

new guy starting out/ bain hazimanim is my hard point

Posted by Holy Yid - 29 Jul 2009 21:49

I am a Bachor in Yeshiva. Generally during the Zeman I don't have access to unsupervised internet and so I do not run into problems (the times that I have had access I did have problems). When I'm home I'm a mess. I am home for at least part of the summer. I have been clean for a week. I do not feel comfortable asking my parents to get a filter. So I am asking for guidelines regarding internet use.

I want to stay off entirely but I need this site and there are things my parents ask me to checkup. I don't trust my judgement on making rules because in the past I have 'made excuses' and done more and more and then BOOM.

I am thinking about only request and only this site with my email up to switch to if someone walks by.

Please give me some feedback and ideas.

This site in little amount of time I've been on it has helped me tons.

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Re: new guy strating out/ bain hazimanim is my hard point

Posted by Sturggle - 13 Oct 2009 09:06

Dear Holy,

I find that awareness is a big step in recovery and I'm not always too good at it, shkoyach on your "confessions". I understand them as, I am aware and I am keeping track of myself and what's going on with me.

Shkoyach on 70! In terms of perspective..., everyday for me is hard. When I'm not out of my

mind, I can remember that Hashem is always helping me and always there. Also, and seriously, one day at a time. I find this difficult, don't always get it, but I think it's really the emes. There is nothing like this moment, right here, right now.

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Re: new guy strating out/ bain hazimanim is my hard point
Posted by Holy Yid - 13 Oct 2009 21:02

I must admit that the email for hitting 70 saved my life last night. Last night was very rough but thank G-d I am here whole.

I am focusing on living not on escaping or fighting.

Struggle, you got it right with my confessions. I wanted to put that out in public so I will have to face it.

As I get closer to 90 I am wondering what should my focus be. What goal will keep me clean? Maybe try another 90 days.

I realized that I need to focus ON LIVING as Dov always tells us. I am working up the courage to face my life and find ways to have a much more meaningful life. This is a challenge, it requires CHANGE in real ways but I am facing it down.

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Re: new guy strating out/ bain hazimanim is my hard point
Posted by 7yipol - 14 Oct 2009 09:07

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Focus on STAYING clean. And then focus on giving back. I find that when I am feeling weak, the knowledge that the GYE family would be thrown by me falling after 90 is a tremendous incentive. But nothing is more important than what Dov says: One day at a time for no-one but yourself - the most important person in the oilam!

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Re: new guy strating out/ bain hazimanim is my hard point
Posted by Holy Yid - 14 Oct 2009 16:08

[7Up wrote on 14 Oct 2009 09:07:](#)

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I try to focus on staying clean but I wonder when will I get there when will it end. I guess I am lacking i my acceptance of my problem, but right now it is hard to accept.

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Re: new guy starting out/ bain hazimanim is my hard point
Posted by G38 - 14 Oct 2009 16:45

It doesnt have to end as the *eiver koton* will be subdued by then and will let you fight it out alone with the YH

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Re: new guy starting out/ bain hazimanim is my hard point
Posted by Holy Yid - 28 Oct 2009 00:34

I am close to 90, BEH, but i have a problem. From time to time I have these very strange thoughts that I should break my streak because I do not really want to do this 90 day thing. I think I am afraid to really start to be free. I am afraid of having to face the responsiblity of having to deal with life. The muck is firmilair and I hate it but I know it. Being free is strange. It holds new options and oppertunites. I don't know what will happen. I don't know if there are suggestions but I think sharing this will help

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Re: new guy starting out/ bain hazimanim is my hard point
Posted by the.guard - 28 Oct 2009 07:28

[Holy Yid wrote on 28 Oct 2009 00:34:](#)

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This is one of the most "interesting" posts I've ever read... hmmm...

I find myself at loss on how to answer *this one* (and that's a chiddush for me :D)

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Re: new guy starting out/ bain hazimanim is my hard point
Posted by G38 - 28 Oct 2009 11:29

It looks like you are anxious because of the unknown.

You know what, hold it till then and tell the YH that if the next level is too hard you can still break it then c"v.

If you would c"v fall then you are still back to #1 so just keep it up and shut him up! :D

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Re: new guy starting out/ bain hazimanim is my hard point
Posted by the.guard - 28 Oct 2009 14:24

From time to time I have these very strange thoughts that I should break my streak because I do not really want to do this 90 day thing. I think I am afraid to really start to be free.

