

Starting anew. again.

Posted by shmiraShachaim - 08 Feb 2016 19:28

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Hi everyone. I have introduced myself in the past but I decided to open a new account because I haven't been on top of my GYE game and after falling a couple times after a long streak I decided to start afresh. No point explaining more so I'll get down to what I have been going through: I go by Chaim and I'm 23. I started a rollercoaster of depravity and *teshuvah* about four years ago which began with lusting and masturbating, and progressed to pornography. During this period I dealt with being diagnosed with OCD, ADD and depression, and my mother passing away. As is common with addicts, my image completely clashed with my activities and thoughts. I was viewed as a masmid, bal medos, tzadik, etc. but I had this storm going on inside me going on without anyone noticing it besides poor lonely me. True, I might of lacked self-esteem and overly cared about what people thought about me and feigned who I was somewhat, but I didn't view myself as a *complete* fake because I *did* care about growing and coming close to Hashem. Instead I saw myself as a very confused and depressed person. With a few therapists under my belt and signing up on GYE, I have been working on myself by attaining a better understating of my addiction and attempting to address my diagnoses and circumstances which are interrelated with each other and my addiction. B"H, I have gained clarity through GYE in the nature of my addiction and the means of going about it. I was able to stay clean for a month and a half and I felt it was time to start dating. I felt clear headed going out with my first date. I haven't done more than having the occasional fleeting sexual thoughts in a while and as far as I can tell I didn't view her as a sex object. I didn't fantasize about her and I'm pretty sure I was evaluating it with my usual methodical and even OCD thinking and I really truly believe it's a neis that I am engaged to her. She is sweet, pure, and has a very similar outlook and goals that I do. I was clean for a while but I was still working on a TaPHSIC shvuah. I was able to think it through and write it down, but I acted out before I actually said it. I acted out once after that by paying my "small" kinas. I am so scared. What has gotten into me? I need to prepare for marriage and not hurt this girl whom I committed to take care of in a loving and healthy way. Please Hashem help me on this never ending journey!!

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Re: Starting anew. again.

Posted by shmiraShachaim - 29 Jun 2016 02:13

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[gibbor120 wrote:](#)

You had your "captain kirk" moment. If you haven't already, check out one of the first (maybe the first) dov quotes (link in my signature).

How did your rebbi react? Were your fears realized? Can you tell us more? Did he have any

advice, or did he just listen? No pressure. Tell as much or as little as you are comfortable with.

MAZAL TOV on taking this amazing step!

No I hasn't seen that. Enlightening.Thanks Gibbor.

Like you said, my Rebbe was supportive. He said that guys in the past came to him for this. He said that these issues are widespread and most bachrim struggle with them at a certain extent. He said that if swearing is mutter he would swear that he looks at me as the same old (let's say shmira) that is trying to be a good yid. This is just my struggle. When I told him about the one time I had sex I think that surprised him but he just said that yes it's chamur and assur, but it's a struggle. He said he's thankful he doesn't have such a strong yh nor opportunities for such things because it can be a struggle for anyone. Big people fall prey too. He said "you obviously feel bad about it right? Did you do teshuvaha? now you just have to figure out how to deal with this." He also suggested that I need to figure out what I have. If I have an addiction at all (perhaps I would add if yes what "level" of addiction) Something I tried to do in the past but stopped. Perhaps will try to figure that out whatever that means.

Any comments, suggestions, or direction on my last point (or opinion if that's important at all) would be greatly appreciated.

Always distinguished between the the shmutz and me. That that is not who I am. I am the good Bucher who learns, Davens, works on his middos, wants to be closer to Hashem. Ah.. But what

about the shmutz? Behind closed doors? That's the yetzer hara who I have to deflect. That's not ME.

Now, I think that's true

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Re: Starting anew. again.

Posted by shmirashachaim - 29 Jun 2016 02:17

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Re: Starting anew. again.

Posted by shmirashachaim - 29 Jun 2016 04:26

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I am learning very triggering (at least for me) things in the next few days in college (studying a book for exam)Please please daven for me. I really don't want to fall. Chizzuk advise. Thanks.

Already started tonight.. Not such great feelings.

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Re: Starting anew. again.

Posted by cordnoy - 29 Jun 2016 08:41

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It is your davening that will help.

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Re: Starting anew. again.

Posted by shmirashachaim - 29 Jun 2016 18:34

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This is hard I'm reading inappropriate things but indeed to do it for school I'm thinking back to when I got an unblocked phone and freaked out Cords told me (I'll say it in my own words that a trigger can be powerful just because I think it's powerful and freak out about it. I am having triggers right now but Davened and now taking deep breaths and moving forward I didn't put myself in this situation and I'm going to do what I can and leave it up to Hashem I'm not freaking out just feel if get this on the forum would be clearer to me and to stay connected to you guys I'm taking this one step at a times do I'm With Hashems help get through today today is just one day I can do it

this Hebrew setting is very annoying hopefully not too unclear

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Re: Starting anew. again.

Posted by kelevshav - 29 Jun 2016 18:57

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KOT, we're rooting for you

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Re: Starting anew. again.

Posted by cordnoy - 29 Jun 2016 20:28

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[shmirashachaim wrote on 29 Jun 2016 18:34:](#)

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Unclear?

You have a Hebrew breathing freakin' cord!

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Re: Starting anew. again.

Posted by shmirashachaim - 29 Jun 2016 21:25

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[cordnoy wrote:](#)

[shmirashachaim wrote:](#)

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Unclear?

You have a Hebrew breathing freakin' cord!

Very good..

but please correct me if I misquoted you

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Re: Starting anew. again.

Posted by shmirashachaim - 29 Jun 2016 21:30

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I can't do it. too many

triggers are happening at once. I am not in a good place. I will push off what I'm in middle of. I don't want to go somewhere where I might not have control. Can't take the chance. On line need to do something else and never got the darn computer blocked. Already had urges. I so don't want to fall. I really really really don't want to fall. This is hard. This is so hard!!!

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Re: Starting anew. again.

Posted by Markz - 29 Jun 2016 21:37

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Sounds T/Rough ;-|

Shemira have you picked out your own star spangled Truck and are hauling along with GYE navigation tools?

Or perhaps your Rebbi gave you some good ones?

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Re: Starting anew. again.

Posted by shmiraashachaim - 29 Jun 2016 21:47

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My tools is many scattered ideas from the handbook, some article, the forums, and Markz towing. My GPS might not be too sophisticated. Perhaps you have a suggestion.

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Re: Starting anew. again.

Posted by Markz - 29 Jun 2016 21:50

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Is there any program of sorts that you do on a daily basis?

Also do you participate on daily calls eg Cordnoy?

btw his call is shelved till further notice :-(

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Re: Starting anew. again.

Posted by shmiraashachaim - 29 Jun 2016 21:56

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No I am not part of any program. I actually have been trying to get around to fit my schedule around Cord's calls. Disappointed by his announcement today. Have read one page of the white book(is that the one? Don't remember) and I figured I would need to catch up to where he's up

to. never sat in a call. But I realize that I will have to expand out of the forums and utilize more things.

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Re: Starting anew. again.

Posted by Markz - 29 Jun 2016 21:57

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Don't you dare

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