

candoitmyself's climb to 90

Posted by cantdoitmyself - 25 Feb 2011 17:38

I've been at GYE for about a year or so. I go through periods of checking the forum nonstop, and periods where I don't check the forum at all. Today, I came up with the idea to keep a log of what I'm going through. If other people want to read it and offer their opinion, then please be my guest. I just feel like I need to account for my actions throughout the day, so feeling the responsibility to write about my day will help me very much. So here it goes....

I am 22. I live in my parents' house. I've grown up with TV that has cable in the house. We have numerous TV's now with cable. I've always said that TV is one of my biggest yetzer haras. I don't know how to walk into my house and not turn it on. But looking back, whenever I build a streak of clean days, something triggers me while I'm watching TV, and that may lead to other things, but usually, the TV is the trigger. I've tried all different ways to cut TV out of my life, but always seem to fall back into my old habits. However, after a terrible fall last night, I told myself this morning that I'm not going to tell myself that I can't watch TV anymore. If I go in with the thought process that I can never watch again, it will become daunting. I've tried it before and it won't work. But I will tell myself that bli neder I will not watch TV for the next week, and I'll see what happens after that. That means no sports games or anything. I just pray that Hashem will provide me with the strength to accomplish that goal.

So there's my first post. Hopefully, I'll be able to keep this up. Have a great Shabbos everyone!

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Re: candoitmyself's climb to 90

Posted by cantdoitmyself - 06 Mar 2011 14:35

Friday and Shabbos were great B"H. I've really just been so happy that the yetzer hara hasn't been able to get a hold of me in this area. However, I do realize that when things are going so well and I'm so happy that I forget to focus on Hashem in other areas of my life. My davening hasn't been so well for the past week, which really is a shame. Looking back, the only reason why that would happen is because I've forgotten that He's been the one helping me get to this point. I can't allow that to happen. My davening has to be better, so I'm going to work on that. But B"H, I'm still clean. At the end of the day, I will be on Level 2 IY"H. I just need to start focusing on the quality of those clean days more than the quantity. Hopefully, Hashem will give me the strength to do that. May Hashem give strength to all of us to keep fighting this battle!

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Re: candoitmyself's climb to 90

Posted by im not alone - 07 Mar 2011 02:46

wow just keep on going, you are doing great

[candtoitmyself wrote on 06 Mar 2011 14:35:](#)

My davening hasn't been so well for the past week, which really is a shame. Looking back, the only reason why that would happen is because I've forgotten that He's been the one helping me get to this point. I can't allow that to happen. My davening has to be better, so I'm going to work on that.

its unbelievable how just working on this addiction drives us to be better in everything else,
this battle will be the road to your success in many different areas

im really happy for you

keep on trucking....full force

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Re: candoitmyself's climb to 90

Posted by candtoitmyself - 07 Mar 2011 04:48

B"H another day gone without slipping or falling. Hashem took care of me again today. I seemingly tend to resort to inappropriate things when I get stressed. I thought that these few days would be difficult, because I have exams coming up, but so far so good. However, I can't let my guard down. I pray that Hashem gives me the strength to keep fighting.

In regards to my davening today, my shachris and mincha weren't so great. I was tired and not feeling well, but I told myself that maariv has to be better, so B"H maariv was great. I really got

into the words I was saying, so thank you Hashem for allowing me to do that. May Hashem give strength to all of us to keep fighting this battle!

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Re: candoitmyself's climb to 90

Posted by cantdoitmyself - 08 Mar 2011 06:24

Well there goes the streak. I can't believe it. Things were going so well. I had a fall. Like I said, my triggers are TV, not the computer usually. That's what always seems to break my streaks. I stayed up watching a basketball game because I thought it was no big deal. I just figured that I'd watch it and go to bed. Yet here I am typing this like two hours after the game. I watched inappropriate things on the TV. When you give the yetzer hara that little daylight, he takes advantage of that. I always say this after the fall, but can never think of it before I fall. Oh well, here I go again. Day 1. Please Hashem give me the strength to get through this, one day at a time. May Hashem give strength to all of us to keep fighting this battle!

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Re: candoitmyself's climb to 90

Posted by ben durdayah - 08 Mar 2011 11:46

Fell Shmell!

(I can't say it as convincingly as bards -sorry)

Don't let that Menuval stop you from re-revving your truck (or tricycle) and keeping on trucking...

Remember -this isn't a day-counting contest.

If you see where you slipped -pick up that banana peel, and throw it in the trigger box not to be touched...

KOT,

EBD

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Re: candoitmyself's climb to 90
Posted by Rising Up - 08 Mar 2011 20:00

Speak to the group!!!! this is what we are here for. To pick each other up in the time of need.
Like BD said "Fell Schmell".

