

A regular Joe

Posted by invincible613 - 16 Jul 2017 06:35

Hello, I am just an average yid, grew up religious and still am. Been struggling on and off for years with this problem of videos and letting my imagination get to far places. Its a real struggle. I am getting married in the next 2 months and want to put an end to this. I sometimes don't relate to the depths of the Torah although have major appreciation and understand its value. I love the yetzer hara, its my best friend. Every day that I defeat it, it makes me stronger. I am joining the family of GYE now because I believe this is my last resort, I cant go on like this anymore.

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Re: A regular Joe

Posted by Markz - 16 Jul 2017 11:34

Welcome brother

"Every day that I defeat it, it makes me stronger"

I tried that route for enough years

Are you still out to defeat it?

Please share a little more about yourself, when you're ready - Why do you feel you're invincible

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Re: A regular Joe

Posted by ColinColin - 16 Jul 2017 22:13

Good luck.

I too advise caution with the approach of "Every day I defeat it, it makes me stronger."

Sadly my experience has been that the lust can strike at any time. It lulls one into a false sense of security, it makes one think " I have defeated this forever" and then seemingly out of nowhere it strikes with a vengeance!

The "day by day" approach is the sensible one for me, and sometimes in times of stress it even becomes an hour by hour approach.

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Re: A regular Joe
Posted by Singularity - 17 Jul 2017 07:36

Welcome!

So you sometimes *do* related to the depths of Torah? Kol hakavod! I haven't even scratched the surface!!

Please don't make yourself a stranger here.

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Re: A regular Joe
Posted by invincible613 - 20 Jul 2017 04:16

For sure in the day by day approach. I am in this a week and its starting to get difficult!

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Re: A regular Joe

Posted by invincible613 - 20 Jul 2017 04:19

You dont suggest this route?

I very much am out to defeat it, its very difficult.

I will when I am ready. Thanks!

Invincible is what I am striving to be. The name gives me chizzuk.

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Re: A regular Joe

Posted by Markz - 20 Jul 2017 04:22

[invincible613 wrote on 20 Jul 2017 04:16:](#)

For sure in the day by day approach. I am in **this** a week and its starting to get difficult!

What's this?

90 day chart alone is not a recovery program

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Re: A regular Joe

Posted by Singularity - 20 Jul 2017 07:11

[invincible613 wrote on 20 Jul 2017 04:19:](#)

You dont suggest this route?

I very much am out to defeat it, its very difficult.

I will when I am ready. Thanks!

Invincible is what I am striving to be. The name gives me chizzuk.

The most invincible people out there are those who understand their own pitfalls.

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Re: A regular Joe

Posted by dms1234 - 20 Jul 2017 19:58

Good luck trying to beat lust! If you find you dont succeed, then we can speak.

For now, go get your spear and head to war!!!! Where are you going to attack lust next?

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Re: A regular Joe

Posted by ColinColin - 20 Jul 2017 22:30

A week is a great achievement, well done.

My approach now is be pleased with how long I have been clean, but not to focus too much on it.

I found that focussing on it can make me forget the actual causes of what makes me fall, and the remedies to prevent it.

Instead just make sure each day is used for positive things.

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Re: A regular Joe

Posted by serenity - 21 Jul 2017 01:46

Welcome to GYE . Glad you're here.

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Re: A regular Joe

Posted by gibbor120 - 24 Jul 2017 19:01

Welcome! Your struggle is very common, as is your desire to be invincible. At the end of the day, we are not invincible. We need lots of help. From Hashem, from friends/family. We may even need outside help from a therapist or a 12 step group. Most people that recover find that honesty and humility are the road to recovery. Not invincibility.

I wish you all the best. Keep posting.

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