

Need Some Help.

Posted by Giant Leap - 08 Oct 2009 00:00

Hi, everyone on the Guardyoureyes forum. I'm a new member to the forums, but I am a daily reader of the Chizuk emails. I fell on erev Yom Kippur, ironically after tashlich and kapparot, but I went to the mikvah and felt spiritually strong during Yom Kippur. After about 9 days I just fell during Sukkot and decided to take the giant leap and join the forums (my Yom Kippur resolution).

Originally, I joined the Chizuk e-mails because they offered me inspiration and a sense of anonymity without being involved with the forum. I tried to track my personal 90-day wall of honor chart and after several fall in a short time span, I ripped the chart up. Later, I tired again, this time I started with Ben Ish Chai's yartzeit. I thought that in his merit, I will try to be clean for the full 90 days. I fell almost every third day, yet, learned 3 things from these failures by way of counting days on the 90 day chart. 1) I needed to stay clean for my own merit and not for any tzadik. 2) I needed to take small steps. Since I fell about 3 days give or take, I needed to make small oaths/pledges to make 3 days (by going one day/or urge at a time. 3) I needed to mark off the completed day at the end of the day before retiring for bed, rather than an hour or so before.

Currently, I am trying to implement Dov's posting (I think it was before Yom Kippur or Rosh Hashana) which was the need to change how I live. I found out that in reality, I am not addicted (or I think I'm not) to viewing p-rn. I use p-rn as a stimulus to act out but in reality before I even watch p-rn, I start off watching non-tznius videos on a popular video site and then I get tric

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Re: Need Some Help.

Posted by Sturggle - 19 Oct 2009 09:48

[7Up wrote on 19 Oct 2009 09:45:](#)

Rabbeim; any suggestions?

And I thought you were volunteering to be one...

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Re: Need Some Help.

Posted by Giant Leap - 19 Oct 2009 18:47

Well, after 10 days of been clean to some degree, I finally fell and am off the 90 days chart. I listened to the YH again, unlike the previous times, m wheels got stuck in the mud and I couldn't get grip, so I succumbed to false sense of fulfillment - 12th principle of the GUE Attitude Handbook. I felt in limbo since then, not really understanding the gravity of the situation, but not getting down on myself for the failure. The only thing I resent is the lost of time, the 10 days - good bad or ugly - were gone. I felt that sometime in the counting I wasn't sincere to myself and near the end, I broke through my filter. Instead of going to bed early and arising for Shacharis, I spent the late hours watching forbidden things. It started with watching simple but dirty videos on Youtube and then led to breaking thru my filter and accessing the real bad stuff. The good thin is I don't really feel like a hypocrite anymore - Im struggling, but I ready and willing to start again, this time Im really really committed - as a Nascar commentator once said, " Gotta be committed to it like a pig is committed to bein' bacon!" Hehe.

GL

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Re: Need Some Help.

Posted by 7yipol - 19 Oct 2009 20:23

[Giant Leap wrote on 19 Oct 2009 18:47:](#)

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Those 10 days arent lost. Figure out how many clean *seconds* there are in 10 days. Those are yours for eternity, no matter how many falls ch'v may follow!

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Re: Need Some Help.

Posted by Giant Leap - 19 Oct 2009 22:31

[7Up wrote on 19 Oct 2009 20:23:](#)

[Giant Leap wrote on 19 Oct 2009 18:47:](#)

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You know 7UP, if I look at it that way, you're right! Thanks for the encouragement.

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