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Posted by LoveU,Hashem - 28 Sep 2017 23:16

Should I post or not? What should I say?

Hello, guys!

I've been around on this site for a couple of months as a guest, (a *bechina* of *megalatefech*, *mechasa tfuchayim*), it took me a fall on erev RH to decide to take this more seriously. I have been reading post after post, and I'm overwhelmed by the warmth of this beautiful community. I looked with kinah at the members with 900 days clean (like codorny) and the likes. This is unbelievable! I used to wonder if in this day and age, there are still happy and genuine selfless people in this world? After listening to the first of Dov's 12 steps program (by the encouragement of kv18) I saw that there still people in this world who truly Love Hashem! It's amazing! Mi K'amchu Yisrael!

I was a bit hesitant to share my story. Es chatui ani mazkir hayom; in the past I used to like coming here mainly to get turned on by a juicy story. It was generally at the time when I was in a clean mode so I would' nt go straight to porn, but I fooled myself by saying; hey, this is all kosher, where can I go wrong...

But I guess this it is the minhug here, Uleoilam al yafrish udam min hatzibur.. (please excuse my Hebrew, I am typing from a computer (B"H NO SMARTPHONE, thanks to my dear wife) so I don't have a Hebrew keyboard)

I am married regular guy, part of a larger Chasidic community; living and masturbating.. (did I mention porn?) I haven't done anything beyond porn B'H, so I assume my battlefield will be somewhat smaller. But from the other side, I can't really say the reason I'm here is for I "hit bottom". Cause I didn't. So far, my wife has no clue about any of this. I started masturbating at 12, bought a smartphone at 17 while in yeshiva, discovered porn and acted accordingly. I dropped my smartphone before I got married but bought a tablet instead. After a year through marriage, my wife urged me to drop the internet in the house, being that it (the internet, she doesn't even know about porn) destroyed our productivity and our connection. I followed her advice, and it had been one of my smartest decisions, of which I take great pride. Before getting married I stopped watching porn (regularly, although I did fall 4-5 times) from like 4-5 months before till 2-3 month after. But then it all fell apart. Since then I have seen ups and downs. The ups sometimes can last for 3-4 months, but never more. In the down times it can get pretty bad, like 2-3 times a week. My relationship with Hashem has been constantly improving in the past 2 year BH, and that has been a big push. But it was never enough to stop me completely. So here I am.

It appears that this site is very addict oriented. I am a little unclear about the exact definition of an addict. Does everyone who watched porn on a regular basis an addict? That seems absurd. So am I an addict? Does it matter?

Ok, enough for my first post. Thanks again guys for this wonderful place! Every comment of every chaver will be a big help! May we all be zoche to a successful year in every aspect and grow in our relationship with Hashem, our wives, and kids!

Yitz

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Re: ????? ????? ??? ?? ??????? ?????
Posted by youcan - 28 Dec 2017 03:10

It doesn't say how many times to repeat, I believe that at some point you'll stop at succeed and don't go any further.

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Re: ????? ????? ??? ?? ??????? ?????
Posted by i-man - 28 Dec 2017 03:57

L.Y.H. reading through your thread im really empathizing with you particularly the feeling of wasting so much time trying to find stuff going around a filter... i know what its like -very painful .. i do want to point out on a positive note your not becoming numb and saying the hell with it keep at it! Hatzlacha iy'H you should be successful, we are all with you brother!

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Re: ????? ????? ??? ?? ??????? ?????
Posted by ieeyc - 28 Dec 2017 04:44

i got chizuk from your avatar l.u.h.,because even after 3,4 fails(falls) but you succeed ?!Whoa!!!

REPEAT!!! i think that if i wasnt happy with such a derech , i`d suspect that i dont really understand the concept of all Hashem wants from me is TODAY(or i dont really buy it)one of the posters here said ,(maybe it was you l.u.h.in the name of dov),if Hashem offered him 30 years of being clean (except for today, paranthesis mine) or just to be clean Today, hed pick TODAY ,because thats all Hashem expects from him.

im sorry about your fall , i wrote my post above before i read about your fall and pressed enter and it was placed after your fall with no empathic words ,i see now BH that your on your way up , our hopes are with you,chazak! (can anyone tell me how i can get normal lettering again , or am i stuck with this bold font?i dont like to appear bold)

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Re: ????? ????? ??? ?? ??????? ?????
Posted by ieeyc - 31 Dec 2017 06:36

markz wrote:

