

Introduction

Posted by JustKeepGoing - 18 Apr 2012 21:24

So this is my introduction

Hello! Thank you for this site

i was really addicted to z'l and pornography for about 3 years, i went to israel and studied in yeshiva where i managed to "quit," meaning i stopped for a couple of months would have a fall once or twice then pick up again for a couple of months. bein hazmanim was especially difficult (since i had so much free time and if i would fail i would be too embarrassed/ashamed that i couldnt step foot in a beis medrish,) then in my third year when i was in america (im so afraid someone should figure out who i am i dont even want to write details) I had a falling out were i fell 3 times over 6 weeks, that killed me.. it ruined my learning and every time i fail in this area it makes me feel like one big fake, so i was determined to never sin in this regard again i remembered this site and got on a 90 day program, and this is how i became a revisiting guest to this site.. im currently at 113. Im actually very proud i made it through this peasch

but the reason i went ahead and FINALLY opened this account is bc this break even though i didnt do z'l a few days ago the place my family went to for pesach was by an oceanfront hotel, i couldnt leave the room bc everywhere i went my eyes were molested with things i didnt want to see, so i basically locked myself in the room for most of the trip and got so frustrated that i gave up on watching my eyes and i flipped through the tv for as much garbage as i could find (too much free time on the break ruined my no tv commitment) and today i wasnt even planning on it but i was on the computer and i was like well if im never going to be able to watch this stuff again i should get one last dose before i quit for good (which is dumb thinking back on it) then i watched pornography for several hours something i havent done in years(still no z'l just watching) so now i realize that i have to get on this forum already, hope it helps

A main problem of mine is that i have alot of friends who were much worse than i was before yeshiva in israel and were involved physically with girls and now are learning full time yeshiva guys baal tshuva but myself, i grew up with very very low self confidence and self esteem, so i never had the courage to do what they did, and now after working on myself to the point that i could have the courage i feel like i missed out.... i know theres something flawed there and when i mentioned it to a rabbi, he told me that im lucky bc its much harder for them but that didnt do it for me. i needed to get that out

ok i hope that was a good introduction thanks

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Re: Introduction

Posted by Gevura Shebyesod - 31 Jul 2012 03:37

I went through the same thing last winter so i know exactly what you mean. it was after almost the exact same number of days (215), I had gottem 'burnt out" and complacent after the initial high of my first long streak. I was getting progressively "slippier", starting to search out "borderline" websites and such, and getting lax in guarding my eyes and thoughts. eventually I encountered a strong trigger and it was too much. i didn't actually fall "all the way" (i.e. no mz"I), but i got really close. it's not clear in the rules that that's a fall, but after I did it twice, i knew that if i don't say it's a fall I will not stop there, and I will end up falling all the way. So I called it a fall and reset the count. even though it made me feel like I "lost the days", which of course we haven't, at the same time it drew a line in the sand. Ad Kan, it's over, now get up and start with a clean slate.

And the same thing happened again 60 days later, i again got into a rut, and slipped ito looking at borderline p***. And again, i could have rationalized and gotten away with it, but i knew that if i dont make myself feel like i've hit a bottom, i won't bounce back up.

the important thing is to turn the fall into a positive experience, by figuring out what went wrong, and what changes we can make in our attitudes and behaviors to avoid a repeat.

In closing, in the immortal words of our sorely missed Bardichev:

FELL SHMELL!!!!

KEEEP ON TRUKKKKING!!!!

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Re: Introduction

Posted by JustKeepGoing - 31 Jul 2012 03:50

Thanks you made me laugh there.

So I think I gained the most in realizing that every day is the day to do battle, I remember thinking when I first got here I made it to 90 and then felt like I was in the clear but I saw someone had 150 and fell so I realized ok not in the clear yet and now 217..... There is no "in the clear" and that's the pshat in one day at a time you can only deal with it today and every day

it needs to be dealt with.

Thanks again for the chizuk, it is very much appreciated

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Re: Introduction

Posted by obormottel - 31 Jul 2012 04:20

Sorry to hear about your fall. You can join RT now, he' starting over, too. Stay accountable to someone other than yourself. You said: I tried but couldn't let go of lust. That was great help to me, I was triggered a few times today very strongly, and my reaction was to tough it out. Thanks to you I am going to call someone right now and have them let go of my lust for me.

Make taking proactive sober action part of your daily routine.

Hatzlocho,

Mottel.

P.S. Gevura said like it is, listen to him well.

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Re: Introduction

Posted by rt - 31 Jul 2012 12:32

Oy, dear Keepgoingdude.

