

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 Yosef Hatzadik - 16 Mar 2011 17:48

GEVALDIG!!!!!!

B'sheim Hashem, Naale v'natzliach!!!

Do you have phone numbers of GYE Pals whom you can call if the need shall arise?

Oftentimes, just 'connecting' with another fellow struggler works - even if no words were exchanged that are pertinent to the specific trap which the Yetzer Horah set up.....

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by geshertzarmeod - 17 Mar 2011 23:32

Rising, I know you have posted on my threads b4, and I was going thru the chart and I saw your name so I pressed on your link. read a page or two of your posts and feel inspired by your perseverance (did i spell that right?) anyhow just to say yasher koach to you in your battle. and in your dealing with the knowledge about the filter. I dont think that there is any foolproof way to filter everything (where there is a will theres a way) but I think that you now have the tools to avoid using the loophole even though it exists. Its a lot harder to get to it thru the loophole which will give you enough time to signal for help. Wishing you lots of hatzlacha and davening for your success!

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 18 Mar 2011 17:21

Thank You!!!

Have a Wonderful Shabbos!!!!!!!!!!!!!!

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

Posted by Rising Up - 22 Mar 2011 01:57

Baruch Hashem I had an awesome Purim!!!

I am looking forward to an uplifting final two weeks of the Z'man. I hope that these two weeks will provide some sort of segue into a long Bein Ha'zmanim. I feel that I have the tools necessary to fight the battle against the Y"H. Thanks to all those here on GYE, I have had a new and fulfilling life. It is unreal to be able to describe what the lack of depression feels like. After so many years of sinking into depression following a fall, I have come to lead a meaningful life. Now, I no longer go through the day wondering whether I will be able to prevail over my Y"H. I can live freely knowing that I no longer have to hide anything from those that are around me. I thoroughly enjoy being a true eved Hashem. Freedom At Last!!! (from Depression, not the Addiction)

Rising Up

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

Posted by Rising Up - 25 Mar 2011 05:32

Man!!! This pesky Y"H!! He just won't stop bothering me!!! For the first time in over two months I started having urges again today. I used a lot of the advice that I have received here at GYE to counteract these feelings. It was also good to be able to pass the test of being alone again today (in front of an unfiltered computer). I feel that I am not out of the proverbial woods, and whatever type of argument that the Y"H has been trying to convince me that I am not really an addict is complete baloney!! Good for today and only today is what matters!!

Rising Up

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by geshertzarmeod - 25 Mar 2011 12:37

Good for you Rising!

Both that you had the urge, and that you overcame it.

why good for you that you have it?

because it means your alive and kicking!

ad meah v'esrim you should continue to have the YH its an essential part of living and we all
(HKBH included) love you for it.

KOT and have a gr8 shabbos!

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 25 Mar 2011 16:03

Thank you and have a wonderful Shabbos yourself!!!

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by ZemirosShabbos - 25 Mar 2011 16:09

good going!

[RisingUp wrote on 25 Mar 2011 05:32:](#)

I feel that I am not out of the proverbial woods

methinks that you should look into getting a good tent, mosquito spray, GPS and an M-16 and get used to seeing a lot of trees. these proverbial woods are sort of like the Hundred Acre Woods in Winnie the pooh except that they aren't limited to 100 acres...

just like an asthmatic who needs to be careful with air pollution and other irritants, someone who misuses lust becomes sensitive to it for life and needs to live life with a heightened awareness and level of caution. which is a good thing.

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 25 Mar 2011 16:15

If I'm not getting out of the woods why do I need a GPS?!?

At the next tree turn left... recalculating... .. Turn right at the end of the log... Then continue straight for 100 trees... Turn left... recalculating... .. lost satellites acquiring satellites... ..

so fill up your canteen with sumfin' good and say hi to Smokey Bear.
get it now. Without the GPS I'll convince myself that cutting down the trees will get me there faster when all it does is make the wall around me harder to get by.

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by ZemirosShabbos - 25 Mar 2011 16:21

[RisingUp wrote on 25 Mar 2011 16:15:](#)

If I'm not getting out of the woods why do I need a GPS?!?

well how else will you find the pub, lemonade stand, gemach, truck parking, cholint kiosk, Novardok shteibel, and the coffee room?

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 31 Mar 2011 01:00

Is it possible for me to get more RAM in by head? I am feeling overloaded with work (I am overloaded with work). HEIpppppp!!!!

(This is not related to GYE struggles)

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Yosef Hatzadik - 31 Mar 2011 22:06

Why don't you try to delete some of the a-virus files of your pre-GYE days, that will make room for more of the good stuff in your brain!!!

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by geshertzarmeod - 31 Mar 2011 22:56

Is it really shayach to delete this garbage from your brain? Im not asking seriously, but there is so much junk from the TV and movies that I used to watch. It doesnt go away. Aderaba, it usually pops up during seder and or davening. What can be done about that?

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

Posted by Rising Up - 01 Apr 2011 01:51

I know that I won't be able to delete the schmutz from my mind. What about clearing the cache and emptying the RAM without having to shut down??

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