

Going for the Gold!

Posted by Tev - 04 Aug 2009 02:20

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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 Sturggle - 08 May 2010 23:21

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Great to hear from you!

Thanks for sharing.

Shavua tov,

and keep on being and feeling great!

love ya,

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

Sturggle

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Re: Going for the Gold!  
Posted by Tev - 09 May 2010 02:14

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Thanks Sturggle!

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Re: Going for the Gold!  
Posted by Tev - 13 May 2010 02:30

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Day 11!!!

Boruch hashem!

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Re: Going for the Gold!  
Posted by cleareyes613@gmail.com - 13 May 2010 02:43

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Glad to hear ur doing well.

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Re: Going for the Gold!  
Posted by silentbattle - 13 May 2010 06:02

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Glad to hear it - keep it up, one day at a time!

Want to tell us what's going on, how you're feeling?

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Re: Going for the Gold!  
Posted by Tev - 13 May 2010 13:28

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Hey,

So in the past week Ive had a slip or to thank g-d thats all it was. Reading the white book and being able to relax with some music has certainly helped this current sober streak. Also when/if I have triggering thoughts, I tell myself that acting out will not only accomplish **nothing**, but I will be upset and depressed over it afterwards. We must all realize this is be a lifelong test, the way to pass the test is not fighting it head on ! The Y'h unfortunately is alot craftier than we will ever be, instead channel that energy in a positive way: learning, sports, music etc.

Shavuot is coming, I cant give up now!!

Have a great day everyone I love you guys

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Re: Going for the Gold!  
Posted by Sturggle - 13 May 2010 18:37

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**BeStrongBeStrongBeStrongBeStrongBeStrong!!!**

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Re: Going for the Gold!  
Posted by Tev - 16 May 2010 04:37

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shavuah tov tzadikim!!

Have a great clean and uplifting week!!

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14 days

Re: Going for the Gold!

Posted by silentbattle - 21 May 2010 16:13

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That's great! And you can undoubtedly feel yourself enjoying being clean, enjoying the feeling of accomplishment!

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Re: Going for the Gold!

Posted by Tev - 11 Jul 2010 05:12

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Hello GYE Tzaddikim,

B"H I'm 18 days clean and the weird part is I've had very few taavos to look at p\*\*n or mas\*\*\*--- Boruch hashem.

I think a major part of it is , is the fact that I began dating about 2 weeks ago, this is a major stage in my life and

I feel that computer pleasure is so fake compared to a dating/marriage pleasure. Thats the next thing... I believe that while going out with the girl I'm myself, but I cant feel that emotional connection... Has anyone else experienced this? Is this expected for people "like us". Anyways I certainly feel more in touch with reality now that I'm on this clean streak and with the help of G-d this will continue.

Shavouah Tov my holy brothers.

Bestrong88

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Re: Going for the Gold!

Posted by Jooboy - 11 Jul 2010 15:19

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Congratulations on the streak.

Please be very careful though. When I was dating I would often have this type of experience that while dating a particular person I would stay clean and then fall off the wagon in between girls I dated.

I was never really addressing the underlying issues causing the addiction, just temporarily either "white-knuckling" it or filling the void with something other than lust but not the real thing (GOD).

I also had the experience of not being able to make that emotional connection. I barely even understood what it would look like if I did have it. That is very much to be expected of an addict. We are some of the most self-centered people around and even getting some recovery we need to expect difficulties in this area. That being said there is nothing GOD can't handle for us so make sure that you keep up praying for freedom from lust and for a connection with Him.

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Re: Going for the Gold!

Posted by Tev - 30 Jul 2010 17:08

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Hey guys,

Wow I cant even begin to thank G-d enough . I'm borch hashem 37 days clean and I'm 99% sure Iv'e found my zivug. I found that emotional connection with her, even though the during first few weeks of dating it was missing. A major part of my current streak has been caused by my dating her. I am a little scared in that since things are going so well, I realize I will be put to the test and I will have the taivah chas v'shalom to look at p\*\*n, I just pray that G-d will help get me through that test successfully.

Also I haven't told her about this issue... I know this topic has been brought up many times. Does anyone have any advice as to if or how I should approach this.

Have a relaxing Shabbos !!!

Bestrong

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Re: Going for the Gold!  
Posted by Tev - 13 Sep 2010 16:37

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Hello My holy brothers!

Boruch Hashem I'm 82 days clean and just recently got engaged!!!! :D

There is no question in my mind that this website and the individuals here are a big reason as to why I am sober and

have found my zivug. I'm keeping extremely busy and that is for sure a big reason for my staying clean .

I am still having problems with guarding my eyes on the streets, but at least I have glasses and each time I choose life instead of death is a major victory.

Hope all is well ! Lets do some teshuva!

Bestrong88

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Re: Going for the Gold!

Posted by cleareyes613@gmail.com - 13 Sep 2010 17:08

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Mazel Tov!

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