

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 Sturggle - 23 Aug 2009 14:51

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HUGE!! MAZAL TOV!! GREAT NEWS!! Everyone should be healthy and well.

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Re: my journey to 90

Posted by Someone - 23 Aug 2009 14:55

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Thats really nice! MAZEL TOV!

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Re: my journey to 90

Posted by Kedusha - 23 Aug 2009 15:02

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Mazal Tov!

"Urei vanim l'vanecha . . ."

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Re: my journey to 90

Posted by Tev - 23 Aug 2009 19:34

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Mazal tov Ezra Hatzadik,

May you and all of Klal Yisroel be Zoche to Simchos...

70 days wow thats greaaaaaaat (Im so jealous of you )

(its a good type of jealousy though keep it up!)

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Re: my journey to 90

Posted by the.guard - 23 Aug 2009 20:19

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Wow. I see a connection between 70 days and the birth! It says in Chazal that a woman gives 70 cries before she gives birth. These 70 days are like 70 cries that you just gave, to give birth

to a NEW YOU! Mazal Tov. May your son be saved from the nisyonos of our generation in the merit of his father's hard work in this area!

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Re: my journey to 90

Posted by hoping - 24 Aug 2009 18:04

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Mazal Tov!

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Re: my journey to 90

Posted by Tomim2B - 26 Aug 2009 10:45

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Ezra, the struggle that you've been going through the past few days reminds me of an allegory. The allegory I am about to relate, I'm sure you can use to find the positive light in your constant and continuous battle with your y"ch.

In an arm wrestle a person exerts a fair amount of energy in relation to his opponent. If his opponent is weak, winning doesn't take much. When arm-wrestling someone who is weaker than him, naturally the muscles in his arm don't work as hard - but he can even win in a relaxed state. If the opponent is strong on the other hand, obviously he'll need to exert an additional amount of strength in the match. If he remains relaxed, he can't win.

If our opponent wants to outsmart us, he can loosen up the muscles in his arm for a brief moment, only to quickly resume the original amount of tension before we have a chance to exert the strength needed to win. This is a mind trick which is taught in Neuro Linguistic Programing, and can deceptively be used to win an arm-wrestling challenge with someone who is even much stronger.

It's the imbalances and inconsistencies that make our challenges so hard. One day we're fighting a powerful y"ch, and the next day he's gone, or so we think. The moment that we don't feel the fight anymore, that is when he's got us exactly where he wants. This is when he returns with all force, and slams us. By using this trick we can easily be deceived. It's your continuous battle, always knowing that he's there that makes you victorious each time. The constant fight

that your y"n is putting up always lets you know that he is still there. It's with these small victories that yo

ur y"n is truly weakened.

You're doing a great job at not letting the y"n win! Keep that muscle strong, to 90 and on!

I wish you a mazal tov on reaching a 70-day count and on the birth of your son! A simcha of yours is a simcha of mine!

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Re: my journey to 90

Posted by Rage AT Machine - 03 Sep 2009 23:03

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Just saw you up on the top of the chart and read your story. You're only 9 days away, man. I'm jealous. keep focused, man, you're an inspiration to us newbies.

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Re: my journey to 90

Posted by hoping - 04 Sep 2009 03:48

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Raging-

Every one here started at one day and never thought they could do a week, let alone 90 days.

You **can** do this.

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Re: my journey to 90

Posted by bardichev - 13 Sep 2009 20:45

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HEY DOY YOU GET THE BIG MAZAL TOV

RATM AND I ARE LOOKING FOR AN EXCUSE TO DRINK IN MIDDLE OF SELICHOS

LET US KNOW

WE WILL BRING THE PARTY!!!!

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Re: my journey to 90

Posted by Me3 - 13 Sep 2009 21:01

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I had a L'Chaim for him on Shabbos, but the confirmation would be nice (I can also try to have another, although I don't normally drink during the week).

Nuuuuuuuuuuu.....

Update your chart!!!!

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Re: my journey to 90

Posted by bardichev - 13 Sep 2009 21:02

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I HAD MANY MANY LCHAIMS THIS SHABBOS INCLUDING ONE FOR EZRA

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Re: my journey to 90

Posted by Rage AT Machine - 14 Sep 2009 00:29

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so can we start getting retarded in here, or what?

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Re: my journey to 90

Posted by ezra1800 - 18 Sep 2009 04:07

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sorry no reply in a while. yes I made it to 90. BUT... I think I had a fall.....I DID NOT MB or get even close but I did surf inappropriate sites three times over the last three days. I guess this counts as a fall and I need to start over. I would love to deny it, but we all know how that plays out.....any feedback would be appreciated. having to start over would be a big bummer but I knew the consequences and did it anyway. sorry to let you guys down. it was pretty dumb, a great reminder of fake and dumb it is.

basically, I am in denial I had a fall probably and need to hear it from you guys. I have since set up stronger gedarim on my computer (better filter) - I am good at computers, this one will be hard to get around probably impossible.

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