

hi everyone

Posted by last try(hope) - 05 Dec 2011 20:55

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a few days ago i came across this fabulous site and i decided to start again.

i am for 12 years fighting in this battle and really hope that this time i will win.

for some years now i am in and out from it- before rosh hashana i was clean for almost a year but then all the feelings around tshuva got me thinking about all the garbage again and got me in until last week(look at the 90 day chart) :-[ :-[. i think that the thing that is most hard for me is the thought that it is a battle for life, i don't want to be in tension all the time. the only thing this time that is different is that with encourage from the help guy here i got the courage to go to the rabbi of my kehila and talk to him about it and start sending him webchaver reports.

one of my problems is i have the net through work so i don't have a filter :-[ :-[.

would like to be in contact maybe here i will get chizuk.

thank you all

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Re: hi everyone

Posted by Dov - 08 Dec 2011 20:21

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Oooh, one more thing regarding all these deep changes in us:

Some start to occur rather quickly and suddenly, while some take many months, sometimes years to really progress. As long as we stay sober for today while we grow, one day at a time, and exercise **patience** for G-d....life will change to the better and better.

The 90-day conversion idea might be true for the breaking of a habit. But that is a far cry from

any real change. Change is on the inside, not the outside, and ho'odom nif'al achar p'ulosav is not on *our* timetable, but on *His*.

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Re: hi everyone

Posted by last try(hope) - 11 Dec 2011 08:15

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thank you **all** for the great advice!

i will read all of this again until it sinks in

i really feel now that with the help here and the place to talk it is doable.

we will Be"H be in contact.

LT

ps look out for me on the chart 8)

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Re: hi everyone

Posted by last - 18 Dec 2011 18:40

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:-[

had an inconvenient conversation with my wife

told her that i want a filter on the computer and she said fine but for what do **you**

need it?? :-[

i almost spilled the beans to her but in the end remained silent.

(to whoever asks, 2 years ago i told her and promised it will never happen again)

in the end we now have K9 on our computer.

does someone have good advice what should i do (about telling her)?

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Re: hi everyone

Posted by Dov - 18 Dec 2011 19:58

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Do you love her?

You can tell her that, at least for starters, if it's true.

Do you use the computer for porn and lust purposes?

You can at least tell a safe person here on GYE that - in detail. You can be honest with someone, at least. Why make her the Guinea Pig or your foray into honesty and openness?

Forgive my ignorance, but, so far, have you spilled the beans to anyone here on GYE in detail? Or has it been stuff like "I have problems with lust, you know....I look at porn sometimes...I masturbate sometimes....I wish I didn't"

If that is what you have done so far, it is commendable - but will not cut it.

Hatzlocha and much love, to you.

Don't make her your Guinea Pig. Learn how to tell all to safe men forst - then you will maybe be able to tell her all and get a healthy honest relationship going, here. You deserve that, you want that, no? Nothing to hide, right?

First things first.

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Re: hi everyone

Posted by last - 19 Dec 2011 07:42

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so here it comes

from the age of 16 (now 28) i looked at girls in b\*ini and M\* after that. 2 years ago i promised her i will stop totally but after a few months fell in again. after about 2 months i stopped for almost a year and now i was in for ~3.5 months.

that is all the story.

i hope now with all the new things i learnt here it will be different.

anyway it was very awkward conversation.

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Re: hi everyone

Posted by Dov - 21 Dec 2011 19:47

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[last try\(hope\) wrote on 19 Dec 2011 07:42:](#)

so here it comes

from the age of 16 (now 28) i looked at girls in b\*ini and M\* after that. 2 years ago i promised her i will stop totally but after a few months fell in again. after about 2 months i stopped for almost a year and now i was in for ~3.5 months.

that is all the story.

i hope now with all the new things i learnt here it will be different.

anyway it was very awkward conversation.

What please does the last thing mean:

"and now i was in for ~3.5 months"

In what? Looking at same stuff - or different stuff? Bikinis, or what? It is not clear what the problem you are having is, and how frequently you do it, nor how you get the stuff you are looking at.

Hatzlocha opening up. Awkward is better than stupid, I always say....well, I don't *always* say that, but *sometimes* I do....

LOve you, chaver

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Re: hi everyone

Posted by last - 21 Dec 2011 22:19

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it meant in the same old garbage for about 3.5 months. sometimes i would look once in a few days and sometimes a few times a day.

i would get the girls in bikini by looking at regular news sites as msn etc.

my problem is- although i stopped for long periods of time i every some time fall and then it takes me time to catch myself again.

i am trying to think what will make this time different- and i thought about some things but i need more ideas.

put k9 on my computer

told my rav in the kehila and we made up to speak

made a 'neder' for 2 weeks-renewing it each time- not to go into non kosher sites

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Re: hi everyone

Posted by Dov - 22 Dec 2011 00:54

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1 - I assume that you do not masturbate yourself over this stuff, as you do not mention that here, at all. Do you, or not?