The Bne Issachar writes (Derech Pikudecha): "We have a tradition from our fathers that the

Yetzer Hara desires more than anything to attack the person through sexual sins, because included in this lust are all the others. And R' Nachman also writes that these temptations are our main test in life.

It says in the Korbonos: "Zeh Haisheh asher Takrivu LaHashem – This is the fire that you should sacrifice to Hashem". Ishah means fire, and it also means "a woman". The biggest sacrifice that a man needs to make in his life for Hashem is zeh Ha'isheh – this desire for women and the fire of lust.

By working on these areas, we ultimately learn to give over our entire heart to Hashem, as the Pasuk says "Bechol Levavcha - with all your heart". And Chazal say "Bishnei Yitzrecha – with both your inclinations".

This is a struggle with the deepest human emotions. And therefore, fixing these emotions fixes a person deeper than anything else. That's why it's called Yesod. Hashem is not just telling us not to be dirty. Rather, he is telling us to build ourselves with the things we don't do. The foundation of a building is underground and no one sees it, but it holds up the entire building. Shmiras Habris is the hidden part of a Jew, it's the real you. And if the foundation of a Jew is weak, his whole spiritual structure is fragile and in grave danger of collapse.

And not only are we fixing ourselves deeply through this struggle, we are also fixing the world. Every generation has its tests, and this is likely the test of our generation. There has never been a time in history where promiscuity and licentiousness filled the world in every corner to the degree that it does in our time. In the generation before Moshiach's time, we are cleaning out the filth from the very bottom of the barrel. We are doing the final work before the great days that are to come.

Only great souls with immense potential were given this difficult job. So if Hashem gave us this struggle, it means he trusted us with a great mission. This alone should bring us joy and motivation to substantiate His trust. And of-course if we succeed, we will be in the front lines to greet Moshiach!

Besides for all this, addictions only get worse. If you don't want to be free, you will stay in the cycle of sin, sunk in the mud, sinking deeper and deeper until you lose both this world and the world to come.

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Re: maybe you ~~do~~ want to be free after all?
Re: new guy starting out/ bain hazimanim is my hard point
Posted by 7yipol - 29 Oct 2009 10:27

Hate to break it to you Holy Yid, but 90 is not magic.

You will still feel triggered at times, still fight falling and all the shmutz. The familiar garbage will still be there to keep you company, unfortunately.

The difference is that now you will be battling without leg shackles holding you down. The 90 days refers to breaking the physical neurological pathways which the addiction pattern created. yh and habit aint going nowhere.

BUt after 90, you will discover the ability to soar, while till now youve been forced to crawl.

And then; the sky's the limit!

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Re: new guy starting out/ bain hazimanim is my hard point
Posted by Sturggle - 02 Nov 2009 16:45

[Holy Yid wrote on 28 Oct 2009 00:34:](#)

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new options and opportunities. I don't know what will happen. I don't know if there are suggestions but I think sharing this will help

Dear HY,

I just realized, and I don't know if you intended it, but HY is YH backwards...

Cool...

You have the power!

Anyway, so this post of yours that I quoted above really resonates with me.

I find that realizing this is a huge step.

Then I can ask myself,

What do I have to lose by stepping out of this "muck"?

What does it give me?

What do I stand to gain by leaving it?

What is there for me on the other side?

Now, with looking at all that and being honest with myself,

what do I really want?

Holy Yid,

this is my first post in a while.

I'm wondering how you are doing

and, even if [quote="7Up] 90 is not magic [/quote],

where you are holding.

Hope all is well.

b'ahava,

Sturggle

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Re: new guy starting out/ bain hazimanim is my hard point
Posted by 7yipol - 03 Nov 2009 12:57

Wow, HY, you even got Sturggle out of his corner!

I like his call on HY versus YH!

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Re: new guy starting out/ bain hazimanim is my hard point
Posted by the.guard - 04 Nov 2009 23:29

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Re: new guy starting out/ bain hazimanim is my hard point
Posted by Holy Yid - 20 Dec 2009 01:47

I am BH past 90 days. I started a new thread you can find it here

rehab-my-site.com/guardureyes/forum/index.php?topic=1377.0;topicseen

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