

Tzvi K's Journey

Posted by tl123anonymous - 11 Nov 2015 18:18

This my first time my making an effort to stay sober and I be"n have now 66 days with back to back abstinence and 35+ days free of intentional lusting and shemiras einayim. Thank You Hashem! I feel your Siyua, and without it I can't do it.

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Re: Tzvi K's Journey

Posted by waydown - 11 Nov 2015 18:28

Congrats Tzvi K!!! Keep on truckin!!

How are you doing it? I am trying to learn the tricks of the game. Whats your secret to success?

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Re: Tzvi K's Journey

Posted by Keepclimbing5 - 11 Nov 2015 18:54

Wow that's great stuff! Keep it going and you'll be by 90 real soon! Hatzlucha!

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Re: Tzvi K's Journey

Posted by tl123anonymous - 11 Nov 2015 22:13

Dear Holy Brothers,

There is no secret. The first steps include realizing how unsatisfying, chaotic and vulnerable, our lives have become and let go of the addiction. In my case, it was my determination by the grace of hashem, to LET GO OF THE ADDICTION. Although I was told that it gets better. This actually has a foundation in our torah, as it says MASBIO RAOV UMAREEVO SOVOH, if you

satisfy it, it is hungry, and if you starve it, it is satisfied. This proves scientific studies with similar facts.

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Re: Tzvi K's Journey

Posted by serenity - 11 Nov 2015 23:17

Welcome to GYE and thanks for sharing with us!

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Re: Tzvi K's Journey

Posted by yiraishamaim - 11 Nov 2015 23:17

Great, but keep in mind the struggle changes at times as sobriety gets "older". You can easily let down you guard if your not careful and one little trigger brings another. Or how about this, its crazy but true, somehow you get this sentimental feeling of how you miss "the old days" and the feelings of depression, guilt, helplessness etc that made life a living Hell are not as vivid in your consciousness as they are this moment.

So many before you have proven that recovery can truly be for the long term, but be ready for a couple of curve balls thrown along the way.

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Re: Tzvi K's Journey

Posted by tl123anonymous - 12 Nov 2015 14:28

Holy Brothers, I must say that I am finally realizing that when sincerely make an effort, that Hashem is granting me every Jew's wish of VEHOSEIR SOTTON MILFONEINU UMEIACHAREINU!

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Re: Tzvi K's Journey

Posted by `Chaim - 16 Nov 2015 19:01

Welcome anonymous (or Tzvi?) your profile says fresh border but its seems your not fresh on your journey for sanity! Sorry posting a little late on your forum, but tell us what you've been doing so far.

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Re: Tzvi K's Journey

Posted by tl123anonymous - 18 Nov 2015 01:59

Holy Brothers, Thanks for your encouragement, especially to Chaim, for pushing me out of isolation into the sharing mode.

I have boruch hashem taken the following actions on behalf of my sobriety, so far:

- 1- I have comitted to be sober and have formally let go of illicit sexual acts, 72 days ago.
- 2-I have committed to be sober of lusting and formally let go of lust, approximately 45 days ago.
- 3-Setup a filter on my home computer and accountability reporting to my GYE sponsor on home computer as well as my phone (was unsuccessful in filtering my phone).
- 4-Removed the browser and Youtube applications from my phone.
- 5-Going to meetings once to twice a week.
- 6-See my sex addiction therapist twice a month.
- 7-Started reading white book.
- 8-Got a step sponsor and meet about once a week.
- 9-Review GYE emails and forum postings, and take an active role in my sobriety.
- 10-Daven to Hashem to save me from lust and all sin.

Chevra, I sure have way to go, but with these baby steps alone I feel better already.

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Re: Tzvi K's Journey

Posted by Shlomo24 - 18 Nov 2015 02:05

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Re: Tzvi K's Journey

Posted by tl123anonymous - 22 Nov 2015 18:06

~~sounds excellent to me keep it up bro~~
When reading newsletter article #1967, a light bulb switch was sent to me via Boruch in his writing "Surrendering can be a strength and not a weekness", he makes a point on step 3, which is give up your lust to the will of Hashem for a fulfilling relationship with Hashem. This is more than giving up lustfull actions/acting out. I need to let go of the tayvah not only the behaviors.

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Re: Tzvi K's Journey

Posted by tl123anonymous - 06 Dec 2015 01:48

With seyata dishmaya, via the GYE tools, today is my day 90 clean of acting out.

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Re: Tzvi K's Journey

Posted by markz - 06 Dec 2015 02:04

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Re: Tzvi K's Journey

Posted by cordnoy - 06 Dec 2015 02:37

[tl123anonymous wrote:](#)

With seyata dishmaya, via the GYE tools, today is my day 90 clean of acting out.

Kot

B'hatzlachah

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Re: Tzvi K's Journey

Posted by serenity - 06 Dec 2015 18:22

Mazel tov!

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