2- Thanks for being so open (pending the above). I gotta ask you a question here, based on what you have said so far:

Your username is **last try (hope)**. I guess that means that you are looking to this site and to what you are doing here as your last hope for finally beating this bad habit of yours.

OK, so lets assume you are not an addict - just a guy who likes the way it makes you feel when you find and look at women's images especially when they are hardly wearing anything. You do not like that and want to quit.

Do you really want to quit?

If you do, then are you ready to do whatever it takes not to enjoy that nice feeling you get when you look at them, or not?

And if yes, then you will discover if you are telling the truth to yourself - or just lying to yourself pretty soon. Cuz if you look again in a few days that means that it is clear that you really do not want to be rid of it. As Rav Twerski writes, **our behavior attests to what we really value the most.**

This is not a "challenge" - just a fact.

So far, you have taken smart actions that demonstrate that you are choosing the good life instead of prusteh lying and hiding: 1- arranging for a meeting with a Rov (assuming you will be *totally* open with him about all the facts and tell him *everything* there is to know about your lust behaviors), and 2- being on this site, and 3- telling the truth about yourself on this thread.

Continued hatzlocha and chag sameyach!!

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Re: hi everyone

Posted by last - 22 Dec 2011 10:20

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i look at those pictures so i can do it (wasn't trying to hide it i just thought i wrote it before).

2. yes before i got to this site i was very frustrated, i was sure that if i stopped for so long i am really clean and it was very frustrating to see i was really wrong. on this site i am learning that there is a lot to be done(maybe i will change my user name).

i **hope** i am 'ready to do whatever it takes not to enjoy that nice feeling you get when you look at them' how can i know if i really mean it 'haadam yiree laeinaim vehashem yiree lalevav'??

i think **the** biggest change i made is telling my rov that i am addicted to 'zima' on the computer and that we need to talk. 'maase satan' we set a time to talk but there was a misunderstanding when it should have been and from then he still didn't have time.

i pray to hashem that the courage to talk to a real person would not leave until we talk..

last thing - i am looking for some one that is willing to look at my webchaver reports. i am sending them to my rov but i am not sure if he looks at them. part of the problem is that they look from the outside fine, it always says report looks good for LT 8) only inside the report between a few sites that wrongly are rated as this site.. there are a few bad things, so i need someone to really look.

1. really wrong, sure i do masturbate

thanks all

LT

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Re: hi everyone

Posted by Dov - 25 Dec 2011 06:58

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first you asked:[last try\(hope\) wrote on 22 Dec 2011 10:20:](#)

how can i know if i really mean it ('haadam yiree laeinaim vehashem yiree lalevav')??

then you answered it with

i think **the** biggest change i made is telling my rov that i am addicted to 'zima' on the computer and that we need to talk...i pray to hashem that the courage to talk to a real person would not leave until we talk..

Last thing - i am looking for someone that is willing to look at my webchaver reports....so i need someone to really look.

You are simply opening up, getting real - and that's huge. Captain Kirk...look it up on this site. No matter how 'good' or 'frum' we are, there is no real-ness to our behavior until we let other safe, real people into our secrets. In AA etc, they say "we are only as sick as our secrets". Of course they are right. All those who argue are really just hiding themselves. And the real reason we hide our behavior is **not** because we are *ashamed* - it is **to protect out ability to keep on**



**doing it!**

Your opening up is a major, major thing. Hatzlocha and kei yirbu. The steps we take are small, very small...but he opens up the needle hole to a huge hallway that wagons can cart on through...Chaza"l are spelling it out (even though they were not talking about *addicts*, of course).

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Re: hi everyone

Posted by last - 28 Dec 2011 21:29

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just came for a minute to say hello.

i am trucking on B"H . 33 days to the count.

i never thought that posting would be help but on shabbat we were at friends and they had all the newspapers i shouldn't be looking at , so the whole shabbat i was telling myself don't touch them (even though i was really tempted) and you will be able to brag about it on the forum.

and ofcourse 'vezacharta et hashem elokeicha ki hu hnoten lecha koach laasot chail'

so b"h here i am. :D

LT

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Re: hi everyone

Posted by alexeliezer - 28 Dec 2011 21:56

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Bragging rights are yours my friend!

Thanks for winning this one for all of us!

We're in this together and will see you all the way to a much better place!

Shteig on bro!

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Re: hi everyone

Posted by Dov - 29 Dec 2011 05:17

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Hey, seichel is a good thing, no? You did good, b"H.

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Re: hi everyone

Posted by last - 19 Jan 2012 09:21

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just wanted to update

with hashems help i am 55 days clean (by definition of the chart)

+ really working on not having lustful thoughts + doing a lot better on 'shemirat einaim'.

i think until now i just wanted to stop with pics&masturbate but now i am fighting the whole war.

i have a dilemma-

B"H i am standing my promise about non kosher sites, there is a writer in 1 of them that i really like reading. should i ask someone to download that article for me or should i just let go of it?

thanks for reading

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