

Eccentric Trip to FreedomPosted by EccentricComposer - 12 Mar 2023 02:17

I'm a Bochur in a main stream Yeshivah who's been working on a hotzaas zera l'vatallah problem for 10 years. B"H I've improved tremendously over that time, and when I'm away from home I have almost no issues. The main time I have any problems is when I go home over Bein Hamzanim and Off-Shabbosos, and even then I've been working incredibly hard and have been able to be Kovesh my Yetzeir Horah a lot. I'm just looking for some Chizuk and maybe some tips for when I go home so that I don't fall in! My main problems are sometimes seeing something inappropriate on the computer, though its fully filtered, and sometimes there are some magazines near my room that have pictures of women (they're not inappropriately dressed), but I am to embarrassed to bring it up with my parents, most of the time I fall in because I was thinking about doing it, and give in to the urge. I feel that the main thing I need is some Chizuk and people to update when everything is going well! My last couple times home I did great at the beginning, but it gets harder as time goes on, and I want to make sure that I'm totally prepared for Pesach Bein HaZmanim!

Thank you so much for taking the time to read this, and for the chizuk!

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Re: Eccentric Trip to Freedom

Posted by richtig - 14 Jul 2023 02:14

[chaimoigen wrote on 14 Jul 2023 01:21:](#)

[Hashem Help Me wrote on 14 Jul 2023 00:28:](#)

How about the thought "How dare i cheat on my kallah!"

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That is indeed a brutal argument, though I am not sure it would hold up in a court of law
Re: Eccentric Trip to Freedom
Posted by Eerie - 14 Jul 2023 17:32

[cordnoy wrote on 14 Jul 2023 02:03:](#)

[chaimoigen wrote on 14 Jul 2023 01:21:](#)

[Hashem Help Me wrote on 14 Jul 2023 00:28:](#)

How about the thought "How dare i cheat on my kallah!"

God-willin', the sledgehammer part will be more prominent.

So I think I know what the old man will be holding in the next avatar....

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Re: Eccentric Trip to Freedom

Posted by EccentricComposer - 17 Jul 2023 13:39

Hi, just checking in again.

I'm absolutely amazed at 105 days, I have never done so well before, and a major difference I have realized about this time is my growth. I realize that I've been working on myself this time around and growing, and it makes a major difference. Normally by the end of the zman I would be struggling thinking about all the random things I've seen in the past, and how to access more in the future, struggling to push it out of my mind, and then the thoughts coming back in. Now, I am doing much better, for sure due to my accountability and just from keeping up with the chevrah here, realizing that this is a challenge, but also that I can, and will, overcome it and move on in life.

On that note, I again want to say, that when I go home Bein HaZmanim I hope not to have access to GYE. If I'm checking in, it means that its probably for a negative reason. I will however have access to the email in my signature, and would love to keep in touch with everyone that way. Please reach out to me, I really want to hear from people, it will help give me chizzuk and help me continue my growth.

Thank you so much!

Hatzlacha!

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Re: Eccentric Trip to Freedom

Posted by chaimoigen - 17 Jul 2023 14:13

[EccentricComposer wrote on 17 Jul 2023 13:39:](#)

Hi, just checking in again.

I'm absolutely amazed at 105 days, I have never done so well before, and a major difference I have realized about this time is my growth. **I realize that I've been working on myself this time around and growing, and it makes a major difference.**

You, my special eccentric friend, have hit the nail on the head. What we do here is not merely about behavioral modification, or just battling lust and addiction, and/or negative patterns. It's about growing together in the foundational aspect of who we are. Yesod is the foundation of who we are as Yidden, as people, as a whole Adam Hashaleim, standing in front of the Rebono Shel Olam, experiencing His Avoda and Chaim.

Keep growing ! You are building the foundations of the special Bayis you are establishing.

And we are rooting for you to keep going MiChayil El Choyil!

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Re: Eccentric Trip to Freedom

Posted by richtig - 17 Jul 2023 15:37

[EccentricComposer wrote on 17 Jul 2023 13:39:](#)

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Thank you so much!

Hatzlacha!

That is some good accountability EC! ??? ??? ??????!!!

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Re: Eccentric Trip to Freedom
Posted by Eerie - 17 Jul 2023 22:12

My freind, first of all limiting access is always a good idea. And I'm amazed at your growth and progress. keep up the amazing work! And I'll email you now:)

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Re: Eccentric Trip to Freedom
Posted by EccentricComposer - 18 Jul 2023 14:35

Hatzlacha Rabba everyone, looking forward to seeing everyone on the other side!

On to day 136!

Keep in touch.

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Re: Eccentric Trip to Freedom

Posted by EccentricComposer - 17 Aug 2023 14:37

Just updating everyone, will spend more time later.

Glad to be on day 136!

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Re: Eccentric Trip to Freedom

Posted by EccentricComposer - 18 Aug 2023 00:20

[Eerie wrote on 15 Aug 2023 21:05:](#)

Traveling takes its toll. It lowers the strength we have to fight.

