

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 Binyomin5766 - 22 Apr 2009 14:07

I've had the struggle with old memories the last few days as well. It has been rather difficult to keep them under control, but things seem to be better this morning. Sometimes the memories are just so vivid, it is difficult to keep focused.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 22 Apr 2009 17:52

Well here it is: 22 weeks. Bein Hazmanim was over, and I am happy to say that it was hardly a struggle at all. My learning should have been better (I didn't really learn much) but my davening was very good. I only missed a few minyanim, and even when I did I put on tefillin (haven't missed since a few weeks before I started the quest for 90, and don't plan to miss any more). The battles are so much fewer now, that the real battle now is to remain alert for the tough battles when they come. I only had one weird day on yom tov where I had like 3 wet dreams, but other than that I haven't had any. No touching, no looking at anything. I didn't watch any movies either. This wasn't a decision I made, but I was just so busy that I had no time for movies. I'm going back to yeshiva soon, and I hope to celebrate the half year mark with you all very soon :D

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Re: Ano Nymous Update thread

Posted by the.guard - 22 Apr 2009 18:43

Ano, you are one of GUE's greatest success stories! It's incredible that you did so well during *Bein Hazmanim*. Please keep inspiring us, and I hope one day you will play an important role in

the GUE network.

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Re: Ano Nymous Update thread
Posted by battleworn - 30 Apr 2009 13:43

Ano, you're great! Keep it up!!!

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Re: Ano Nymous Update thread
Posted by mevakesh - 30 Apr 2009 14:30

Thanks for continuing to inspire!

KUTG(reat)W

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Re: Ano Nymous Update thread
Posted by Ano Nymous - 01 May 2009 03:33

I've passed the 23 week mark! I remember when I first posted here, and Guard put up the Wall of Honor right then after reading my story. I didn't know how I would do it, but I knew I couldn't let him down. It's been almost half a year, and it's indescribably great to not have to worry about what disgusting porn I'm going to watch in order to feed the addiction, or how I'm going to masturbate when I don't have access to porn. For those of you who still don't think you can do it: IT'S NOT TRUE!!! Get started today, and never give up no matter how many times you slip up. Never allow yourself to believe that you're hopeless and may as well give up. It's all the YH feeding you lies. That's how this addiction works. Lies, lies, and more lies. Ignore them, and you can beat this. :D

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Re: Ano Nymous Update thread
Posted by Ano Nymous - 20 May 2009 23:25

Well today was a big day for me. Today is 26 weeks, half a year, from when I quit my addiction to pornography and masturbation. Guard let me know that today was also Yesod sheb'yesod, which I found pretty amazing. I'm so glad to see all the activity taking place on these forums now (especially all the new members who are here as a result of the articles on Jpost and vin). To everyone who is reading but not posting: PLEASE do yourself a favor and register now and start posting. You will receive so much chizuk, advice, and pure love from all the members, making your journey to freedom from this addiction so much easier. I never could have done it without all of you. I'll take a line out of berdichev's book, and end with:

Humbled and happy,

Ano

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Re: Ano Nymous Update thread
Posted by rashkebehag - 22 May 2009 13:59

today is day 28 for me, i get a chizuk by reading your thread, I am much older than you, i wish this program was available in my younger years when I thought I was strange and the only one dealing with this. I remember as a boy the buses had this huge poster with a female spread across the side of the bus, I wondered how other people were just walking by without it affecting them. Then i found out that Rabbi Avigdor Miller z"l was running a letter writing campaign to stop the indecent ad. I felt better that there is someone fighting for me. Anyway,keep up the good work and together we will prevail

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Re: Ano Nymous Update thread
Posted by bardichev - 22 May 2009 15:56

raskebahag

Way before the internet I still remeber that picture it will probably never go out of my mind.I still remember that I was on the way to yeshiva when I saw it .It still ekels me.

But now that I am older and I can realize that I was too young to handle it then and I was too ashamed to speak to Rebbe at that time .He was a wonderful Rebbbe and I should of spoken to

him. Today I realize that this Rebbe was so normal and open minded .But at the time I was too ashamed.

Chaval al Di-avdin. BUT I Don' live in the past I live now .

Everyone knew that the world was heading down a slippery slope. When I was a kid ther was A talk radio host that used to rail that the world is sliiding down into third world-ism. Yet no one knew that the internet was coming.

It hit the world like a huge TSUNAMI. There is almost no way to control it. I FEAR for my childerens future. Of course we can do things to reinforce posotive behavior.

I realize I am rambling but you gave me such a flashback to my teenage years ,I still feel the pain

keep up the good work

have a good shabbos

humble&happy

bardichev

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Re: Ano Nymous Update thread
Posted by Ano Nymous - 24 May 2009 17:08

Hey again everyone,

The last couple days have been very hard for me. I got attacked by very strong feelings of lust, the likes of which I haven't felt in a very long time. Thankfully, I emerged relatively unscathed (saw a couple very minor pictures, no masturbation). I'm writing all of this for myself and for others as well. I don't want people to get the impression that you will be able to stop fighting after 90 days, 6 months, or any period of time. As I wrote previously in this thread, the fight only

ends when I die. It seems that no matter how strong the lust is, the desire to make gue proud and to continue giving other people chizuk by being a good role model was stronger than the lust in the end. If you hold out long enough, the lust goes away completely (until the next battle). Thank you to everyone for being here! :D

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Re: Ano Nymous Update thread
Posted by the.guard - 24 May 2009 18:01

Dearest Ano, Hashem will never give up the tremendous *Nachas Ruach* you are giving him. That's why the lust doesn't go away! He wants you to keep growing and growing in this area, so

You are an amazing person. What can I say?

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Re: Ano Nymous Update thread
Posted by Ano Nymous - 11 Jun 2009 17:35

Hi again guys!

This Wednesday was 29 weeks for me. And for the first time EVER, posting in my thread brought it back onto page one from page two, because so many people have been making threads in the wall of honor section that my thread got pushed to the second page. Hooray!!! :D

he makes you feel like you're starting over again every once in a while
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Re: Ano Nymous Update thread
Posted by hoping - 11 Jun 2009 18:48

Ano-Please keep reminding me that a feeling of the need for lust is a step *forward* not a step back.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 12 Jun 2009 05:41

Hoping, I'm not quite sure what you're asking. Feel free to ask again, and if I can help you in any way, I will.

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