

90 days and beyond-Rising Up To The Great ChallengePosted by Rising Up - 23 Jan 2011 04:31

I am a yeshiva guy who is extremely smart and comes from a very prestigious family. When I was 11 years old I discovered through the touching of my body, what masturbation is. After about two years of strictly masturbation, I discovered what pornography is. I started to look at it on almost a weekly basis. I had to sneak a great deal more than the average person in order to be able access this type of material, yet at that age I never thought about the negative consequences of my actions. Throughout the years I progressed to understand more and more about how to access this type of material. At one point my father found out what I had been doing through someone else who chose to never reveal himself to me and instead told my father about it so he could speak to me about it. When my father told me that he knew that I had been doing these actions he told me how he understood what sort of temptations I was having and told me that I must stop doing these things for the sake of my neshamah. As one could imagine this did not stop me from continuing to access this material and I resorted to staying up entire nights for the opportunity to access this stuff. I even started to be mechalel Shabbos to access pornography without the fear of being caught by anyone.

At this point I am going to hold off on the rest of my story and interject with why I am posting my story. At this point (many thousands of so far unwritten words later) I am trying to break free. I have discovered this site and am committing myself to break free. I would like to set my goal for 90 days (as I write these words I can literally feel energy surging through my fingers and onto the screen before me) which would set the mark for the fifth day of Pesach. The Bnei Yisroel crossed the Yam Suf on the seventh day, I would love to do the same this year!!

I know that I need an incentive of sorts to help me through this and as such I have decide to continually add more to my story as I progress through these 90 days. I ask that you comment and give encouragement to me as each day passes, so that I can know that I am opening up and have someone whom is empathizing with my struggles. The story will only get worse as will the difficulty of progressing through the 90 days. I will also post daily or update for each day if I will be unable to access this site for any period of time. [Post Day 1 18-Shvat/Jan-23]

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Re: 90 days and beyond-Rising Up To The Great ChallengePosted by Rising Up - 10 Apr 2011 03:22

Just an update on my battle.

I don't know who said that this battle gets any easier over time. Just the other night I woke up in middle of the night and had to face a nisayon that was quite difficult. I can pass these tests

now, since I have been part of GYE for the past 3 months (wow!!!). Nevertheless, it is not comforting to know that I still have to pass the same tests that I had when I was having a much more difficult time. I have to be thankful though that the tests are not blindsiding me. I am working quite hard on not making second looks and keeping my focus on what is in front of me.

Rising Up

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by geshertzarmeod - 11 Apr 2011 06:04

It aint over til its over!

as long as your living and kicking

the YH will not leave you alone

aderaba, its gets harder not easier

keep up the fight!

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 15 Apr 2011 19:25

CRASH!!

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by 2nd-chance - 16 Apr 2011 23:21

Yirida ITzorech Aliya

these crashes make us realise our powerlessness

and this attitude is ultimately important to full recovery

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Posted by Rising Up - 22 Apr 2011 04:22

AAAAAAAAAAAAAAAAAAAAAAAAARRRRRRRRRRRRRRRRRRGGGGGGGGGGGGGGGGGG
GHHHHHHHHHHHHHHHHHHHHHHHHH!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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Posted by geshertzarmeod - 22 Apr 2011 14:53

Your name indicates that you are always rising. even when you think you are falling, you are always rising. The YH knows that this time of year is full of kedusha, he's gonna try his best to get us to miss it completely. pick up from wherever you are and keep rising!

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Posted by im not alone - 01 May 2011 18:19

Just moved up from level 5 to level 6, and NOT the good one. >

keep us updated of your ups and "downs"

you have so much strength in you self! i know it.

You were the one who got me together in a wonderful group of people to work together, you were the one who inspired us soooooo much, you were the one who learned me quite a few tactics to beat our addiction

klal yisrael needs you

come on get up and start running again DO NOT GIVE UP you have no right to weaken yourself

from your brother (remember?)

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 07 Jun 2011 21:18

Wishing everybody a wonderful Shavuot!!!! A chag kosher v'sameach!!!

Rising Up

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by teenstruggle - 27 Feb 2012 00:13

I just read through your whole thread, and what an inspiring one it is!!! I just wanted to give you some chizuk, to keep on going, and not to give up, and keep posting because this thread has helped me so much to remind me what I need to do to succeed!!! Shkoyach!!!

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Re: 90 days and beyond-Rising Up To The Great Challenge

Posted by tehylimzugger - 27 Feb 2012 12:34

Welcome TeenStruggle!

[Click Here](#) to learn all about this wonderful site and everything it has to offer you!

Great step you took by posting here, we hope you stick around and KOP [if you stick around you'll figure out what that means ;)].

Around here we all have the same story, our souls cry inside of us, but we have accustomed ourselves to block out that cry. Today we can begin to be who we really want to be.

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