

Goin strong

Posted by bechulderachav - 18 Jul 2013 18:12

Hello everyone,

I've just joined the GYE community 8 days ago and Baruch Hashem, I've been clean every day since. It's a big accomplishment for me since I haven't had such a long clean streak in a while. I am married, and I used to be in yeshiva, but am now in college. I struggled with masturbation in yeshiva, and have had many ups and downs. Since I am now in college, and therefore own a computer, my challenges have gotten a lot worse, and it has been a constant struggle to keep clean for even a few days straight.

My nisyonos are mainly to watch really inappropriate movies on the internet and be motzai zera levatala while watching them. However, it is not only limited to that as I also have a nisayon to look at inappropriate images.

It wasn't until I came to the GYE website that I realized that I actually have an addition. No matter how much I knew that masturbating would severely weaken my connection to Hashem and would also make me feel emotionally down and ashamed of myself, I couldn't help but give in to the yetzer harah which was dragging me to the internet.

However, with the help of just being part of this website, getting the daily chizuk emails, reading the GYE handbook on a consistent basis, and probably most importantly, getting webchaver on my computer for strong accountability, I am in the beginning of my journey to stay clean of this shmutz and lead a much more spiritual wholesome emotionally healthy life. I hope that this forum can be a source of chizuk to me as well, and help me continue in this avodas hakosesh.

All the best.

=====
=====

Re: Goin strong

Posted by chesky - 18 Jul 2013 19:46

Welcome Chaver,

You are in the right place and sounds like you have made a good start.

The first key is willingness.

May G-d be with you

=====

Re: Goin strong

Posted by ZemirosShabbos - 18 Jul 2013 20:43

Welcome!

Kol hakavod for your efforts. Group support is a very powerful component of any recovery program. and gye is one great community. so stick around and give and get chizuk

wishing you much hatzlocha

zs

=====

Re: Goin strong

Posted by cordnoy - 18 Jul 2013 21:13

keep up the great work

don't be a stranger

=====

Re: Goin strong

Posted by gibbor120 - 18 Jul 2013 21:52

WELCOME bechulderachav! It's great to have you with us.

=====

Re: Goin strong

Posted by inastruggle - 18 Jul 2013 23:01

Welcome to gye. Home of the brave, land of the trying to get free.

=====

Re: Goin strong

Posted by AlexEliezer - 19 Jul 2013 00:23

Welcome!

Thanks for joining and posting.

It's important not to give yourself any leeway on the internet. Use it for whatever college work is needed, shopping, email. But don't start surfing news sites, sports scores, you know, stuff. It's just the Y"H getting warmed up and you know it.

Hatzlocha!

Alex

=====

Re: Goin strong

Posted by Keep Fighting - 19 Jul 2013 04:52

Hi, nice to meet you. I recently joined too. This is all very new to me.

Let's both make sure to keep coming back to learn from the pros.

=====

====