I don't do Taphsic because it's designed for times of duress and in those situations I wouldn't likely remember the importance of the Taphsic gimmick either. If you are ok with gimmicks, why not try it out...

you mean you might be" over" on your shevua in times of duress?im not sure what you mean by gimmick, lust comes in waves , and if theres a way to push it off for a half an hour, theres a good chance to fight it when the strngth of it went away , and if not those 30 min. of postponing are very precious in Hashems eyes , besides the fact Dovid Hamelech A"H wrote in Tehillim "Od mi`aht ve`ayn rasha " which literally means in just a moment the rasha will be destroyed(as i understand it), but i heard a Tzadik Talmid Chacham ,the Sukas Dovid ZTL, say in the name of Tzadikim ,just hold out a little , and youll see the rasha-yetzer hara- will be gone , and taphsic is a great tool to accomplish it .

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Re: ????? ????? ??? ?? ??????? ?????
Posted by Markz - 31 Dec 2017 15:08

[ieeyc wrote on 31 Dec 2017 06:36:](#)

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Gimmicks can be very precious in the eyes of Hashem, but they are more precious to many of us that prefer gimmicks over choosing life. But living life (w/o struggling every 1/2 hr) is much more precious in the eyes of Hashem - so how about we start guarding Hashem's eyes ;-)

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Re: ????? ???? ???? ?? ?????? ?????
Posted by ieeyc - 31 Dec 2017 17:23

["Markz" wrote on 31 Dec 2017 15:08:](#)

[ieeyc wrote on 31 Dec 2017 06:36:](#)

markz wrote:

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for those who found other ways besides "gimmicks" i tip my hat for them , but for those who on principle dont have other derachim ,thats whats precious in the eyes of Hashem , and as the Baal haTanya said , some peoples purpose in life is this struggle , and theyre way in life is as Shlomo Hamelech said "Bitachbulos ta`aseh milchama" With GIMMICKS make war against the yetzer hara ,set your clock 10 minutes later to get up on time,etc...klall yisroels greatest men were using gimmicks till their last day.

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Re: ????? ???? ??? ?? ?????? ???? ?

Posted by LoveU,Hashem - 03 Jan 2018 23:26

I believe that avatar is asking for trouble... If that's your approach to life, it's quite sad

I don't do Taphsic because it's designed for times of duress and in those situations I wouldn't likely remember the importance of the Taphsic gimmick either. If you are ok with gimmicks, why not try it out...

Thanks for your input markz! Have you ever seen a stock chart? Lots of volatility there, ups and downs ups and downs. Even the best of stocks has no smooth ride up. The point is that the successes be larger than the falls. That's when the trend turns positive and the stock proves a winner. No volatility equals zero growth. That's the sad fact of life. Nothing but smooth sailing from here on is solely the motto from captain cord. I used to share this approach when I was a bocher in yeshiva after reading a book about Rab Elyashiv, believing that somehow once " *ich hub zich geniman* " everything will go smoothly. That's not the case for me.

As for a taphsic, I'm not sure why it's a gimmick. But in my experience, it only works if you don't use to fight porn heads on, but rather to stay away from situations that generally lead me to fall. That is an important distinction.

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Re: ????? ????? ??? ?? ??????? ?????

Posted by LoveU,Hashem - 03 Jan 2018 23:31

[youcan wrote on 28 Dec 2017 03:10:](#)

It doesn't say how many times to repeat, I believe that at some point you'll stop at succeed and don't go any further.

I believe the tide never ends, it's just the success and failures shift to more delicate challenges as we grow. The cycle doesn't change, its just the battleground that changes as we move in deeper into the enemy's territory.

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Re: ????? ????? ??? ?? ??????? ?????

Posted by LoveU,Hashem - 03 Jan 2018 23:36

[i-man wrote on 28 Dec 2017 03:57:](#)

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Thank you for your kind words, iman. 135 days is incredible! What go you thus far??

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Re: ????? ????? ??? ?? ??????? ?????
Posted by i-man - 05 Jan 2018 04:35

[LoveU,Hashem wrote on 03 Jan 2018 23:36:](#)

[i-man wrote on 28 Dec 2017 03:57:](#)

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Thank you for your kind words, iman. 135 days is incredible! What go you thus far??

Hmmm im not completely sure myself , thinking into it i believe it was that i implemented some of the 12 steps that i picked up along the way ,particularly the higher power thing

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