

Regular bachur, stepping it up.

Posted by Kedushafighter - 23 Jul 2012 14:37

I am an awesome guy of my yeshiva looked up to. . ive been a roller coaster ever since ive started but this past year was extraordinary i turned around and grew a ton. i struggle like any other but have a more addictive problem.i have never went two weeks without mast and kinda accepted my fate til i visited this site. so far ive been 12 days clean from porn slash mast. I

) my second last night home before i went up to the mountains with my family. there is no wifi so i needsa go out to download. i watched for a while the hole day i couldnt stop thinking about it it was owning me. after it was 1130 pm and i called my rebbi to talk about a friend i wanted to help, got all inspirred, and felt really good. the second i hung up i said, wait, go delete all the porn you downloaded so you wont have it. good. went to the computer, and as if i was in a trance, watched again and acted out again. i couldnt believe myself. looks like ill never leave this. ever. i cried myself to sleep. and went to work the next morning. i came home it was my last night home by myself . looked at the ipod/computer had a huge fight but just deleted everything . told it- you dont own me i am awesome i dont need you . huge adreniline went to mincha. and since then ive been clean. frim mast. also. i cant believe it. i wanna go 90 days. so badky/ i just wanna be close to hashem and pure. i need constant chizuk though. always. i believe i can do it. just wanna share this. realixe that i dont need it and its ruining me. it started with a night (twelve nights ago obv.

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Re: Regular bachur, stepping it up.

Posted by Machshovo Tova - 26 Jul 2012 15:38

The following "roller coaster" references are from the GYE handbook:

As one of the 12-Step pamphlets says:

Lusting, for us, is like riding a roller coaster. Once started, it is nearly impossible to stop.

Therefore, lust must be stopped where it begins, with the first drink. Getting out from under the influence of lust, therefore, requires us to avoid getting on board in the first place.

One member of our forum wrote to a newcomer:

... If you want to keep on riding on the Teshuvah /Nefilla roller-coaster, be my guest. But you will just continue making more addictive behavior neuron pathways in your brain, which only get harder to reverse.

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Re: Regular bachur, stepping it up.
Posted by rt - 26 Jul 2012 21:15

@JKG: yashar koach. seems to be clearer now.

@MT: oh, dear MT, that is exactly where i saw this **** roller coaster thing the first time -.- (stil thanks for taking the time)

well. i googled it (sometimes this good ideas come also into my head) just to clarify what the word means. aha. now your explanation is even more clearer, JKG.

hatzlocho guys/GYE's . r"T

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