

Going for the Gold!

Posted by Tev - 04 Aug 2009 02:20

Hey Tzadikim,

I'm a 21 yr old single guy in yeshiva/college. Ive been struggling with p*()n and motzei zera levatala for about 7 years.

I "tried " many times to stop, but now im really giving it a real shot. I finally realize its not just the yetzer hara, its a serious addiction.

Hope this lasts!

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Re: Going for the Gold!

Posted by Tev - 18 Aug 2009 22:24

3 days clean

Boruch hashem

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So ive been "clean now for 7 days , boruch hashem

Re: Going for the Gold!

Posted by Holy Yid - 19 Aug 2009 01:38

3 days is AWESOME. You have done a mighty deed. The start is always the hardest. Pulling yourself out of the muck is a HUGE thing. Keep it up.

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Re: Going for the Gold!

Posted by jda211 - 19 Aug 2009 13:51

BeStrong,

I identify with a lot of what you are saying. I am no expert at all, like many here, i am struggling hard as well. one thing which always happened to me after a fall though, was that i could go days, even weeks, just falling one after the other, and like many here said, the most important time is after a fall, to not think bad about yourself, but to immediately try to get back up. when i fell after my most recent long streak of 10 days, i realized that i thought to myself, 10 days, im cured! i sat back, and then i was finished. the important think to have good self-esteem and be proud of your streaks, but realize Hashem fights for us and the battle is ongoing. We don't need to battle head-to-head with the yetzer, but we need to be as prepared as possible, (with all the davening, handbooks, and tools that work for you) and then Hashem will battle from there.

Hope that helps a little. kol tuv

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Re: Going for the Gold!

Posted by Tev - 19 Aug 2009 16:55

JD

I feel like you can read my mind

Great Advice thanks so much

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Re: Going for the Gold!

Posted by Holy Yid - 19 Aug 2009 17:01

As others say learn about your weaknesses from a fall and make a fence to stop that in the future. If you learn something then the fall will have meaning. also if you fell because of a weakness then you where not yet developed enough to succeed. You succeed by changing your mindset.

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Re: Going for the Gold!

Posted by Sturggle - 19 Aug 2009 23:20

B"H, 3 days. great!

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Re: Going for the Gold!

Posted by Tev - 26 Aug 2009 01:19

4 days !!

Boruch Hashem,

The Y"H is funny, when I go online now hes kinada settled down but not when i walk outside...

You gotta be prepared for anything and everything

Thanks to The amazin GROUP #3 You guys rock

Be strong88

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Re: Going for the Gold!

Posted by cleareyes613@gmail.com - 26 Aug 2009 03:51

Such good news!!

Outside can be a dangerous place. The eyes are the gateway to the mind. After being clean a few days the yetzer hara can't get us to look at porn, its so shocking. He starts by feeding our urges outside, and then by clicking on banners, or ads, or whatever he tells us to just peek, its not that bad.

Outside is so dangerous because we let our guards down.

My commute to work is the train and a full block in the city. I can be over lo sosuro acharei aynechem 100 during this time, and I am sure I have. Now I keep my head in my sefer and walk without my glasses. It was hard at first, and is getting much easier. 3 weeks later, my glasses are in my hands before I think about it. And now I spend that city block walking with Hashem, and am less aware of who is or may be walking next to me each passing day.

BeStong and keep your eyes clean. You will struggle less with each passing day, because you can't desire what you have not seen.

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Re: Going for the Gold!

Posted by Sturggle - 26 Aug 2009 06:00

BeStrong, it's nice to hear you back in your thread.

"4 days!!"

Yeah man! You can do it!

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Re: Going for the Gold!

Posted by Tev - 28 Aug 2009 13:38

Boruch hashem im 7 days clean,

Im in yeshiva now so im not able to go on too much but thanks for the support,

Have a great shabbos

Love

Bestrong88

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Re: Going for the Gold!

Posted by Tev - 31 Aug 2009 03:06

9 days!!

And Counting! ;D

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Re: Going for the Gold!

Posted by Tev - 15 Oct 2009 02:25

Hey guys,

Thanks to 2 people on this site who i wont name , Ive been pretty good this bein hazmanim.

Right now im 7 days clean and yeshiva is starting up very soon, so thats the positive.

By reading all of these posts on diff forums , ive begun to realize this IS WHAT IS HOLDING MOSHIACH back-(at least partly what i think)

This site is a lifesaver for many including myself, although I dont suffer from depression thank g-d this site is a happy place to be and when Im clean and not focused on [/b]MYSELF[/b] than life is so much more fullfilling, I can use my time pruductivley and most importantly have a strong connection with g-d.

Guys keep posting wherever you are it is OUR lifesaver

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Re: Going for the Gold!

Posted by Sturggle - 15 Oct 2009 07:05

Hey BeStrong,

You keep posting as well now, ya hear!

Ok, when you're busy during zman,

you'll have other important things to do,

but don't forget to drop a line every once in a while!

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Re: Going for the Gold!

Posted by Tev - 16 Oct 2009 20:17

Sure thing sturrle! ;D

Ive been posting in Group 3 as well,

Have a great Shabbos

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