

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 - 13 Feb 2011 19:50

you mean you're an addict?!?!?!

if I would have only known....

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Yosef Hatzadik - 13 Feb 2011 21:05

SSSSHHHHHH

Don't say it so loud!

The neighbors might hear you. *Shiduchim* is just around the corner!!!

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 14 Feb 2011 05:58

Today I decided that in order to measure my progress, I would read the first 100 or so posts from those that have been on this site for quite a time. I read bardichev, zemiros shabbos, Yosef Hatzadik. I find it quite inspirational to see the struggles that these people went through before reaching the point that they have today. I will continue to do so throughout this week as i feel that it is a necessary step in my success. Modeling after success is a good plan. Overall today was a good day. The YH once again gave a call but it was pretty pathetic so I had no problem really. I also became a "Full Member" today. I spoke with the Rav that showed me this website, today. I went through some of the conversations that I have had with other people here on the various forums. he tells me that he needs to show someone else to GYE, so I briefed him on what was important to stress to the other person. [Post day 23 10-Adar 1/Feb 14]

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by bardichev - 14 Feb 2011 07:50

Rising

Thanks for reading my post

KOT

B

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by ZemirosShabbos - 14 Feb 2011 18:48

if you find any pearls of wisdom let me know

and remember that the only time we can say we 'succeeded' is when we take up long-term
residence in the landscape

t'is a battle for life

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Yosef Hatzadik - 14 Feb 2011 19:55

[RisingUp wrote on 14 Feb 2011 05:58:](#)

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ditto from those that have been on this site for quite a time. I read..... Yosef Hatzadik. I find it quite
inspirational to see the struggles that these people went through before reaching the point that
they have today. Modeling after success is a good plan.

Your idea is a good one but your choice wasn't. I have yet to reach success. I am still struggling.

Maybe you ought to read the thread of some of the guys who graduated already!
(**Battleworn**, **Noora BiAmram**, etc.)

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 15 Feb 2011 05:06

[Yosef Hatzadik wrote on 14 Feb 2011 19:55:](#)

Maybe you ought to read the thread of some of the guys who graduated already!
(**Battleworn**, **Noora BiAmram**, etc.)

Thank you so much for the references!! As I said I would, I continued to go through more posts
) today. I found out
that I have a certain similiarity with some of these people that posted a few years back. look
here:

[battleworn wrote on 22 Sep 2008 16:09:](#)

Dear everyone,

I really want to share my story with you, but it's long and I can't do it at once. I want to start with
the beginning and the end, and I'll try to fill in the rest in installments.

[bardichev wrote on 06 Apr 2009 22:04:](#)

I don't want to make this email forever long so I will continue it in parts(if anyone is interested).

[RisingUp wrote on 23 Jan 2011 04:31:](#)

At this point I am going to hold off on the rest of my story and interject with why I am posting my story.

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 am going to continue to read through their posts, and hopefully, by the time I finish this goal I will be able to post more words that are in common with what they have shared so far with me. And hopefully the new similarities that I find will be a little more constructive than the similarities of the comments posted above!!

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 15 Feb 2011 05:40

Bli ayin hara I have now gone a month with out M*****!! 24 days without seeing P***!! It feels like just yesterday though, that GYE was not a part of my life. I realize that this is a long and arduous process. I have read so much material in the past month that my head is seemingly going to burst with all the new insights that I have gained from GYE. I want to let everyone know that this past month of my life I have gone from being a negative person to looking at things in a positive manner. I credit this to my new outlook on life based off of the progress that I and so many others here on GYE are having. Thank You!!

[Post Day 24 11-Adar 1/Feb-15]

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

Posted by bardichev - 15 Feb 2011 06:06

YosefHatzaddik

Thanks

I am a newbie

Yes I get help from this forum every single day

B

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

Posted by Rising Up - 18 Feb 2011 19:27

I have spent the past week reading the struggles of other members on GYE. It is truly an honor to share my thoughts with some of these members. After reading through many of those that succeeded in overcoming their struggles, I have come to the realization that I can truly succeed with GYE as my vehicle on the road to recovery. In truth, much of the inspiration that I do receive from the various members does come from those members that have not yet seen their efforts culminate successfully. Those that try over and over again offer inspiration to those that are first starting out on the tortuous road to recovery. While we all realize that it will not be an easy battle, it makes it all the much easier to see those that are up ahead of us leading the way. We are not being led blind, we see the results of those that have succeeded, and we can see those that are well on the way ahead of us. We can see those that have stopped on the side of the road. Some to take a quick break before loading up again, some have ran out of fuel, and some need some help getting their wheels rolling. Whatever it is, there is always the site of a rescue team there with those people that serves to reassure us so very much. The knowledge that help is never far away serves as a motivator to those that are teetering on the brink of the long road, those that are still just starting out, and even to those that are at full speed yet need some reassurance and direction. Knowing that the road to recovery will never be unlit goes far in the mind of an addict.

Rising Up

For this I am truly thankful.

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by desperate_teddybear - 18 Feb 2011 19:29

[RisingUp wrote on 18 Feb 2011 19:27:](#)

Wishing everyone a Wonderful Shabbos!!!!!!!

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veeeeeeeeeeeeeeeeeeeeeeeeeer did you find zees peoples??!!!

and are there more.

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 18 Feb 2011 19:35

I found them on the [here](#). I would like to find out myself whether there more, and if you find anymore let me know. I haven't decided yet whether this one O0 is Kim Jung Il, or Don King.

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Posted by Rising Up - 20 Feb 2011 02:46

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???: I am truly fortunate to be a part of the GYE family. It is an honor to share my trials and tribulations with those here on this website. Although you may seem distant and faceless, it is not closeness which I seek. It is care which I seek, and I so graciously receive from each one of you. The comfort of care is so very special. True you all are to the credo of GYE. To help oneself while helping one another. These are the truest words from the inner recesses of my heart. Thank You!!!

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