

It's a new year, and it is time I started posting
Posted by Hatzileini Na - 28 Sep 2014 22:48

I've been a member here for close to a year. I've used the 90 chart (initially I was able to print a calendar, which I kept hanging by my bed, though I can't seem to figure out how to do so anymore) and found that reading the posts helped me refocus when I started falling into lust.

For a long time I thought that I could benefit from the site without posting, but seeing as I have slipped a few times, it is time I started.

Over the last 10 months or so while utilizing the resources here I have noticed a number of things:

1. My primary issue with m is at night. I have had trouble sleeping most of my life and I often get into trouble late at night when I cannot sleep. For the most part it is not an issue of fantasizing, but of frustration and discomfort. Laying in bed unable to sleep is incredibly frustrating and I often feel pressure "below" (not sure if pressure is the right word, but some sort "itch" that wants to be scratched) which itself makes it more difficult to sleep. I have fallen 3 times in the last 10 months or so and each time it was this kind of situation.

2. Besides for fully falling, I often find myself distracted by pretty girls. Again not fantasizing about them, but simply wanting to sit there and look at them. I feel like dirt when I am sitting with people I am fairly close to and find myself wanting to just look at them. I have some theories on why I notice looks so much (as a kid it always seemed like the good looking people in school were more popular, were having a better time etc. and I think that as someone who often felt like an outsider, this connection is deeply rooted...)

3. While it has not been my primary issue, I know I should be doing more to keep myself safe on the internet. I have tried a number of filters for my laptop and smartphone, but have struggled (primarily with the phone) to find something that does not slow my phone or limit other functionality significantly. Since I know night is my primary struggle I keep my phone far from my room at night but I know that that is not enough.

After falling again this past Friday night (I would express shock that it's the day after Rosh Hashana, but I know that in my case, no matter how meaningful and uplifting Rosh Hashana or any other day is, when I get caught up, and when I have tried to sleep for hours and cannot fall asleep, it does not matter much). What I realized though was that if I was not willing to post, I was basically saying to Hashem (and myself) that I wanted to stop, but not enough that I was really willing to do much about it (beyond the personal private struggle etc.)

With this new year, Bez"H I'm going to build the courage to do what I need to do to set up myself up for success (and allow Hashem to do the rest.)

I know many have gotten past this stage and are not nervous posting but it has taken me a while to get here. So I'm going to take a deep breath now and just hit "submit" since I think if I start going back and proofreading and editing I might decide to just delete the post, so take it for what it is...

Note: If someone could show me how to print a new calendar I'd appreciate it. Having it as a reminder next to my bed was a help and I'd love to do so again.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 23 Aug 2015 06:27

[cordnoy wrote:](#)

[Hatzileini Na wrote:](#)

Just had a situation where I found myself with access to some things I generally don't and it hit me hard. B"H in a couple of seconds I caught myself and I was able to shake the craziness and regain focus. It's a reminder that I needed to not get overconfident. A fall can be just one overconfidence away...

Well done!

Perhaps it is overconfidence, but I would say it a tad different. As an addict, I know that I will always have these tendencies; I need to always be workin' a program, for otherwise, it will be impossible for me to remain sober. So, yes, overconfidence is no good....the question is what to be doin' about it.

That's something to think about. For me it feels like a degree of overconfidence because when I am going well I find myself instinctively looking away, and even if I see something, not really getting triggered by it.

Have a different challenge the next few days. I'll be the only one staying where I live the next few days, and some of the other people have literature that is definitely not good for me. Have to plan in advance to make sure I don't run into trouble.

I'm thinking:

TaphSic for the next few days minimally

Make sure to be away as much as possible (possibly find another place to sleep even)

Other ideas...

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Re: It's a new year, and it is time I started posting
Posted by cordnoy - 23 Aug 2015 07:36

You'll be fine.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 23 Aug 2015 18:57

[cordnoy wrote:](#)

You'll be fine.

That's the goal, and here's the approach.

I am making a Taphsic Shevuah as follows:

Beginning right now and the next two days (until Wednesday morning) I am making a separate Shevuah for each day as a reminder that it is one day at a time and I am making it so that it will really hurt (but still be within the bounds of feasible.)

\$500 to Tzedakah if I enter the room where the literature is for the purpose of going to read (if I have to enter for a different reason, it does not apply, though the next steps do), \$1000 if I read from the book, and \$2000 if I masturbate. This is all if I do not do anything in advance when hit by a lust attack. If before hand I either: visit a neighbor's apartment (or someone else) for 30 minutes, leave the house for 30 minutes or if either of those options is impossible learn or listen to Jewish music for 30 minutes or come on to the site for 30 minutes (or a combination of factors) the numbers will be reduced by 75% (so \$125, \$250 and \$500.) Bez"H this should place a pretty strong deterrent.

