

struggle's thread

Posted by StrugglingGuy - 21 Jun 2010 18:39

i watched some p*** today for the first time in a couple months...

i started with p***, erotic lit, and mast*** probably when i was around 15, 16 i guess.

I started to mast*** mostly on shabbos afternoons thinking about girls (jewish girls in my neighborhood, etc.). did i realize this was wrong? was there a struggle back then? No. It felt very pleasurable and i did not think anything of it. at a certain point i probably started regretting it; why am i masturbating? I am wasting my time on shabbos. I don't think, though, that those feelings were like: this is assur and im still doing it. It was more like "O I feel a little unclean now"

I guess the lowpoint was when i just started fantasizing long stories of seduction with girls- again girls in shul, my sisters friends, my friend's sisters, the list is quite long unfortunately. in fact there are few girls i can think of in my neighborhood that i have not 'masturbated to' at one time or another.

Another

=====

Re: struggle's thread

Posted by StrugglingGuy - 28 Jul 2010 16:09

I am sorry i missed yet another meeting last nite.

I really do not mean to be poretsh min hatzibbur, everyone. Hopefully I will get on the phone calls soon, IYH. (I hope everyone realizes I too have shared my struggles and my falls in the beginning of this post. I respect everyone here a lot.)

Can someone sum up what we spoke about last night?

Thanks.

-sg

=====
=====

Re: struggle's thread

Posted by Ineedhelp!! - 28 Jul 2010 21:32

I dont know if the calls can be summed up. Its not like we read a page from AA and then have a directed discussion from that page. We usually just talk about issues that people are having with approaching the specific steps.

Be on the calls. Its for your own good and mine.

=====
=====

Re: struggle's thread

Posted by Dov - 29 Jul 2010 03:30

OK, guilty strugglinguy, here is what we talked about on the call:

...nothing, really.

OK....some guy named Dov yakked on and on about how many of us are surely doing some things for the sake of our recoveries that we'd never have done a few months ago cuz of shame or lack of seriousness about ourselves/ recovery; and talked some more about the second step exercise - which a few members really do not like very much; and talked over some specific concerns that two members expressed about the 1st, 2nd, and 3rd steps. I can't remember any more, officer. It all happened so fast.

We probably did more that I do not remember at all, but others would....look, just be on the #\$\$@&*! call, next time. **Somebody** who actually remembers stuff needs to be there and it might as well be you. ;D

=====

Re: struggle's thread

Posted by installed - 29 Jul 2010 05:38

...nothing, really

LOL Dov, you are so humble.

=====

Re: struggle's thread

Posted by StrugglingGuy - 29 Jul 2010 18:45

[dov wrote on 29 Jul 2010 03:30:](#)

OK, guilty strugglanguy, here is what we talked about on the call:

...nothing, really.

OK....some guy named Dov yakked on and on about how many of us are surely doing some things for the sake of our recoveries that we'd never have done a few months ago cuz of shame or lack of seriousness about ourselves/ recovery; and talked some more about the second step exercise - which a few members really do not like very much; and talked over some specific concerns that two members expressed about the 1st, 2nd, and 3rd steps. I can't remember any more, officer. It all happened so fast.

We probably did more that I do not remember at all, but others would....look, just be on the #\$\$@&*! call, next time. **Somebody** who actually remembers stuff needs to be there and it might as well be you. ;D

=====

Get out of the way

Posted by StrugglingGuy - 10 Aug 2010 02:47

I realized something guys...

When we say "get out of Hashem's way", we mean go to a beis medrash and get away from the computer and other triggers. go learn and daven and move away from the triggers and let Hashem slowly remove my lust (through the koach hatorah)...
OK Dov. I get it...

One feels this when you spend time in the beis medrash

-sg

=====

Re: struggle's thread

Posted by installed - 10 Aug 2010 18:50

Bais hamedrash is like the gym for me. It's hard to pull myself in there but it feels great

afterward.

=====
=====

Re: struggle's thread

Posted by StrugglingGuy - 10 Aug 2010 21:51

I hear that...get chavrusa's that you like- big key for me

=====
=====

I am ready for the calls, boys!

Posted by StrugglingGuy - 10 Aug 2010 21:55

Before everyone starts throwing virtual rotten tomatoes at me, I would like to announce that I am interested in joining the calls, finally.

I am back home and Sundays work for me.

So here goes: when is the next call, everyone? Also, how do I access it?

-sg

=====
=====

Re: struggle's thread

Posted by Ineedhelp!! - 10 Aug 2010 21:58

Tonight. 9PM eastern call in this number:760-569-6000 the passcode 121318#

=====
=====

Re: struggle's thread

Posted by StrugglingGuy - 11 Aug 2010 22:29

(IYH I will be on the call either on Sunday or def Tue night...) I made a mistake about tonight/last nite

You can't look anywhere without seeing shmutz. Hashem is really testing when I go on a 'harmless' online movie site to try to watch something pretty kosher (today it was shawshank redemption) and I get these ads popping out at me as well as other movie covers. I am tempted to click on the movie covers. Thank God the only thing doesn't really work without signing up and stuff. My laptop I got rid of Hulu but not at home.

I guess the point I am trying to make is that in order to let God remove our lust, we have to remove ourselves from lust triggers which I am learning consist of a lot more than I thought or want...

=====

step 4

Posted by StrugglingGuy - 11 Aug 2010 22:34

What does step 4 mean?

"A fearless inventory"

=====

Re: struggle's thread

Posted by StrugglingGuy - 16 Aug 2010 14:44

has anyone done step 4

=====

Re: struggle's thread

Posted by Stuart - 16 Aug 2010 21:16

I started to, but its not so easy. Not even sure if I am on the right track.

=====

====