

introduction trying2bgr8

Posted by trying2bgr8 - 20 Aug 2014 18:35

Hi-

I have been a member on this website for almost a year, then went "offline" for a couple of months, and now im back. Let me start with a little background. It all started when I was a child and found that mb relaxed me and made it easier to fall asleep every night. I would mb every night for years. As I got older, and was still a child I would take all the macys ads and look at them while mb. From there it went to reading newspapers, to tabloids, to seeing my first playboy magazine. As it seems from reading the blog here, one never get satisfied. Being no different, I "upgraded" to more explicit magazines. While there I remember thinking that this is a huge chillul hashem, but was not able to stop. All this was while I was in Yeshiva and was officialy a "very good" bachur. I would even sneak the magazines into my dorm room. When possible, I would buy porn videos and watch them at home while no one knew. Every time I would do something like this, it would make me cry from stooping so low, but it would never stop me totally. Then was the time that we would get those free 100 hours from AOL cd's. I would use them on my parents computer, while piecing together a bunch of phone wires so that I would be able to run a wire from the computer to a phone jack. My parents had no idea that there was ever internet on the computer. Al the while my friends and rabeim had no idea at all. It got so bad that I ended up going to a strip club 3 times and getting dances each time there. I cried each time, but still did not stop doing these kind of things. I went to Israel to "learn". Did some learning, and a lot of touring to places that I would be able to see girls that I would become aroused from. After Israel got married, and then pretty much stopped. As time went on, and I received a computer from work that would not allow me to install a filter, my old habits came back. Ive watched real porn on youtube (think ppl underrate what can be watched there). I had a big fall again this motsei shabbos and decided that enough is enough. I joined the 90 day program, and real motviated to be done once and for all. Any suggestions will help. Thank you!

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Re: introduction trying2bgr8

Posted by cordnoy - 02 Jun 2015 19:12

well, maybe then, that's where to start....just sayin'...

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Re: introduction trying2bgr8

Posted by trying2bgr8 - 02 Jun 2015 20:07

What do you suggest?

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Re: introduction trying2bgr8

Posted by cordnoy - 02 Jun 2015 20:23

I don't really know you, and I didnt refresh myself with your thread.

I did notice that you "hoped" to be better, and that did work for a while.

Some here do the Shaarei Teshuvah approach.

Some call in to phone conferences, therapists, SA groups, whitebook, etc.

others get in contact with members and talk it out.

Some take a sponsor or mentor.

The key is to do somethin' positive.

b'hatzlachah

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Re: introduction trying2bgr8

Posted by pischoshelmachat - 02 Jun 2015 21:21

Hi Trying,

I think you are great. 285 days Wow!!

Were all 285 days going smooth and then suddenly you just fell or were you feeling the nagging for some time before you fell? Did you slip a few times before you fell? Did anything change in your life? Did you feel it coming?

I don't mean to be nosy but I am feeling pretty good these days and when I hear of a fall at 285, it scares me to death.

I insist on speaking with at least one person everyday and I daven during every spare moment to HKB"H that he protect me from lust.

But I can see that it can come back at any time. Please tell me what the early warning sifgns are.

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Re: introduction trying2bgr8

Posted by stillgoing - 02 Jun 2015 22:46

Just something that I believe is very important to point out. 285-1fall does **NOT** = 0! No way! Not in this world and not in the next! Maybe think of it like a baseball game. You're at the top of the 40th (year/inning) bases loaded. The score is 285 - 0. *Clean* is winning. Bam! *Fall* scored one run. Now the score is 285 - 1. Whose winning? you tell me.

Keep it up:)

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Re: introduction trying2bgr8

Posted by trying2bgr8 - 04 Jun 2015 17:59

I did slip a few times during the 285 days

It was nagging for a while and then i just fell

Feels terrible

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Re: introduction trying2bgr8

Posted by trying2bgr8 - 04 Jun 2015 18:00

Thank you Still Going for the chizuk

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Re: introduction trying2bgr8

Posted by pischoshelmachat - 04 Jun 2015 19:54

Were you doing anything special to get to 285 that you slacked off or did it come out of nowhere?

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Re: introduction trying2bgr8

Posted by gibbor120 - 04 Jun 2015 20:02

[trying2bgr8 wrote:](#)

I did slip a few times during the 285 days

It was nagging for a while and then i just fell

Feels terrible

As a bachur, I once counted 205 days. I was doing well. Then pretty much out of the blue, I don't even remember what happened, but I must have seen or fantasized about something and down I went. I was very upset. It took a lot of years and a lot of struggling, and my wife finding out, and finding GYE..., but B"H, I'm almost 6 years sober. NEVER EVER GIVE UP!!!

I know how you feel.

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Re: introduction trying2bgr8

Posted by trying2bgr8 - 05 Jun 2015 15:25

[pischoshelmachat wrote:](#)

Were you doing anything special to get to 285 that you slacked off or did it come out of

nowhere?

It basically just came out of nowhere

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Re: introduction trying2bgr8

Posted by cordnoy - 05 Jun 2015 15:31

I like to say that it came from within us....now where in us? that is a different question.

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