

my journey to 90

Posted by ezra1800 - 22 Jul 2009 16:42

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First time post. Just thought I would tell everyone my story:

I am in my 30's, have 5 kids have been married about ten years. I have had this "struggle" for about 13 years. I always considered myself more "perverted" than my friends but only got involved in online porn when I was in college. I had for the first time free unlimited unsupervised internet access. I started with small things that eventually led to watching things I never imagined I would look at. I couldn't stop and didn't want to. I thought marriage would help but it didn't. I never really gave it a great effort to stop until now. I also learn daily and feel that I have a great marriage. My wife actually caught me twice but being that I have developed a real provenience at hiding, my behaviors on the computer and understanding how they work, I was able to talk my way out of it and make sure it doesn't happen again. The real kicker was last year. I was bored and stupid at work and went to inappropriate sites and ALMOST got busted. I again beat the IT guys who knew someone did something but were thank g-d unable to find it on anyone's' computer. I decided then and there I had enough. If I had gotten fired for that, my career would have been totally messed up and who knows what would have happened to my marriage. I was also having difficulty doing my work which I attribute to difficulties associated with this problem.

So there you have it. I was looking for help, found the GYE website, signed up put on the k-9 filter and have been "clean" ever since (38 days today). Not saying I don't have the desire, but I haven't gone back there again.

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Re: my journey to 90

Posted by bardichev - 19 Aug 2009 22:38

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Sorry to complain guys, I am having a hard day with this. I am so thankful this site is here. There is no way I would have made it through today, no way at all. So thank you all. and thank you for those that respond with chizuck.

THATS WHY WERE ARE HERE FOR U!!!!

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Re: my journey to 90

Posted by Sturggle - 19 Aug 2009 22:57

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dear ezra,

if i may read in between the lines, you are expressing difficulty and hardship, but it is not about resisting your old habits of escape, those are on their way out at the least, what seems to me to be difficult for you is the inability to escape from anger towards HKB"H when things don't go your way, v'chu...

for me, life is hard and agitating and ive somehow gotten into a messed up way of escaping from/dealing with that. if i change and/or work on my negative patterns, that won't change life's "natural" hardships. I think this is related to somewhere in the 12 steps, even though I havent done my homework with the steps and nowheres near a baki. does what im saying make sense to you?

if this is the case, then i would like to commend you on getting to day 66, dealing without the escape and confronting life as it is, isnt that what were here for?!

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Re: my journey to 90

Posted by ezra1800 - 20 Aug 2009 00:04

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bardichev- thank you for your response.

struggle - what you said is SO true!! thank you for the chizuk and reminder. it really really helped and puts it into perspective.

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Re: my journey to 90

Posted by hoping - 20 Aug 2009 04:16

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Ezra-

I think that you are being forced to *deal* with things rather than escape. In the long run this will benefit you. This is truly the cornerstone of recovery. You are now dealing with how to live without Lust. to me this indicates that you are progressing in recovery and it should be a source of happiness for you. I know that it is hard but I think it is important that you see it for what it is; a step towards a healthier you!

With all the love and admiration in the world,

Your friend,

hoping

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Re: my journey to 90

Posted by Sturggle - 20 Aug 2009 06:18

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[ezra1800 wrote on 20 Aug 2009 00:04:](#)

struggle - what you said is SO true!! thank you for the chizuk and reminder. it really really helped and puts it into perspective.

I'm really happy to hear that and you are welcome and deserving! Chodesh tov!!

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Re: my journey to 90

Posted by ezra1800 - 21 Aug 2009 18:25

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Just an update on my "journey" I am still clean. Yesterday again was rough. It is really weird the first 60 days were much smother (although I did have my moments). The intensity has gone down but my desire not to give this up has increased. I recognize that it is total Y"H" but still.... It is interesting yesterday during one of my bigger struggles, I almost convinced myself just to look, just have a peek nothing more. I convinced myself that it wouldn't get further than that. (Instead I exercised). I read some to the GYE handbook and how that "not looking" is the foundation of success basically. I started to read the handbook a little more extensively.

I am not convinced that am I an addict, not to open a whole can of worms, but I really just think that I have gotten into a long term bad habit that I need to break. I am not sure what difference it makes how I look at it. I still recognize how hard it is and ask Hashem for help for give the battle over to him, and I still have set up gedarim (filter etc) as I

would with any really nasty habit.

I am open to comments and feedback of course. I appreciate all of your support and concern. Gut Shabbos to all. ;D

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Re: my journey to 90

Posted by Kedusha - 21 Aug 2009 18:35

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Dear Ezra,

You might not be an addict, but please don't let down your guard! Stay with it, one day at a time.

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Re: my journey to 90

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Posted by ezra1800 - 21 Aug 2009 18:44

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thank you kedusha-

I will keep my "guard" up. I certainly recognize the strength of this y"h" and what successfully fighting it entails.

For the first time in over 9 years I will be entering this rosh hashana and yom kippur happy and not feeling depressed/guilty, embarrassed etc. It feels great. you guys are all great!! this site is unbeliebabl,e I am jealous of the zchus that the creators have made for themselves.

I should be slightly over 90 days for Rosh hashana, cant wait, hopes it all being recorded

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Re: my journey to 90

Posted by cleareyes613@gmail.com - 21 Aug 2009 20:55

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Ezra, how amazing to be able to reach 90 days during Elul. What a way to enter Rosh Hoshana and begin the new year.

I also noticed your recent change in attitude. So glad your staying on top of the fight and smiling again. Can't wait celebrate when your break 90!

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upstairs....

Re: my journey to 90

Posted by ezra1800 - 21 Aug 2009 22:55

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does anyone know of a filter for a cell phone that gets internet??

thanks

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Re: my journey to 90

Posted by the.guard - 22 Aug 2009 18:37

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Ezra, we understand you perfectly. Reminds me of Jack. His first 70 days or so were hard, but then he really hit the major withdrawal. I wrote to Rabbi Twerski for him. See his answers [here](#) and [here](#).

does anyone know of a filter for a cell phone that gets internet??

[www.thejnet.com](http://www.thejnet.com) has something for Blackberries.

Porn addiction is a spiritual cancer. It has been in remission for 66 days. Don't let it come back, it is a progressive disease!

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Re: my journey to 90

Posted by Sturggle - 22 Aug 2009 18:51

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Dear Ezra,

Shkoyach on your successes at the end of last week. I can totally relate to the addict/bad habit question. Well, no matter, we want to get out of this! Looking forward to a great Elul for all of us.

gut voch,

Struggle

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Re: my journey to 90

Posted by ezra1800 - 23 Aug 2009 14:10

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thanks all for your responses and feedback. I hit 70 today, wow it feels good. I am sensing a greater sense of mental and spiritual clarity that I havent flet in years!!

Big news for me: we had a baby boy this past friday night. I probably wont have time to post for a little while.....but I'll keep in check.

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Re: my journey to 90

Posted by bardichev - 23 Aug 2009 14:14

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MAZEL TOV MAZEL TOV MAZEL TOV!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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