

EsaAinai

Posted by EsaEinai - 14 Jan 2010 15:51

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(I did not intend to make such a long post, and this may not be the right thread for it; if so then maybe an admin could make a thread for me and move it there.)

Shalom,

I just want to say thank you to everyone who has put this site together and all its contributing members!!!! For most of my life I have been dealing with these issues alone (over 20 years). Even though the greater portion of my life I did not know that I was Jewish or understand Torah, and within the society of a young man outside the tents of Torah many things are generally acceptable; I still knew it was wrong.

I have been arguing with this y'h' and trying to outsmart him for at least 10 years. I am so exhausted and melon collie that I find writing this and expressing myself to be a challenge. There is just too much to say, but I will tell you this; from most of your stories I relate to something, and everything that has been said about your experience in finding this site I have felt; the joy and tears. I have taken from all of you a new inspiration to try again in the places where I had simply given up and given in. I know all too well the ways of the y'h' to attack you on all fronts and tear down your pride, your dignity, self esteem and self respect. Maybe I am wrong but in some way I think this is how you know it is from Hashem to refine you that you should WIN the battle but come out a new person.

Today is the 7th day clean for me, and for the most part I have completely avoided speaking to my friend the y'h'. However yesterday I had a major slip, I will tell you about shortly, first I want to tell you what ***i think*** is one of the most important lessons/tools in this fight.

*During 10 plus years of battle on a near daily basis (3650 days) I have tried hundreds of strategies if not thousands.*

**On the defensive side:**

**Bribes** - to myself: the perceived rewards physically, mentally and spiritually. (*physical*) This might include believing that a mastery of self control will give me more pleasure when I am

married by not being desensitized or allow me to spend the time on productive things that will put money in my pocket. *mental* Self discipline will give me confidence to overcome anything or give me more time to read and improve my intellect. *spiritual* I will be in tune and Hashem will bless me.

I have also tried to bribe the y'h' to work with me since he is also a subject of Hashem, or to fool the y'h' that if he leaves me alone in this area I might become more successful and influential so that he could have a greater effect in other areas.

**Barriers** - putting up reminders, writing myself notes, placing pictures of Tzadikim on my computer or Holy books on my desk (only to be removed before a slip/fall), putting thoughts in my mind of what others would think if they knew what I was doing, or what my future wife and children would think.

**Distractions** - watching a movie/tv (obviously not the best choice), playing a game or finding other entertainment, going for a walk, etc.

For times sake and to get to the point I will not go into the offensive side right now. So instead I will say what has worked for me and lasted for at least 30 stretches and what I think I have taken from this site.

Love: possibly this was confused with another form of lust but it worked for awhile (*note that I do not endorse this because it has major pitfalls in my opinion that I am sure someone else here more versed in Torah could explain; or maybe I'm wrong*). For a time there was a religious girl who gave me some attention and it forced me to look in the mirror so to speak and feel that how could I ever deserve to have a partner like this if I did not have more to offer.

The "talk to the hand approach" or better "talk to Hashem": at times I realized that I could not win this, so I did the only a person can do in a foxhole; turn to Hashem and let him deal with it and as for myself completely ignore the y'h', tell him to "talk to the hand" cause I'm not listening. I believe from what I have read here that this is possibly the best and possibly the only true way to wage battle. So much so that I even *fear (which may be another part of the problem)* talking about this on here because I know the y'h' uses clever ways, and even turning my mind to the subject with good intentions can open up dialog with the y'h' which always leads me to the wrong place. As an example by having an outlet such as this site to justify and make excuses for myself. However there is only one thing that I have never, not once tried before, and that is sharing with others and not fighting this alone. I think that is part of who we are as a nation, we should not fight alone we should be one as a nation, with Torah, and with Hashem.

So yesterday I had a slip a minor slip that withing minutes became a major slip, and had it not

been for Hashem there was no turning back; It would have been a fall. B'H for saving me! Just b4 it was too late at just the right moment I got a phone call and a friend told me about a nice lecture I should listen to online, so I got off the phone and I knew this was from Hashem and instead of doing what I was going to do i watched the shiur.

As a side note to this I prayed to Hashem yesterday morning to help me that I can not do overcome the temptations myself. And I can not count how many times Hashem has offered me a way out just like this time at the right moment but I have not always taken it. The y'h' will tell me that I am crazy, Hashem is not talking to me though these means and I have went back to what I was doing in the past.

EsaEinai

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