. This is all his big plan.

TEll him that this time you are going to turn it around, and do the "stopping" part first!

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Re: Ano Nymous Update thread
Posted by jack - 25 Nov 2008 19:29

dear anonymous did you ever in your whole life have so many people rooting for you? this alone is absolutely amazing!! jack

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Re: Ano Nymous Update thread
Posted by WeWillNotBeForsaken - 25 Nov 2008 21:55

Hi. Welcome (I'm relatively new myself)!!! I'm still single and in my mid-twenties (similar to you) and B'H with the help of everyone on this site I feel that I can finally overcome this addiction (since second day sukkos). There are people who have battled this addiction for many more years than I have and so I don't really have much more to add besides for the advice that they give. It will definitely be hard at first but eventually, with each battle won, it will get easier. Hatzlachah!

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Re: Ano Nymous Update thread
Posted by the.guard - 25 Nov 2008 22:14

Dear holy Jew, willnotbeforsaken,

can I put you on the Wall of Honor section? What was your longest clean streak before now?

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Re: Ano Nymous Update thread
Posted by battleworn - 26 Nov 2008 15:57

Dear Ano Nymous,

I can tell you that "me" is 100% right. I learned it the hard way. There's no reason for you to learn from your own experience, when you can use mine. (My experience is hefker, anyone can use as much as they want.)

We know that the Bichiya shel chinam in the story of the miraglim is what caused the Churban Beis Hamikdush. The reason why they cried, is because they said "lo nuchal" and they wouldn't listen to Kalev that said "yachol nuchal". Had they agreed that Yachol Nuchal, we wouldn't be suffering today. The tikun on for that avaira, is in the hands of Hashem's "special force" soldiers like YOU. Just by saying "I CAN! AND I WILL" you will already have accomplished a monumentous tikun.

Tzadikim have pointed out, that if a person realizes that without Hashem I wouldn't be able to do anything and it's only Hashem that gives me strength. And Hashem is Kol Yachol, nothing can stop Him. Then how can I say "lo nuchal" I'm relying on Hashem to give me strength to do His will, and He will come through.

YACHOL NUCHAL!!
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Re: Ano Nymous Update thread
Posted by Chasdei Avos - 26 Nov 2008 17:39

Ano: As Jack said, look at the kvod shamayim you brought out just by posting your struggles. All of the words of chizuk, divrei torah, achdus and nose biol im chaveiro. That is a proof that

even the struggle itself is very dear to Hashem. Even when you fall, think about the fact that perhaps just a month ago, you would not even have thought about it as a fall, but rather just another day... But now, you are fighting along side all of us and its a very very difficult war. The fact that you stop in the middle just at the point of most frustration is HUGE.

Please do not think that in order to post, you had to have a good day. We are with you either way and proud of it.

Chasdei Avos

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