

Need chizuk

Posted by shemirateinayim - 15 Dec 2009 21:35

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someone please giveme a good reason to go on a clean streak. I sorta accepted this addiction as a fact, and now i'm toon lazy to bother fighting it. I'm single, in the parsha, and gifted with the capabilities to create an uprising in the jewish world (in chinuch, kiruv krovim or kiruv rechokim). but i'm wasting my potential on a computer screen. When away from the comp. i learn from early morning to late nights, with a hislahavus, amailus etc. I can take maharal and compile/concise it into such an understandable manner that even fry yidden see it as sencible, understandable, and pertanant. I can adress large audiences, and present a powerfull and heartfelt messaage that leaves them with a smile on their face and truly touched. i have alot of potential...and I waste it all by not giving up on this one vise!!!! If only fo thesake of the ppl I can help later on in life, help me wan to fight my yzh"r. Help me want to not look at the comp. please!

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Re: Need chizuk

Posted by Momo - 27 Dec 2009 08:40

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**YOU ARE SOMEBODY SPECIAL!!!**

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Re: Need chizuk

Posted by shemirateinayim - 27 Dec 2009 17:47

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Yeh but I usualy refrain from focusing on my ma'alot, so i don't let too much gayva get to my head. i'm not holding in knowing where my ma'alot came from, and who endowed me in something which i can claim no credit for.... also kown as proper anivos (so for now i do it the wimpy way, but i'm not depressed).

But if i was busted....what would happen: The community would make a scandal out of it, b/c in these areas there is no such thing as lashon hara. My mother would confide in all her freinds, who in turn would confine in their families and acquaintances. i couldn't show my face in shul, and i would need to look for a new yeshiva. Everyone who "secretly" looks at the occasional p@#\$ would use their own guilt as a reason to shame me.

I'd have to go into a long long FREEZER, untill the dust settles. and then every girl that looks

into me would have to weigh the stigma of going out with a sex addict (when in reality it's all cyber pics). I'd never be able to get a post on rabbanus/chinuch/ or even kiruv! i'd never find a half decent shiduch, unless the girl was honest enough about her own internet habbits (which sadly may solve the problme fairly easily...i'll i'de need to look for was a girl who works on the comp)

My rock bottom story is fairly pathetic, so I gotta read some more stories, and mybe create a projected addiction rate, and then play out a rock bottom when i have a respectable post, wife and kids. Any ideas. hey this sounds pretty theraputic! mybe we should all try this, and if you can't create a gory demise [rock bottom] then you don't realise the extent of the addiction.

on second thought i should try the chofetz chains version,   din vecheshbon.

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Re: Need chizuk

Posted by the.guard - 27 Dec 2009 20:47

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Some rock bottom stories for you on this page:

[www.guardureyes.com/GUE/Stories/womStory.asp](http://www.guardureyes.com/GUE/Stories/womStory.asp)

Also here: [www.guardyoureyes.org/?p=861](http://www.guardyoureyes.org/?p=861)

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Re: Need chizuk

Posted by shemirateinayim - 27 Dec 2009 22:19

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thanks guard. I started working on tefilah. And i have a hunch that everybody who had a huge turnaround, davened enough for it. For me it was the most sincere tefilah of my life, when i first had to fes-up.

Tefilah may help me stir myself to hit 'rock bottom' ( "Even a penthouse has a rock hard floor, why bother falling all the way to the basement" ). Thanks for all your help. Especially the Kollel

Guy, you're not the only addict that stays in learning, and your not the only learner that can get addicted.

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Re: Need chizuk

Posted by imtrying25 - 29 Dec 2009 23:15

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Hey wats up SE. how are things going?

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Re: Need chizuk

Posted by shemirateinayim - 10 Jan 2010 19:00

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four days of nissayon, though of a slightly different sort. My first YH to give in came last night, so I said sure why not. ANd mentally jumped to the next step, so now i feel like :-X (puke) , what's next? ok let's say i spend a few hours doing that, ok and then what? hmmm ok and how will I feel..... ok so I'd feel like that in about 3 hours. OK and if i don't slip I'd feel like this.... hey let's do that

WARNING: if this didn't make sense to you that is alright. The above conversation actualyl did happen between me and myself last evening. I guess I used a method of phycotherapy (mentioned in a chizuk email that i actually DID skim through) to role play what I was about to do. And BH i only had to feel like filth for 20-40 seconds instead of actually doing it!

I'm hanging in, and doing a superhuman job of shmiras einayim. you know that the name of a parson is the name of their nashama.... I wonder if the same can be said of our choice of usernames ?? to some extent yes. SHmiras einayim was my first step in the path of recovery. accepting that I'm an internet addict. is the next time.

AS much as I feel uncmfortable/uneasy posting 'graphic' words, and always **try** to use a lashon naki, I gotta make an exception for this (but it still hurts to do). I AM addicted to watching various forms of pornography. i watch sluts and prostitutes defame themselves and engage in disgusting acts of lust. I run to the bathroom to feel a 10 second pleasure, and descrase myself. I am a sexual addict, addicted to pornography, and a former addict of maturbation who still has

a long way to go. I need help, I need to utilize the 12 steps, and I need to change my attitude and approach.

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