

Holy Yid's Continuing Journey

Posted by Holy Yid - 18 Dec 2009 01:17

Hi I am alive. I am past 90 days, through the Hand of God, so I am starting a new tread for myself and my friends.

I still don't accept that I am an addict or even if I am an addict I do not accept myself as a full fledged one. Because of that I do not always take all the precautions other people on this site take. I want to diverge for a second and say that I respect all those who do take those precautions I just like to believe that I can get away with less. Anyways I felt that I should be ??? in ?????? ????? so I spent a week acting as though I was a fully addicted addict with almost zero resistance.

I was very careful about what I saw outside, when I used the web and what non Jewish stuff I looked at and so on. I discovered a shocking thing. That after the week I was calmer and felt more in control of my life.

Maybe I'll *pretend* to be an addict long term.

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 09 Feb 2010 20:58

Dr Fish mentioned that he worked with frum drug addicts for a while and he treated about 100. Since he started to work with internet addicts he has treated HUNDREDS. I don't remember the number of years he worked with each but I would assume that when you break down the numbers to people per year that there are many times more internet addicts than drug addicts. Think about this guys and do something to spread the word about our site. There are so many people living in such pain.

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Re: Holy Yid's Continuing Journey

Posted by Holy Yid - 17 Feb 2010 20:44

Hi guys.I am now 12 days clean. I am starting to get a little weak around the edges. I know that focusing on personal growth will help that. As will looking for ways to be very careful about guarding myself.

This morning I woke up and had a thought in my mind I should fall. I was not down or anything like that. I am wondering if anyone has an insight into why this would happen?

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Re: Holy Yid's Continuing Journey
Posted by imtrying25 - 17 Feb 2010 20:49

Everyone is different. I get those feeling sometimes too. It usually comes on the begining of the day and im like, ok i have no intereset in anything today and no fighting the yh and etc etc. The way for me is to focus on one day at time. Im gonna do it just today. Today only.

Hatzlacha and i hope was of some help!

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Re: Holy Yid's Continuing Journey
Posted by Holy Yid - 17 Feb 2010 21:08

I saw something I find relevant and I think it may help others. it is a quote from Nelson Mandela's inauguration speech.

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous,

talented, fabulous? Actually, who are you not to be?

You are a child of God.

Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do.

We were born to make manifest the glory of God that is within us.

It is not just in some of us; it is in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear,

our presence automatically liberates others.

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Re: Holy Yid's Continuing Journey
Posted by imtrying25 - 17 Feb 2010 21:55

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Re: Holy Yid's Continuing Journey
Posted by Holy Yid - 23 Feb 2010 02:09

I am feeling weak, getting big urges from time to time. I am looking for advice from you guys.

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Re: Holy Yid's Continuing Journey

Posted by cleareyes613@gmail.com - 23 Feb 2010 02:17

Why are u here Holyid? A large part of those urges is from withdrawal (and not being careful with our eyes). Live life and give to others and for the most part the urges will pass.

Oh, and please take it one day at a time.

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Re: Holy Yid's Continuing Journey

Posted by teenagehelp - 23 Feb 2010 02:19

at least for now, i'd say to just keep your mind active. just from looking at the chart, you're at 15) so your doing great. i'd say that now is a good time to just browse around the site and look to review what you know of shemiras einayim and you'll also pick up on some new tidbits. remember, even as we move along towards the 90-day goal, the idea is to constantly be growing. and also, if you do feel your y"h knocking, figure out a game-plan that you can do. dont just say you'll study torah but actually have a list of things that you can do.

other than that, i can only say keep up the good work!!!

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Re: Holy Yid's Continuing Journey

Posted by Ineedhelp!! - 23 Feb 2010 05:59

[Holy Yid wrote on 23 Feb 2010 02:09:](#)

I am feeling weak, getting big urges from time to time. I am looking for advice from you guys.
days (18 with an update

Hey Holy Yid,

I hope everything os going well on your front. I like to read old posts of mine. It gets me to realize where I was and where I am right now.

All the best!

-Yiddle

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Re: Holy Yid's Continuing Journey
Posted by Sturggle - 23 Feb 2010 19:11

For starters,

say **NO** to those urges!

And then call up a friend or two and go hang out for a bit.

Learn, sing, eat and get some sleep.

Wishing you hatzlacha!

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Re: Holy Yid's Continuing Journey
Posted by imtrying25 - 24 Feb 2010 12:32

Yes having people to call is extremely helpful. And realize that the urges are normal, and we dont need to take action on them. Tell yourself ok its like having a hunger pain on a ta'anis, ill justy take my mind off of it vezehu.

And of course like Cleareyes613 said, take it one day at a time!

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Re: Holy Yid's Continuing Journey
Posted by Holy Yid - 24 Feb 2010 20:12

Thank you for responding. It helps to know you care about me.

I am doing better. I am being very careful with my eyes for the rest of the week and am keeping my eyes busy.

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Re: Holy Yid's Continuing Journey
Posted by silentbattle - 24 Feb 2010 20:24

Keep on trucking - and find something to do that'll keep you busy and hopefully happy!

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Re: Holy Yid's Continuing Journey
Posted by imtrying25 - 24 Feb 2010 21:43

[Holy Yid wrote on 24 Feb 2010 20:12:](#)

Thank you for responding. It helps to know you care about me.

I am doing better. I am being very careful with my eyes for the rest of the week and am keeping my eyes busy.

hatzlacha Holy Yid. Ke'shmo kein hu!!!!

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