

Does It Ever Get Easier

Posted by Moshew - 02 Nov 2009 22:00

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Being new to the forum I would like to introduce myself. I am FFB and went to the best *yeshivos*, happily married with multiple children and a strong connection with some of the biggest *gedolim* (which is an issue in itself). As far back as I could remember I have always had usual desires and fantasies (which is probably normal). However it was never an issue until "a friend" gave me a stack of magazines. Sadly with the internet things only got worse. The cycle was always the same, I could go a few clean months fall for a couple of days and always get right back up for another few months. However over the past few months I couldn't seem to pull free. That was up until 2 weeks ago when I joined the GYE community.

There were days when I would be alone in the office spending 3-4 hours going from one website to another. After which I would spend the same amount of time feeling depressed, dirty, and alone beating myself up over the events of the last several hours. In the end I always promise *Hashem* that I will never do it again knowing in my heart full well that I will never keep my promise. My toughest day is Friday being that I am usually alone in the office. On my way to work a fire for pornography would start burning inside to the point where I could no longer see straight. *B'H* for the past two Fridays there has been no fire (but who's to say about this coming Friday!!!!!!).

As I mentioned earlier two weeks ago I signed onto the 90 day cart and I am now closing in on Day 14.

Many firms have an employee of the month program, where each month management gathers and nominates an employee who went above and beyond the call of duty. Similarly I would like to nominate the *Y/H* who since I have committed to controlling myself (on and off the internet) has been working overtime to get me wherever he can. *B"H* with divine intervention my internet addiction has eased somewhat (or at least I have been doing a good job staying away from the evil websites or the "seemingly kosher" websites such as YouTube) however on the other hand I have noticed that *shemiras anayim* has become and even greater test than in the past. Often I wonder if some of the people passing me on the street are the *Y/H* dressed in drag.

The *Y/H* works overtime and knows my weaknesses, I often spend hours trying to fall asleep the kosher way. I have also noticed that for no apparent reason I will be jolted from my sleep with just enough time before my alarm clock rings only to find that someone already showed up to work. A few "joyful" moments he will whisper and then I'll be gone.

A few times over the weekend I caught myself starting to slip, mainly due to my battle with *shemiras anayim*. I even skipped the *shabbos* afternoon nap as a precaution. Every step is a battle (not just a fight)!!!!!!

**Chevrah does it ever get easier?**

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Re: Does It Ever Get Easier

Posted by Moshew - 05 Nov 2009 17:24

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Reb Giant Leap:

One of my worst fears is that someone will find out!!!

Wow, how lucky you are that you are a *Baal Teshuvah*, although FFB I am still far from being a *Baal Teshuvah*. Actually that is not true, everyone on this forum has reached the lofty level of *Baal Teshuvah*. Many Giants of the last generation have already said that to be a *Baal Teshuvah* one merely has to say "*Ribono Shel Olam* I want to be good". No longer are the steps of admittance, regret, est. needed. I once heard in the name of Rav Nosson Wachtfogel the famed Lakewood *mashgiach* who after affirming that such was the case was asked "but Rebbe what about the *Shelah Hakodesh* who insists that the other steps are necessary". To which the *Mashgiach* replied "I just gave you away of crawling out of the mud you want to crawl back in??". No longer do we have the strength of the previous generations, just tell Hashem with sincerity that you want to be good and He will do the rest. The *Medrash* relates that Hashem asks of us "open for me a needle hole and I will open it to the size of a banquet hall". There is a famous question why a needle hole why not another hole for instance when one stick his finger in the sand? The answer given is that a needle goes trough and through it's with a sincerity.

*B"H* I am happy to report that I am falling asleep much easier with each passing night and waking up with an even greater *simchas hachaim* that the day before. Like I said in my original posting each step is battle not just a fight. I wish you (and everyone on the forum) the strength to win. The *gemora* says that the bigger a person the bigger his *Y/H*. Being that we have fallen for our addiction just think how big and lofty our *nishamos* must be. The *Ribono Shel Olam* is not only proud of this website it was worth the thousand of years in *gulos* just to reap the benefits of the giants it will produce.

Reb Guard:

Yes true YouTube can be blocked, but the *Y/H* is always a few steps ahead. I can't even count the number of times K9 blocked a page and then after a few seconds it loaded with the *shmutz* fully visible and the K9 symbol on the side or bottom of the page. It is as if the *Y/H* is saying you're not going to stop me with a simple little program.

Only knowing his strengths and tricks will help us stay ahead of him!!!!

Once again thanks for the encouraging words of *chizuk*.

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