

"GUE" you ruined my world ! (in a good way)

Posted by Tzadikel Yossele - 19 Aug 2011 00:46

hi All,

today i posted my first post by introducing myself, but i didn't really express my struggles or what they come from, hopefully now i feel a bit more comfortable to share, which is usually very hard for me, even to the people closest to me.

so again, i am in my mid 20' and till about a year ago i was involved heavily and intimately with married woman, went to therapy, meetings got out of it BH. that was all a year ago, now as i mentioned in my previous post, my mind started swirling again with all kinds of fantasies about this woman or that 1, and i start to recall how much pleasure actual physical contact with these woman gave me, of course now i know that its all short term and that in the long term i will regret it & that it would destroy everything that i worked so hard for the past few years, namely to become a better person in eyes of Hashem.

the problem is that this only makes sense on paper, my brain doesn't buy this anymore, for some reason it ignores it. and not knowing how to stop my brain from actually acting out, i went back to p**n (which is where all this started in late teen years) - and i told myself - that its just so i can calm myself, pleasure myself to a degree where i can push off these ideas of approaching these woman again, and so far for the past few weeks it worked, but then something happened....

what happened ??? i came across this wonderful website GUE and it killed me !!! know why ? because i saw that i am so SO far from perfect, so many people struggle with stuff that i take so lightly, i feel ashamed of myself for calling myself "clean for one year", how can i say i am CLEAN when i watch the ugliest of fantasies that there are on p**n just to satisfy my urge to do something worse?

there are people who struggle here about not looking on the street on a frum woman who is dressed top to bottom, and I AM the one who is CLEAN ? so yeah, GUE YOU RUINED MY WORD for me, i take a look at myself now i see a guy who is living in a tiny little bubble, satisfying himself with self destructive behavior while patting himself on the back by saying, HEY buddy you are doing a great job because at least you are not actually having a relationship with a married woman ! pathetic :-[, i know. :-X

so i guess my question to you guys here is, where do i go from here ? what do i need to do ?
and how do i do it?

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Re: "GUE" you ruined my world ! (in a good way)
Posted by alexeliezzer - 22 Aug 2011 16:43

....and we've got lots of trucks!

(also see my post on the previous page)

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Re: "GUE" you ruined my world ! (in a good way)
Posted by Tzadikel Yossele - 22 Aug 2011 17:32

thnaks so much all for your support, i will IY'H stay here for a while at least to see and try what i
can change about my behavior, which btw kills me every time that i can not stand up to myself
and do what sright, having said that, i really need al the help i can get, so PLEASE all of you
who wanna help me, please tell me how i should start ? is it the 12 step program ? phone
conferences ?

like what and how did you guys start ? please help me.

and hey MR Alex, i am really impressed with your 2 year clean streak, i am totally jealous, i wish
i can be clean for even a few months.

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Re: "GUE" you ruined my world ! (in a good way)
Posted by the.guard - 22 Aug 2011 17:48

[Tzadikel Yossele wrote on 22 Aug 2011 17:32:](#)

please tell me how i should start ? is it the 12 step program ? phone conferences ?

like what and how did you guys start ? please help me.

I think our welcoming post [here](#) will give you the basic starting steps for beginning your journey.

And please read our handbook for the full range of GYE's approach, in a clear step by step order.

Hashem is with you!

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Re: "GUE" you ruined my world ! (in a good way)
Posted by alexeliezer - 22 Aug 2011 20:03

[Tzadikel Yossele wrote on 22 Aug 2011 17:32:](#)

....i am really impressed with your 2 year clean streak, i am totally jealous, i wish i can be clean for even a few months.

You're going to do it the same way I did, and the same way anyone did. One nisayon at a time. One day at a time. It's not a cliché. It's the only way.

Alex

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Re: "GUE" you ruined my world ! (in a good way)
Posted by Tzadikel Yossele - 22 Aug 2011 21:15

i just wanted to let everyone know that i have started to read the GUE Handbook, and i am thinking of enrolling in of the 12 step programs and daily chizuk emails, i pray to Hashem to help me get better and become a real 'erliche yeed',

i think my next step should be getting filters on everything that i can get internet access,.

i will take it a day at a time, just struggling to get through today first.

thanks all for your support !.

