

Growing With The Chevra

Posted by yiraishamaim - 20 Apr 2017 18:43

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Good afternoon gentlemen,

I must tell you that I have not been conducting myself appropriately for the last couple of months. I have been slipping to the point that only the most *lomdeshe grobbe* finger would rule not a fall. Obviously I am not happy. Now perhaps there are those that would argue that after such a significant time of not clearly falling by an obscure standard, that perhaps I should continue counting. After all, stopping a long count can have it's own repercussions. However, I have done a lot of soul searching I want to begin my count again. Of course perfection is only in Hashem's level and slips could surely come my way. However, I plan on using the forums standards and **keeping them strictly**. GYE leaves a little room for slips/errors and that must be enough for me.

Do not misunderstand me.

I do not look at this as a self-righteous fellow who is choosing just to be *machmir*. I unfortunately, have swayed too much and starting again is in my view the only way to go.

I have tweaked my home situation so that there is no internet without either an extreme filter or a code that is not known to me. I have no phone access.

My big challenge is at work. The company where I work at has a shomer shabbos head who has installed a filter in the computer. However, it is a weak filter and the IT guy told me years ago that once the history is erased they cannot retrieve your viewing sites.

I still need some hadracha in that vein.

I am in contact with someone on the phone and our dialogues are honest and helpful.

I plan to participate more on the forum.

I sit here with mixed emotions. I am sorry that I haven't lived up to the standards I should have but I am very excited to start fresh with a truly legitimate count.

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Re: Growing With The Chevra

Posted by yiraishamaim - 30 Jun 2017 17:51

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Day 15

All is well except for controlling my eyes when on the street.

I know how to improve. I believe my hishtadlus is to pretty much continue my program as I am doing it.

modify my approach somewhat before and during the time I am on the street but stay b'simcha

it's working

WOO HOO!!!

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Re: Growing With The Chevra

Posted by yiraishamaim - 04 Jul 2017 01:58

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B"H still Truckin'

The main difference so far on this count is being particularly strong on distancing myself from possible triggers.

That's always been the beginning of a downfall for me.

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Re: Growing With The Chevra

Posted by yiraishamaim - 12 Jul 2017 04:18

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B"H still Truckin on a well paved Highway

Reading the Handbook, speaking with my partner, tough gedarim on my computer/triggers is

helping to keep me on top of the game.

lately, old memories have been surfacing(I'd rather not elucidate and trigger anyone) to entice me to lust - generally I am able to move my mind to safer/cleaner thoughts

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Re: Growing With The Chevra

Posted by yiraishamaim - 14 Jul 2017 03:41

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Doing great on the computer.

tough day on the streets and in the supermarket buying food for shabbos

Gotta plan that better with a tefilah before I leave the house

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Re: Growing With The Chevra

Posted by yiraishamaim - 10 Aug 2017 02:42

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Tonight's post is long overdue. B"H I have been sailing along in uncharacteristically calm waters for days. No great tough challenges. Sure here a trigger, there a trigger everywhere a trigger trigger - but the intensity of each, hardly made a *roshem* on the Richter scale. Today however a random look at a passerby through me for a temporary loop. My mind starting making all types of inappropriate associations.

B"H it passed after a short while and my feet are now solidly planted on "normal" ground.(At least for the time being)

It did ever so aggressively remind me that sobriety can never be taken for granted.

As well, I have been lax somewhat in my chizuk readings and talking to my partner.

Will tweak that.

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Re: Growing With The Chevra

Posted by yiraishamaim - 17 Aug 2017 03:23

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Tonight I have a number of things on my mind that was making me apprehensive. I could well have had enormous anxiety.

Instead I gained much serenity by going and adding an additional day on my 90 day count. As I added another day I thought Hashem has helped me this far, just do my best and let Hashem take care of the rest.

In the quest for daily sobriety we grow in multiple ways.

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Re: Growing With The Chevra

Posted by yiraishamaim - 29 Aug 2017 02:28

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Feel great about 75 days of good healthy living(for the most part)

But my biggest challenge in the computer. Sure the street is a problem no doubt but the computer is the beginning of poor choices/habits that lead eventually to the pits.

So my place of work has now moved me to a work spot that is more secluded than before There is a filter but it's a very lame one to say the least.

I pray I continue with the healthy living.

Hashem Ya'azor - to us all.

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Re: Growing With The Chevra

Posted by yiraishamaim - 18 Sep 2017 21:23

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I have passed the 90 day milestone again. I am very happy. Not the thrill of new found clean living that I experienced a couple of years ago when I first joined.

[guardyoureyes.com/forum/45-Testimonials/253792-Thankful](http://guardyoureyes.com/forum/45-Testimonials/253792-Thankful)

It is however, a cautious deep-seated good feeling that I have made it this far and believe that if I continue with these attitudes and actions, sobriety will **with G-d's help**, hopefully follow.(although I have felt this before)

When I started my newest trip on my journey, 95/96 days ago I used Taphsic- I felt particularly vulnerable and although I am not a big fan of Taphsic for the long run, it did help put me on the clean dry ground in those early most challenging days. I did not renew Taphsic and do not plan to.

