

the path to Eden

Posted by Eden - 05 Aug 2009 15:07

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My username is Eden, i am 21 years old, and my goal is to be clean from pornography.

I started looking at pornography when i was young, but how young i am not sure. I remember being amazed by the feelings pornography would instill within me, it's hard to describe it, needless to say i liked it.

I'm also not sure of how often i indulged back then, perhaps weekly perhaps more. I am from more modern orthodox upbringing and i had access to the internet. Despite being relatively unconnected to Torah ideals, at times i realized pornography's destructiveness and i would vow to stop, sometimes just to prove i was i control. I was never successful in breaking the habit and it continued, sights that used to mystify me became unstimulated and i needed to look at more and more vulgar and decadent scenes to fulfill the aching need.

I did not like my yeshiva high school and eventually left for public school. I was a little happier at that time, partly because no one was forcing observancy down my throat. I was able to find some productive hobbies and managed to graduate, i still looked at pornography regularly.

My story turns up as i spent my next year in yeshiva and gradually started to develop a connection with g-d. I stopped looking at pornography for a whole year, "out of sight out of mind". I then found a yeshiva more suited for me, and studied there for another clean year. Then over one bein hazmanim i had access to the internet through a friends laptop. Things went downhill from there and i spent much time in guilt, pangs of lust and escapism, and despair.

I am grateful to hashem that i was provided necessary mentors and friends to take control, begin to address my issues by reading books on compassion, productive cognition, and acceptance. I began to hold out for a while then relapse, i cut myself off from my sources of addiction only to find more thrust in my life.

I came back to America knowing that i was on shaky footing, i informed my parents and they agreed to "clean up" the house. The concern was that i have 3 brothers that also live here and they use the internet, and my father needed the internet for work. Therefore there was only so much they could do and i began to fall into pornography usage.

My Situation.

I have an effective internet filter, yet i can manipulate the circumstances to use my dad's work

laptop for unfiltered internet access, that will change this afternoon BH". Even though the filter is effective i can still waste alot of time on the internet with nonpornographic activities. I'm recieving the chizzuk email, and i'm bh" starting an email correspondence with a fellow struggler. I hope to join a weekly phone conference yet i have not attended one yet. BH" this thursday...

This is Day 1... I hope to keep a daily update of my progress.

G-d, Please help me keep this up, and guide me towards the paths of pleasantness and peace.

Thank you for reading,

Eden

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Re: the path to Eden

Posted by Kedusha - 15 Sep 2009 18:53

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Maybe both are true.

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Re: the path to Eden

Posted by Eden - 22 Sep 2009 19:23

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So yay.

My dad got rid of the computer in the house.

more to come.

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Re: the path to Eden

Posted by Dov - 23 Sep 2009 17:26

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Mazel tov. Action speaks louder than words. A bigger z'chus you may not have....

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Re: the path to Eden

Posted by Avraham - 24 Sep 2009 18:33

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this is my first post so hi everyone,

i want to additionally commend eden on his struggle and success!!!

you are one lucky yid. hashem must love you so much. i'm double your age and didn't discover this indescribable resource until a couple of days ago. (it still seems like a dream) you're definiely one step ahead of so many your age.

everyone: keep up the great work. it brings tears to my eyes when i read about the care and love!

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Re: the path to Eden

Posted by Someone - 29 Sep 2009 16:42

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Eden, thats amazing! I have thought about living without a computer later on; at the moment I need it too much. Hopefully you can still update your thread !

Avraham, welcome! Have you thought about starting you own diary here?

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Re: the path to Eden

Posted by Holy Yid - 30 Sep 2009 20:38

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[Avraham wrote on 24 Sep 2009 18:33:](#)

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Don't that feel bad about how long it took. Just use that to motivate you. Start your own thread and tell you story. We will help you as much as we can.

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Re: the path to Eden

Posted by Tev - 02 Oct 2009 01:57

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Good for u no comp!

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Just be ready for anything, you never know what the Y"H will throw at you