(wanna be) Tzadikel.

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Re: "GUE" you ruined my world ! (in a good way)
Posted by Gevura Shebyesod - 22 Aug 2011 21:41

You're a Tzaddik already, just by committing to improve yourself.

I once heard a moshol, I think from The Chofetz Chaim (no I didn't actually hear it from the) He said that Teshuva is like a ship. Let say the ship traveled 1000 miles East when it Should have gone West. The first step is to turn the ship around to face the right way. Afterwards you can worry about traveling back. Teshuva is the same, it just means "turning our ship around" so we are traveling towards where we ought to be going. The

length of the subsequent journey does not matter.

(There we go now, another vehicular theme to play around with)

Keep on Sailing™

Gevura!

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Re: "GUE" you ruined my world ! (in a good way)

Posted by alexeliezer - 23 Aug 2011 15:24

Tzadikel

Glad to hear you're working on a plan.

I think working the 12 steps will be very helpful for you.

Have a great day!

Alex

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Re: "GUE" you ruined my world ! (in a good way)

Posted by Tzadikel Yossele - 23 Aug 2011 16:34

thanks Alex & Gevurah,

i just can see myself committing to this, i dont know why, yesterday i was so fully in to this new idea of changing my life around and doing whatever it takes to do it, but then late at night i couldn't hold myself back so when i got up today i was so down that i couldn't even have my first 'clean' day so how am i supposed to go on like this for years to come ? i know that i should only

focus on 'a day at a time' , a well known term among addicts, but iguess the lust in me doesnt wanna hear this ruight now and whispers to me ' you will start your clean days tomorrow' and silly me buys that garbage ... i am not giving up, ia m here to fight it till the end i am just having a bad day and could need all the support i can get.

(still wanna be a) Tzadikel

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Re: "GUE" you ruined my world ! (in a good way)
Posted by alexeliezer - 23 Aug 2011 17:14

All beginnings are difficult. Make a decision and don't look back. Keep yourself out of the situations that you know will be challenging (e.g. being bored and alone at night, being at the computer without purpose).

Your Y"H isn't going to like this one bit. TOO FREAGGGIN BAD!

He's going to put up a death struggle. And you're going to win. Cuz now you've got Superior Weaponry.

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Re: "GUE" you ruined my world ! (in a good way)
Posted by Gevura Shebyesod - 23 Aug 2011 17:15

[Tzadikel Yossele wrote on 23 Aug 2011 16:34:](#)

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(still wanna be a) Tzadikel

From the context it looks like you wanted to type "can't", but Hashem is helping you and made you be positive instead!!!!

So grab the thought and run with it! You CAN do it!

Gevura!

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Re: "GUE" you ruined my world ! (in a good way)
Posted by Tzadikel Yossele - 23 Aug 2011 17:33

i am just realizing that i made a mistake on the last reply...

but i got a smile on my face when i saw what GEVURAH wrote, thanks for that, it really does show me that i CAN (yes i can) do it.

actually i am think of making my signature now YES I CAN. btw, anyone knows how i can that ?

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Re: "GUE" you ruined my world ! (in a good way)

Posted by Dov - 28 Aug 2011 04:57

Fantastico, chabibi!! Alei v'hatzlach!

And forget my PM - I had not yet read this secons page where you jumped into the water with all of us other rubber duckies (with trucks).

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Re: "GUE" you ruined my world ! (in a good way)

Posted by silentbattle - 28 Aug 2011 09:48

Welcome, brother!

I think that generally, GYE encourages people to keep their user names, unless there's a really presssing reason to change them.

That's what it's all about.
Because *today*, this hour, this minute, are really all that counts. **Right now**, is the only time you can really do anything!

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Re: "GUE" you ruined my world ! (in a good way)

Posted by alexeliezer - 28 Aug 2011 14:44

Hi Tzadikel!

Just wanted to say hi and wish you a great new week!

Alex

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