Having time with less structure is no good. Terrible, actually.

My friends, there is good news too. Vacation is almost over:)

And all of us should learn from our friend, Eccentric Composer, and have a battle plan before our next vacay

Keep trucking! Ah, my dear friends, it is wonderful to be here!

Well everyone, I'm back from a LONG Bein HaZmanim, b"h, I'm glad that I am an inspiration! And I have some Haaros to share about my journey.

First thing, I made it through with my to main goals, know m, and no looking at inappropriate material at home. I can't say I was a malach for the whole month, I don't think that is even possible, but I am super proud of what I have accomplished.

My main Haara is that I thought with my goals everything would be significantly easier. Its not... Every day I was hit with something else, try this, or try that, and I had to firmly stay still and say NO. It was hard. Sometimes very hard, and I wasn't perfect. But I was much, much, MUCH, better than I have ever been, and I never thought I could really just go through Bein HaZmanim and never get close to anything like I have done before.

Another point. One of the main thing that helped me was the fact that I had such I strict rule about computer use. For me I only really have 2 places at home which are tempting, and the computer is the main one. Once I knocked out the computer, it made the other one easier. I was telling myself "I'm not looking at this stuff at all!" My rules for the computer were so helpful, I had someone watching me, and my accountability partner keeping track of me every time I went on. No funny business allowed. I told him what I was doing, and how long I would be on for, and any extensions. Also, if anyone wasn't actively using it I would surreptitiously lock it so I wasn't tempted.

One thing I felt was that it was a rehash of all the nisyonos I've had over the past couple of years. All the things I've done previously crept up to tempt me again. One day, this thing, another day, this thing. Again, I wasn't perfect and was swayed sometimes, but I had very specific rules I had put in place, and a drive to succeed, that kept me basically going in the right way. Each time I had to consciously talk to myself and tell myself why its not worth it, but I listened. Sometimes I had to just surf the wave. Sometimes I had to go outside and take a walk. Other times I had to think about the future. Other times a paced around yelling at myself "NO". At the end of the day I've gotten farther than I ever have, and I can go into Elul and the Yamim N'Oraim with a confidence that this time it WILL be different, and I can continue with this growth.

Thank you for everyone that kept up with me, it powered me through, every time I felt hard I would send someone an email to let them know that I'm still doing great, I even got in touch with a guy that doesn't post.

?And to everyone that's here new since last time I logged in, I'm EC and ready to get to know you.

Hatzlacha Rabba!

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Re: Eccentric Trip to Freedom
Posted by Eerie - 18 Aug 2023 18:56

BEAUTIFUL!!!!!!

My friend, you are a winner! Keep up the amazing work, keep growing, and keep sharing with us!

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Re: Eccentric Trip to Freedom
Posted by chaimoigen - 18 Aug 2023 20:44

Great to have you back.

Thank you for sharing the details of your successful Avoda with us. It help us all out to know what works for you and how it works for you.

And a peek into your special Neshoma is good - it's refreshing!

Gutten Chodesh and Gut Shabbos!

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Re: Eccentric Trip to Freedom
Posted by EccentricComposer - 22 Aug 2023 01:38

Just checking in again, b"h everything is fantastic.

I just have to keep in mind that even though I made it this far, its not the end of the struggle, its the beginning. Keep your eyes out for the Yetzer Hara, he's always lurking around the corner to jump out at you when you least expect it.

My goal, now that I've reached day 141, is to work on Shmiras Eynayim when I'm outside, I think that will help improve my mentality in general. Also, I've tried a bit of the Mindful Awareness recordings and the exercises do help in instances when thoughts pop into my head. I definitely want to work on improving my Machshovos as well, though now that I am in Yeshivah I am not as bombarded with materiel to be tempted by, which helps. But the plowing and planting when its easy reaps tremendous fruit down the line when the going gets tough.

I'll keep everyone posted!

Hatzlacha Rabba!

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Re: Eccentric Trip to Freedom

Posted by EccentricComposer - 23 Aug 2023 01:35

A Haara:

My large rewards for my streak have been seforim purchases. I think this is a good idea and incentive because it gives you something physical and important to look at and feel your accomplishment. Now whenever I use these seforim I know that its a reward for what I have done, and b'ezras HaShem it can be a z'chus for continual success.

Hatzlacha Rabba!

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Re: Eccentric Trip to Freedom

Posted by redfaced - 23 Aug 2023 13:18

[EccentricComposer wrote on 23 Aug 2023 01:35:](#)

A Haara:

My large rewards for my streak have been seforim purchases. I think this is a good idea and incentive because it gives you something physical and important to look at and feel your accomplishment. Now whenever I use these seforim I know that its a reward for what I have done, and b'ezras HaShem it can be a z'chus for continual success.

Hatzlacha Rabba!

Wow that's actually an amazing idea!

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