This time around we'll work the streak together. No more flying solo.

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Re: candoitmyself's climb to 90
Posted by cantdoitmyself - 10 Mar 2011 05:36

Sorry I didn't post yesterday. I guess today was my first full day being that my last fall was on Tuesday at 12:04 AM or so. So this is the first full day under my belt B"H. Tuesday after falling went well. Today also went well. It's unbelievable how much harder it is after a fall. Before I fell, I felt much stronger (which may be the reason I fell, because I felt like I was stronger, not realizing it wasn't me.) Today though, bad thoughts were starting to pop into my head at random intervals in the day. All I could do was say in my head that I can't fight this. Please Hashem get these thoughts out of my head. And it worked B"H. I got to make sure my first step is right. But either way, I have a full Day 1 officially under my belt. May Hashem give strength to all of us to keep fighting this battle!

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Re: candoitmyself's climb to 90
Posted by cantdoitmyself - 11 Mar 2011 06:53

I fell today. The whole time I thought to myself that I need to get in touch with someone from GYE somehow, someday, but my lust got control of me. I didn't look to Hashem to help me

through it. I tried fighting in myself and I don't have the ability to do that. Hence, I fell. It's funny the way it works. If bad thoughts enter my mind in middle of the day when I'm busy with other stuff, I think to Hashem to help me get those thoughts out of my head. But when I'm in a situation when I know someone else left the computer unlocked for example, I never think of Hashem. The lust immediately gets a hold of me and I can't think of anything else. Anyone have any suggestions? Either way, tomorrow is another day. May Hashem give strength to all of us to keep fighting this battle!

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Re: candoitmyself's climb to 90

Posted by Mordechai - 15 Mar 2011 22:21

A few things that work for me after a fall is to 1-analyze how I got in that situation to fall again and to try to avoid it next time (if someone leaves the computer unlocked, dont start surfing->turn it off!!!) 2- concentrate on my feeling after a fall and the next time I am tempted to force myself to remember that feeling, 3- to contemplate what I will win by watching and what I will lose by watching 4- to contemplate **what I will win by not watching** and **what I will win by not watching** 5- to imagine how I will feel when I see myself watching porn and nudity when I leave this material world and the Creator shows me my entire life.

I hope tese strategies will work for you too.

hatzlacha!!!!

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Re: candoitmyself's climb to 90

Posted by cantdoitmyself - 16 Mar 2011 13:18

Haven't posted in a while. Been a little busy. Thanks Mordechai for the tips. It's always nice to hear how other people handle situations. It has the chance to give me a new perspective, which is always nice in this type of battle. Ok, so updating what I've been up to. Things have been pretty good for the past few days. The fight is getting harder though. I am not good at dealing with stress, and never have been. However, over the past few days, stress seems to always be there, and it doesn't look like it's leaving anytime soon. Everyone seemingly has their own opinion on how I should handle things (sorry for being vague) and I just need to look at all the factors, and do the things that make the most sense. However, I would still like to accommodate people, so it's hard having that monkey on your back. Hopefully, the decisions that I make will work out for everyone. May Hashem give strength to all of us to keep fighting this battle!

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Re: candoitmyself's climb to 90

Posted by Yosef Hatzadik - 16 Mar 2011 18:02

[candtoitmyself wrote on 16 Mar 2011 13:18:](#)

May Hashem give strength to all of us to keep fighting this battle!

Amen!!!

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Re: candoitmyself's climb to 90

Posted by Mordechai - 23 Mar 2011 20:45

stay strong candoitmyself!!!! Keep up the good work!!

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Re: candoitmyself's climb to 90

Posted by candtoitmyself - 28 Mar 2011 00:20

I apologize to anyone who has been trying to keep track of my battle. I haven't had time to post in a while. But BH things are amazing. I am working on my 7th full clean day BH. I am so happy. I feel like I have a new found energy. I don't know why Hashem keeps giving me more chances, but hopefully, He can help me get through this one, because there is no way I can do it myself. I need Him, as we all do. May Hashem give strength to all of us to keep fighting this battle!

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Re: candoitmyself's climb to 90

Posted by lookingforwisdom - 12 Apr 2011 22:03

Great to see someone not giving up. U gota trust urself b/c hashem trusted u and if he trusted u it means that u can do it and it's in your honor that he trusted you Malochim aren't trusted with these things they warent given the torah b/c they warent trusted with a Y"H. Just never give up and eventually you'll be zoche to see the Ball Dover going up in flames together with all the chomets all that will be left will be his ashes.

Keep on the fight with SIMCHA and don't worry.

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