

tired, lonely, and hopefull

Posted by mifatfait - 13 Feb 2012 13:11

Hello GYE. My first name is Mifatfait, my last name is Biyitzro. And I'm serious. The Gr"a (???? ?,?) and R' Tzadok (???? ????? ??? ??) write that one can recognize his mission in life from his hardest struggles, it is to perfect his hardest middah that he was born. This is my name and purpose, to win this battle. But it's really hard, and i haven't yet always been succesfull.

For 7 years iv'e been stumbling with mastur. etc., b"h the real bad internet and the porn iv'e been protected from by the natural safeguards of our community. I don't feel like i'm leading a double life, and maybe in some ways iv'e grown from the nisayon even though i have far from concuered it. I think I even have already learned from my rabbeim and from seforim most of the attitudes in the handbook. But I still need lots of help.

I cant grow to a proper talmid chochom when i am so "torud biyitzri", i'm internally distracted and cant keep sedorim. i b"h have a beuatifull marriage, but my dear wife suffers tremendously when i'm sad and irritable, she desperately needs me to always be there for her completely. And most important, what am I going to tell Hashem, I have to leave this now and do complete teshuvah!

Until i saw GYE, i didn't fathom that this is an addiction that i must be weaned from, only now i understand why the same nisyonos all my friends can handle with ease - for me sometimes seem unsurmountable. I'm an addict. Hard core. And ive got to stop now, before it gets worse and i fall to porn and worse. Right away when I saw the website i started 90 days, i hoped with my new perspectives i would quickly demolish the addiction. But after 25 days of Gan Eden i fell again. So now I'm starting to participate in these forums, I want so much not to be alone in my struggle, to hear from others in my situation, and maybe one day to also help. Today i will be"h sign up on the 90 day chart, and give GYE all iv'e got.

Please tell me what you think, guys.

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Re: tired, lonely, and hopefull

Posted by mifatfait - 19 Apr 2012 13:18

Thanks, Gesher.

Yom Tov was great, I will admit a few falls, but enough to count on one hand and more importantly no falls in looking at bad stuff (although there were opportunities, airplanes etc...). I really tried concentrating on staying clean one day at a time, in the past it's happened many times during bein hazmanim that I was so busy with fulfilling things (learning ?? ????? ???, family,

fun...) that I would completely forget about my issue and feel that I don't have to worry about it - until I would fall once and plummet down from my mountaintop. This time I noticed many times a sort of subconscious feeling that although now everything's easy but the Y"H will be back 'cause I'm still a hard-core addict, therefore the falls weren't big blows, I got up right away every time. Thanks GYE!

I can't wait till I'll be sober, meanwhile my work at living one day at a time and trying to surrender to Hashem is transforming me tremendously in making my falls far and few between (once every 1-2 weeks, almost always without those devastating spirals), but I can't seem to rid myself completely for longer than that. Should I do more or different, or is this just a slow process?

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Re: tired, lonely, and hopeful
Posted by alexeliezer - 19 Apr 2012 13:33

I remember in active addiction, the process of a fall happened gradually. I would be fine for a few days, then I would start getting hirhurim to act out which I would fight. Often it would be a fantasy. It would go away for a while, then come back stronger, until eventually I would give in.

I think the difference now is I "fight" really hard right at the beginning. I don't let the hirhurim take hold. I give it everything I've got right there at the opening volley. Every time.

When I say "fight," I really mean surrendering my lust to Hashem and asking for His intervention.

Early, aggressive interception.

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