

The Long War Journal

Posted by airmale613 - 31 Dec 2018 16:15

There is a blog known as the Long War Journal which began in 2007 documenting the war on terror. The name rings with me. My struggle is going to be my long war. There will be battle after battle, some will be won, others lost.

I am 40 years old and have struggled with MZL as long as I can remember. I grew up modern frum in a house that took the medical/science route on this issue as being healthy. By the time I got older and learned more, I was trapped.

Lately, I have experienced a few minor parnassa/health issues which gave me pause. It was the shot across the bow that I needed for serious introspection. Long story short, I am not in control, G-d is. And if G-d is in control, what am I doing callously making excuses for aveiros that will keep me from olam haba.

I initially joined this group in 2013 when Hashem sent me my first shot across the bow. I think I hit 50-60 days or something like that. Then as soon as I had my first fall, the yetzer hora had an opening that he capitalized on and I haven't really gotten up until now. I feel that I am blessed in that I am not necessarily addicted to websites or other material, but my acting out was a symptom of emptiness/loneliness/boredom/etc. There were times I acted out for no reason whatsoever, I was just bored.

But this is it. This is the long war that I am committed to. I want to do complete tshuva. For what it's worth, I thought I'd share a few things that have helped me.

1. Commit. Realize that the intent is to win every single battle. There is no defeat. In the past, I realized that planning for how to deal with a fall in excess gives the Y'H an opening to allow it to happen. "A fall won't be so bad, you'll just keep going", the YH says.
2. Learn as much as humanly possible about this subject. You need a constant stream of chizzuk, even on good days.
3. Learn how your Y'H works, then outsmart him. The best way to win a fight is to avoid one.
4. Create a fuse breaker in your mind that immediately flips in your mind when an impure thought enters. For instance, as soon as something enters your mind, within 1 second focus your mind on something like olam haba, the parsha, etc. The key is to flip the breaker immediately.

5. Learn about the bracha that is promised to those that fight their temptation.

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Re: The Long War Journal

Posted by airmale613 - 14 Jan 2019 17:57

Day#43

Feeling good about myself, but feeling like I am slipping.

When I first started, I found myself learning a lot more torah, constantly listening to shiuring on the subject. As time passes I feel myself becoming more and more complacent. I don't like this feeling. I don't think I am near a fall, but inching my way towards one. I need to rethink my strategy with the YH. The higher the number of clean days I have, the more I want to protect it. Nobody want's a fall, but I see just how easy it could be regardless of how far you've come.

Continuing to hold the line.

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Re: The Long War Journal

Posted by ColinColin - 14 Jan 2019 20:44

How about learning something different for a few weeks; some Agudah, or Chasidic stories, or Mussar instead?

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