

trying to be a Jewish Jew for at least 90 days!

Posted by jewish jew - 02 May 2012 16:55

I have been having problems since being a child in school!

There were two friends who would do it with me in hideouts in school and a bochur in shul who even asked me to have oral when I was a child! (Didn't do it because it disgusted me the idea) In Yeshiva they almost threw me out (I learnt in a strict chassidishe yeshiva) for doing wrong things with others, but I managed to stay in.

Ever since one of those wrongdoing friends of mine taught me the "art" of m*sturbation I have been doing so in many forms and ways all the time (I had a short period of time when I stopped (paused) in yeshiva gedolah)

Then I got into it even more I had a place where there was a TV and I used to watch Hollywood fashion explaining what is meant to be nice (they go into every detail) and I used to kiss the woman on screen and then I found the real trouble, p*rn which has never stopped since. I just keep on promising not to look again but never actually worked so here I am in GYE trying to start my recovery. (I didn't want to write how there was times that I was searching for Zonahs. Luckily I never found only dreamt about them)

Now I have started the 90 days and yesterday was the first I almost messed it up with a fall, I had last night a crazy urge which normally I would have fallen but since yesterday was my first I said push it off for another day, and it worked.

But I did slip I saw an article about a woman (famous where I lived) who they had caught again n*de so I searched it and got a bit hooked but then stopped myself. The reason I call this a slip not a fall is because I think this is the first time I have stopped myself in middle of looking at such things and not continuing and falling.

so now towards the end of day two and no major problem today, but I know the yetzer harah waits and gives you a good felling and then hits back double as hard so I am just moving along and preparing for the next battle.

sorry if i just wrote about all (most) of what happened to me and it wasn't nice (triggering) or boring, i just had to get it out!

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Re: trying to be a Jewish Jew for at least 90 days!

Posted by 2nd-chance - 27 Jul 2012 01:10

hey chaver

Keep on Trucking

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Re: trying to be a Jewish Jew for at least 90 days!

Posted by obormottel - 27 Jul 2012 05:57

First, I was always amazed when I would do a double whammy right after a clean period, just to prove that when you fall, you go back to exactly where you left off. That is not to say that clean time doesn't count but falls reset your clean time for a reason.

Second, I like your attitude of getting up, shaking it off and moving on. Hatzlocho!

Third, you don't really have to read every day. Only on those days you wanna be clean.

M.

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Re: trying to be a Jewish Jew for at least 90 days!

Posted by jewish jew - 30 Jul 2012 14:47

OberMottel I liked that last line!!

Had a fall three times in two days. OK I have to have a break a bit of falling just to be able to see clearly where I am standing with my progress.

If I fall once in a while I know that I am moving forward whilst tripping here and there but when I crash so hard I start to question if I have progressed at all (or maybe the yetzer harah is trying extra hard to shake of this attempt and to give into the fact that I "love" sex and can't live without it)

Love you my helping and caring brothers JJ

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Re: trying to be a Jewish Jew for at least 90 days!

Posted by alexeliezer - 30 Jul 2012 14:53

One day.

Get through one day.

That's how all sobriety starts.

Happens to also be the way we do it every day.

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Re: trying to be a Jewish Jew for at least 90 days!

Posted by Dov - 31 Jul 2012 05:51

[jewish wrote on 30 Jul 2012 14:47:](#)

(or maybe the yetzer harah is trying extra hard to shake of this attempt and to give into the fact that I "love" sex and can't live without it)

You may indeed *love* sex. The truth about the way you feel and what you really believe is just the truth. It may be a problem, but it's neither good nor evil - it's just the truth. The question now would be what to do with reality.

But that you *can't live without it*, is nonsense. Believing nonsense is strange and you do not need to do that.

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Re: trying to be a Jewish Jew for at least 90 days!

Posted by think good - 31 Jul 2012 10:01

Every clean day counts, but don't slack off you **MUST** read the emails **dafka** on the clean days.

When we are clean is the time to work on ourselves to prepare for the lust attack which comes on suddenly without warning.

Almost anything can trigger us addicts.

It may start with a look in the wrong place or not turning one's eyes away or ???.

Try to change your thoughts to something completely different. It's very hard and needs constant effort only today. I suddenly realized my eyes were fixed on a lady for a few seconds until I got my act together and turned away. It's a constant battle.

Keep going

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by jewish jew - 26 Aug 2012 12:27

My life has been is (and still is) in a whirlwind for the past few weeks like a real tornado has struck and that is effecting me a lot. All the mental work I have put into the fact that even if I fall there is still a way up and it doesn't mean I have not progressed has been killed as I don't have time to focus on it anymore.

Right now I am in a state that I run away to porn and masturbation for relief (it helps for those few seconds and then hits back even harder) and then don't have time to focus on where am I standing, why I am lusting how to control and counter attack etc.

All right, that is my mixed up life right now bye to all my friends out here JJ

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Re: trying to be a Jewish Jew for at least 90 days!
Posted by nederman - 26 Aug 2012 15:14

Try reading Feeling Good by David Burns.

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