

Aiming for 90 (and beyond) Part II

Posted by teenagehelp - 03 Jul 2011 20:52

Shalom Aleichem,

I used to post on the forum a lot but after not having a computer for almost a year, I haven't posted in a while. Well, I'm back and I wanted to start up again.

This past year I studied in yeshiva (I'm baal teshuvah) and it was an incredibly successful year in terms of learning and shteiging (i.e. growing). However, problems with shemiras habris persisted. In terms of my attitude towards this area, I've definitely matured and grown but still the results aren't coming. I just wanted to share a few perspectives on my own problem (to clarify for myself as well) and hopefully I'll get started on the right foot.

I know how wrong it is to look at porn and be *mz"l*. I know that it's an aveirah and serves as an obstruction to my relationship with H-shem. For the most part, I can feel this and sometimes I even get enthusiastic when H-shem tests me in this area because I know that it's just another way I get to serve Him. My problem is when it comes to the daily grind. For me, I can feel great for a couple of weeks and all it takes is that one afternoon to ruin the streak. And I know that I have to think of this as a process and a journey, not a number. But realistically, it's a human tendency to look only at the goal and not the journey and when I see the number of days at 0 instead of 20, it's crushing (though I'm usually good about not staying down for a couple of days wallowing in self-pity). So I know that staying busy and keeping away from unsupervised internet are must's and I know that the only way for me to win this battle is through introspection, so here I am, back on the forums and hopefully ready to fight.

And (I know it's a lengthy post but thanks for reading this far) now I want to put in writing what I'm doing and what I've done to ensure that I'll at least tip the scales in my favor and not (chas v'shalom) say that "this time is different.":

- 1) post on the forum every day. whether it's just a one-line check-in or a reflection on the day, I want to make it a priority to post every day.
- 2) I have a filter on my computer with the filter gabbai holding the password
- 3) not use the computer except when it's at my desk (and with my bedroom door open)
- 4) read the chizuk emails every day.

5) post on other threads to give others chizuk and daven for everyone else during shemonah esrei

i know i'm missing something but hopefully this list will only grow. i know i have the tools and resources to be able to overcome this taavah. and i look forward to working my way back onto the forums.

Day 1

hatzlacho!

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Re: Aiming for 90 (and beyond) Part II
Posted by 1daat - 07 Nov 2011 02:17

Good to hear from you. You may not realize it, but when you keep posting, even if it seems to you like you might be letting us down, or feeling ashamed or whatever, actually, if you just keep on posting, when we fall, and we read that you too are having a hard time of it, we don't feel so alone. We can put our fall in the context that all of us here are just trucking as best we can. So no matter what you give us chizuk.

Hatzlocho. Keep in touch

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Re: Aiming for 90 (and beyond) Part II
Posted by teenagehelp - 07 Nov 2011 03:30

hey shmeichel and 1daat,

thanks for the posts. they both really mean a lot and its definitely a great feeling knowing that I can fight this battle with others on my side.

So i've been trying to figure out a way to prevent even trying to tamper with my filters etc. so i decided to write up a rough draft of a neder i want to make (using the taphsik method) thats much more serious than my past one.

If I want to look at pritzus online or be mz"l in the next 7 days I have to first either:

- 1) Review the entire Hakdama to Mesillas Yescharim out loud, or;*
- 2) Go for a 2 mile run, or;*
- 3) Say Tikkun HaKlali*

If I look at pritzus or am mz"l after doing 1 of these, I will give \$5 to tzedakah and not use my computer for the rest of the day/night. If I dont do one of these 3 (provided I remember the shevuah), I will give \$20 to tzedakah, say all of Tehillim over the course of the coming week, and run 3 miles at least once in the coming week.

the dollar values are a little low, but seeing as im just a student without a steady source of income, losing any money is not really an option. if anyone has any feedback, I'd love to hear it, and hopefully this can help me remember day to day that this is a taivah we can all overcome.

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Re: Aiming for 90 (and beyond) Part II
Posted by JackAbbey - 07 Nov 2011 16:40

its a bit complicated

its a double method

123 is in order to open the door to p&m

and the rest is a punishment

my humble opinion is to remove 123, and raise the punishment

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Re: Aiming for 90 (and beyond) Part II
Posted by teenagehelp - 14 Nov 2011 00:47

gut voch

so i went ahead and made the neder today that extends for the next week. i didnt change too much of it, just some wording here or there.

and shmeichel, the reason that i have this double method in place is because im afraid if i dont remember the neder until after falling, it'll just drag me down. and in terms of time, effort and money, this onesh is already pushing the limits.

with Hashem's help i should be able to make it, one day at a time.

hatzlocha rabbah.

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Re: Aiming for 90 (and beyond) Part II
Posted by JackAbbey - 15 Nov 2011 11:40

wishing you a healthy clean year

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