

Help us Grow!

Posted by iwtgbsd - 09 Sep 2014 08:54

Shalom Aleichem everybody!

I've been visiting the site for some time now and have gained from it alot! I am so impressed with the achdus that is created from this site!

I understood that it was recommended to share your story with the oilam, so without further ado, here's my story:

In 8th grade, a classmate explained to me about mstrbt, and after trying it, i got hooked. i didn't realize the seriousness of it, although it didn't seem like the right thing. I would hide advertisements that came in the mail in the bathroom and use them. I also stumbled upon "romance" novels and would hide and use them as well. I went to yeshiva, and b"h i was a serious and dedicated bachor, and met the right friends (all incredible siyata dishmaya) and really grew. But all that time i couldn't stop acting out- even when learning the seriousness of it. And during bein hazmanim, i had figured out my fathers password to unblock the internet, and my kabbalos of yom kippur wouldn't even last till succos. and the same would happen every off shabbos and bein hazmanim. this continued until i was about 19 yrs. old with my longest streak being a few weeks during elul. Alone and frustrated with myself, I had an inspiration to write a letter to a Gadol and he replied with a bracha, and maybe from his bracha that i finally had the courage to speak to a rebbi of mine about my acting out (not what the triggers were). Be"h he suggested a method similar to Taphsic, and it helped - i fell once badly and had to embarass myself REALLY badly (as the knas), and after that we modified the kabalalah and i stopped for a long time (maybe a few years). I married relatively young, but a while into my marriage there was some hole in my internet filter (and it could be was after a baby) and i fell. I felt very down. Since then in last about 7 years, i installed a filter/reporting software [the reporting software is a really good deterrent] and i was doing pretty good, staying away from the triggers, with a lot of

.

Recently, however, my situation changed - i moved, and now although my filter is pretty good, i am around other not blocked computers, and i'm having big nisyonos on some days and i fell pretty bad. i realize that i really need a big chizuk to keep strong, and so i'm trying to tap in to GYE.

Thanks for reading and tizku l'mitzvos!

may Hashem give us the ability to beat this nisayon, and be able to serve Him properly!

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Re: Help us Grow!

Posted by Bigmoish - 09 Sep 2014 19:37

Welcome!

Has anything in particular helped you in the past (other than a filter)?

Keep in touch

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Re: Help us Grow!

Posted by cordnoy - 09 Sep 2014 19:54

Welcome,

Did/does it feel good that you opened up somewhat?

that feelin' gets even better when you do it in a real way.

Meanwhile, post away; the chevra here is a swell bunch.

b'hatzlachah

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Re: Help us Grow!

Posted by gibbor120 - 09 Sep 2014 20:07

WELCOME! Thanks for sharing. The best way to avoid finding holes in the filter is not to look for
. Do you think you would be fine if you didn't have these "opportunities"? Do you spend

time planning and hoping for "opportunities".

I am just wondering if it is simply temptation when an opportunity presents itself, or are you looking and hoping for it even when not available. Is it an obsession, or just a "yetzer hara"?

There are tools for everyone. Have you read the handbook? I have a link in my signature.

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Re: Help us Grow!

Posted by lavi - 09 Sep 2014 20:11

thanks for sharing,

it seems that you really understand the necessity for barriers between us and....the other us.

together with all the filtering, you may want to dig into yourself, and find out if acting out is a reaction to other things that you are perceiving as bringing you down, such as anger/depression/resentment etc... some people act out for "renumeration" for the bad feelings they get in life.

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Re: Help us Grow!

Posted by ineedchizuk - 09 Sep 2014 20:30

Aleichem shalom!! (I Want To Grow Bisiyata Dishmaya? ??)

Sounds tough.

Hang in there. Keep expressing yourself. With lots of siyata dishmaya you will see lots of grows.

Asach hatzlacha!

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Re: Help us Grow!

Posted by dms1234 - 09 Sep 2014 20:34

WELCOME!!!! ITS GREAT TO HAVE YOU!!!!

Check out: [Skep's tips](#)

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Re: Help us Grow!

Posted by reallygettingthere - 09 Sep 2014 21:58

Hi iwtgbsd,

(How do you pronounce that?)

My name is Eli (short for Elul). Welcome to the club. Make yourself comfortable.

Do you find that it is harder to deal with the nisyonos on some days more than other?

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Re: Help us Grow!

Posted by iwtgbsd - 10 Sep 2014 08:08

for sure its harder on some days. Some times i can have the same access to the nisayon as others and it won't even cross my mind, and on other days... b"h not to recently, but i'm nervous of when it'll just pop up again

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Re: Help us Grow!

Posted by iwtgbsd - 10 Sep 2014 08:11

there are definelty times when i go looking for "opportunities".

I've already downloaded the handbook just i haven't been so succesful at reading it yet: it's hard for me to read books on the computer (kosher ones at least), and also only when nonones looking

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Re: Help us Grow!

Posted by lavi - 10 Sep 2014 08:39

dear iwtgbsd. (i want to get better some day).

keep on posting

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Re: Help us Grow!

Posted by Gevura Shebyesod - 10 Sep 2014 19:01

Hi and Welcome!

Maybe you should change your name to iwtbbt (I want to be better today). After all, today is all we have today.

Hatzlacha!

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Re: Help us Grow!

Posted by Bigmoish - 10 Sep 2014 20:11

[inneedchizuk wrote:](#)

Aleichem shalom!! (I Want To Grow Bisiyata Dishmaya? ??)

lavi

dear iwtgbsd. (i want to get better some day).

Gevura Shebyesod

Maybe you should change your name to iwtbbt (I want to be better today). After all, today is all we have today.

Well, which is it? Personally I thought it was like inneedchizuk, judging from the title of the thread.

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Re: Help us Grow!

Posted by Gevura Shebyesod - 10 Sep 2014 20:14

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Re: Help us Grow!

Posted by cordnoy - 10 Sep 2014 20:32

and here I thought he was the administrator of the

Institute for

Women

Thinkers of the

Graduate

Bible

Study and

Dance

Warning: Spoiler!

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