My efforts are: to Daven to Hashem- includes giving the fight over to him - this is done not only at minyan but at any challenging time. Reading supportive materials, working on chesed, particularly working on close relationships by being attentive and a good listener/being there at the moment, trying to anticipate what another might appreciate/need/want and trying to fulfill that. Be aware of any anxiety that might make running to P(drug of choice) more probable. In may seem odd but when I first joined GYE I was unaware of how I was not truly connecting to others. Also, I did not grasp how much anxiety can play a part in this struggle. In fact, if you would have asked my if I am a nervous person and if that is in any way detrimental to me, I would have responded that I am no more nervous than any one person. I have learned and grown much on my journey because of GYE Very important- to sacrifice my interests in various topics on the web, like news for example. Such web surfing, that appears on the outset as innocent, is probably not so innocent and has proven countless times to ultimately lead to a fall.

[guardyoureyes.com/forum/45-Testimonials/280545-Meaningful-Growth](http://guardyoureyes.com/forum/45-Testimonials/280545-Meaningful-Growth)

I am so happy to be on a good way as Rosh Hashana approaches. I am humbled to be a part of a group of guys who truly aspire and *put in any and all efforts* to live in a healthy wholesome worthwhile way.

You all want to truly live

May we all be granted loads of *siyata dishmaya* and be inscribed in the Book of Life.

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Re: Growing With The Chevra

Posted by yiraishamaim - 28 Sep 2017 17:31

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Just a short mention of one on a list of endless reasons why I feel gratitude to Hashem for his direct intervention in protecting me in the lust department.

Just a few short days ago Anthony Weiner was sentenced to prison for his inappropriate communication with an underage female. Regardless of political affiliation and opinions I believe we can all agree that this politically successful man is not so dumb to literally throw his career, marriage and fatherhood out the window. He knew very well what the consequences of getting caught would be. Yet he continued to engage in his self damaging behavior until he really fell into the deep dark pits of failure and grief.

I personally am aware of a number of people who lost their jobs/livelihood and much more due to being caught in similar compromising situations They include Rabbis, mechanchim and professionals in various fields..

Even when I was at my worst and engaged - I dare say in phone S, I never spoke to someone underage(as far as I know)

However, I know all too well that such a situation could well have developed. In fact I'm sure in the course of time it would have developed, had not G-d himself directly intervened to help me.

thorough GYE.

Thank you Hashem. Thank you GYE.

I pray that all of us will be spared such devastation. Better still - that we all will truly live wholesome fulfilling lives, and make Avinu Malkeinu proud to call us his people.

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Re: Growing With The Chevra

Posted by yiraishamaim - 12 Dec 2017 05:31

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Hit 180. (for I think the third time)

Thank you Hashem.

Due to my compulsions - Inevitably one extreme or the other will become a reality. I will C"V fall into despair, depression and utter dysfunction OR I will have the siyata dishmaya to develop a wholesome, healthy lifestyle- with real live goals that include but are not limited to sexual sobriety. B"H I am learning more and generally engaging life. It is a breath of fresh air I don't take for granted.

Thank you GYE.

You have given me and continue to give me the understanding of the seriousness of my situation. Yet, by the quality and sincerity of your members, their wise words and support, you have provided comfort, hope and inspiration.

Please G-d, continue help us all!

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Re: Growing With The Chevra

Posted by Hashem Help Me - 12 Dec 2017 11:57

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Mazel tov on ten times chai. Kein yirbu b'ezras Hashem. Beautiful and true post. Keep inspiring all of us.

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Re: Growing With The Chevra

Posted by yiraishamaim - 06 Feb 2018 21:35

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*Or Chaim hakodesh says:(Shmos- perek23, asuk22)*

In order to expect Hashem to take away the source of an evil desire we have to truly be disgusted with it. Then Hashem will do his part to take away the temptation.(not an actual quote - just paraphrasing).

However, we don't always really mean it when we say, we find lust repulsive, or we consider any inappropriate physical relations unacceptable.

For example: if we look back glowingly at times we picked up women and we figuratively tap ourselves on the back as if to say -"I was the man!"

That's not being disgusted by lust.

It might be that we come from irreligious or very modern backgrounds where these things were at the very least tolerated if not encouraged. We might not really blame ourselves due to our age and circumstances we found ourselves then.

YET, at this time, we have to truly sense that we debased ourselves for acting that way, irrespective if there actually was an excuse for our actions.

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Re: Growing With The Chevra

Posted by newaction - 28 Feb 2018 09:57

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How you doin' ? yiras ?

I bumped today into this thread ( i have not joined in ages ) .

About the Ohr Hachayim Hak' you wrote about hating evil , maybe we can add to doing that the mere act of respecting ourselves. Deep down we might have a wrong belief that we are not-worthy and have Shayachus to lust. The last couple of months i've found that Louis Hay's affirmations did help me . Especially if in my childhood i suffered from emotional neglect by my caretakers who were supposed to support me emotionally .

I think we better check our deep rooted belief system and do some changes there.

Hatzlacha raba !

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