Beyond this I plan to:

Stay at work later than usual if I am not wiped out (since working late wears me out in the long run.

Eat out (at family/friends/restaurant) each night so I am spending less time at home

Remember to surrender to Hashem, to recognize my helplessness in the face of lust

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Re: It's a new year, and it is time I started posting
Posted by cordnoy - 23 Aug 2015 19:05

[Hatzileini Na wrote:](#)

[cordnoy wrote:](#)

You'll be fine.

That's the goal, and here's the approach.

Bez"H this should place a pretty strong deterrent.

I'd say!

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 23 Aug 2015 20:52

[cordnoy wrote:](#)

[Hatzileini Na wrote:](#)

[cordnoy wrote:](#)

You'll be fine.

That's the goal, and here's the approach.

Bez"H this should place a pretty strong deterrent.

I'd say!

You know how us crazies are. We've sacrificed more at times, so I'm trying to keep it in mind without fooling myself that it is foolproof.

Thanks for continually stoping by and providing Chizuk!

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Re: It's a new year, and it is time I started posting
Posted by cordnoy - 23 Aug 2015 21:00

[Hatzileini Na wrote:](#)

[cordnoy wrote:](#)

[Hatzileini Na wrote:](#)

[cordnoy wrote:](#)

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I'd say!

You know how us crazies are. We've sacrificed more at times, so I'm trying to keep it in mind without fooling myself that it is foolproof.

Thanks for continually stoping by and providing Chizuk!

My pleasure.

it keeps me outta trouble.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 25 Aug 2015 03:15

[cordnoy wrote:](#)

My pleasure.

it keeps me outta trouble.

Sounds good to me!

B"H things have been going pretty well. Bridged work and eating out with an extended learning Seder which kept me out of the house today and working to make sure I don't take the "first sip" anywhere

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Re: It's a new year, and it is time I started posting
Posted by cordnoy - 25 Aug 2015 11:03

[Hatzileini Na wrote:](#)

[cordnoy wrote:](#)

My pleasure.

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Sounds good to me!

B"H things have been going pretty well. Bridged work and eating out with an extended learning Seder which kept me out of the house today and working to make sure I don't take the "first sip" anywhere

BH!!!!

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 27 Aug 2015 03:59

B"H got through the challenge without much of a hitch. Not surprisingly though, I found last night (when the challenge was over) to be particularly tough. Had a very hard time sleeping, was extremely stressed, etc. Ended up reading something I shouldn't have for a few minutes but B"H put that down and that was it, and while definitely not kosher reading, (was a popular women's magazine) it wasn't porn and the like.

I think a letdown after an intense period is expected and I should have seen it coming, and will keep focus so that with the help of Hashem today will be a good day.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 07 Sep 2015 23:13

Went on a trip to Eretz Yisrael. Was amazing B"H. Had one night where there was a concern since I was alone in a hotel but made a Taphsic Shevuah, and was not an issue.

I had one night where I am not sure whether it was a wet dream, or if I was awake. It's stupid but I really want it to have been the former since I have been going really well on this streak, but

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Re: It's a new year, and it is time I started posting
Posted by serenity - 08 Sep 2015 01:15

You're good. Look forward!

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 13 Sep 2015 16:56

It's Erev Rosh Hashana, and like for many people it seems, this time of year can provide additional challenges in trying to live up to an unrealistic vision that I have of where I should be, and handle things like Selichos and keep on top of Shemiras Einayim in general.

Over the last few weeks I've slipped a few times. B"H no falls, but the type of activity that if continued inevitably leads to falling. Instead of waiting until then, I feel like it's time to start the new year starting from zero again in my mind. While for now I don't plan on resetting the number of days, in my mind, I am starting fresh.

I hope everyone has a wonderful Rosh Hashana, feeling the love of Hashem and Klal Yisrael (especially the GYE family who is pulling for you to find your best self, to find happiness and fulfillment in your relationship with Hashem, in your relationship with others and in your relationship with yourself.

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Re: It's a new year, and it is time I started posting
Posted by Hatzileini Na - 16 Sep 2015 22:24

Last night was one of the toughest I can remember in a long time. I couldn't sleep, and was having trouble clearing my mind. B"H I fought, I Davened, I surrendered, I listened to music, read books and eventually fell asleep.

Well... no one promised it would be easy. B"H moving onward and Bez"H upward.

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Re: It's a new year, and it is time I started posting

Posted by cordnoy - 17 Sep 2015 00:36

[Hatzileini Na wrote:](#)

Last night was one of the toughest I can remember in a long time. I couldn't sleep, and was having trouble clearing my mind. B"H I fought, I Davened, I surrendered, I listened to music, read books and eventually fell asleep.

Well... no one promised it would be easy. B"H moving onward and Bez"H upward.

there is very little that we are promised.

b'hatzlachah

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