I am very sorry to hear THIS news.

I remember very well how i've felt after falling after 7 month+ .depressing.

is youtube available by you? i could send you some links. some nice moving videos. pm me if you want 'em (lemayse whoever wants can pm me for them (or for something else..)).

looking forward to hear only besoyros toyvos from you

chazzak veematz.

i just yesterday heard that a group of this precious jews (~1100) fasted for 40 days (!!!) for the sake of klal yisroel (chas vesholom war might start soon, chas vesholom!)

I think, klal yisroel needs our zechus, no? lest "ve'raa becha ervas dovor veshav meacharecha".

hatzlocho, sincerly, rashe Teivos.

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Re: Introduction

Posted by Gevura Shebyesod - 31 Jul 2012 12:41

Youtube??!!! :o :o :o

I always wondered what RT was Roshei Teivos for. Now i know... ;D

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Re: Introduction

Posted by rt - 31 Jul 2012 13:23

yes, youtube ò,Ó

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Re: Introduction

Posted by LookingForwardToChange - 31 Jul 2012 15:01

[obormottel wrote on 31 Jul 2012 04:20:](#)

You can join RT now, he' starting over, too.

Please give me more info on that. Tnx

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Re: Introduction

Posted by rt - 31 Jul 2012 15:02

i'll pm it to you.

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Re: Introduction

Posted by JustKeepGoing - 31 Jul 2012 23:58

Thanks Mottel its good to know that my fall helped somebody.

I just gave my friend 50 dollars as part of my accountability and we have to call each other BEFORE something happens as well.

I think this fall was a positive learning experience for me in the end, Ive learn that the number of days makes no real difference, this problem exists under the surface and it needs to be dealt with day by day. Yesterdays success doesnt mean today I can be over-confident and do things that are potentially triggering. Im NOT superman and this doesnt just "go away" after time. I made a whole bunch of calls today and took a crack at my "to-do" list. Focusing on **ONE SMALL DOABLE PRACTICAL REALISTIC** goal. Not too much and be overwhelmed. That went very well, I ended up doing much more than I imagined.

Also, I need to be in touch with people otherwise Ill slowly start to recede into Isolation

Im feeling pretty good after todays "Positive Sobriety" still feeling PHYSICALLY nausious a little though

Also RT (and velt) I want to try to stay away from Tv and computers as much as is possible and YouTube for me is "out-of-the-question"

Allright thanks guys I appreciate the support

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Re: Introduction

Posted by rt - 01 Aug 2012 08:40

Hm. I dont understand.

You watched on the other day some pritzusdicke videos. how was that possible? i assume, you dont have a filter.

oyb asoy. why cant you watch something on youtube? i won't send you any inappropriate links. verstayt sach,no?

or you're just scared to start?. hm. thats what is lemayse mashma from your post.

well.hm. its very likely now, that the majority will disagree with me (gedorim, siyogim, ich weys.), but i dont think that to SUCH a video you should say no. :D

on the other hand. who says that it will have the some impact on you. i am sometimes getting chizzuk from very strange things :D

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Re: Introduction

Posted by E-Tek - 01 Aug 2012 15:09

RT, it's possible though not probable to watch a pritzusdike video with a filter. A filter helps, but it's not everything. That being the case, youtube may still be blocked. As well it should be.

And you'll find many on GYE (I'm not yet among them, but I'm getting there) who won't browse anywhere except where they know what to expect, or for a very good reason, because they are petrified of triggers.

I'm just explaining the thought process.

Hatzlacha!

Meir

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Re: Introduction

Posted by JustKeepGoing - 01 Aug 2012 18:02

Ya so that was basically what it was, I dont want to go on youtube. Regarding the filter, theres one on the main computer but not one on my parents

Rabeinu Tam I understand you wont send me innapropriate links, once im ON youtube though its very easy to "just check this video" and then "just check that vide" until it leads to triggers and then thats not enough etcetera etcetera etcetera

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Re: Introduction

Posted by rt - 01 Aug 2012 18:33

Yea. Iemayse i was searching for a certain video for my studies to on youtube. and takke. on the sidebar the (as they do it usually) had some other "efshar you want see this video as well"-videos. some very pretty triggering, was a challenge not check 'em out.

And btw, I am not Rabeinu Tam :D (mai hava amina? :D) r"t is rashe teyvov for "rashe teyvov".

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Re: Introduction

Posted by JustKeepGoing - 01 Aug 2012 19:00

Ya so thats pretty much why I dont wanna. you can pm them to me though and Ill have them for the future

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I dont know what the hava amina was I just felt like it :