

Needtochange Log(please read i need ur input and chizuk)

Posted by needtochange - 17 May 2012 14:20

Hi guys i discovered this site sometime ago but never really gave an effort to try to change. Last week i just got fed up. I wanted to change because i just couldn't continue living a double life to my wife and especially to myself. I've been fooling myself for over 10 years that "I'll just grow out of this *habit*". Well lemme tell you something, its NOT just a habit and I didnt grow out of it. Bh bli ayin hara i've been clean for a full week now, and I'm feeling stronger everyday. I have an accountability partner who I call daily, and I'm reading the chizuk emails. But I know that i can't get complacent, I have to constantly be on guard and ready to battle. I know from a lot of years of experience that if you dont put in a full effort to fight this, it just wont work. The urge to act out is too overpowering, and even with the strongest will its still very hard to overcome it. I feel like i need to build up a consistent streak of staying clean, knowing that for every minute I overcome my nisyonos its another step in the right direction. The main reason that i'm writing this is because it feels sooooo good to finally get this terrible horrific secret off my chest, and actually put into words what i've been going through. I just hope that this isn't all just talk, and i'm actually able to keep this up. Please respond with input and chizuk, i would really appreciate it!!

Thanks in advance

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Re: Needtochange Log(please read i need ur input and chizuk)

Posted by ImGonnaWin - 07 Jun 2012 20:09

That Rambam is really deep.

Thanks for sharing!

-ImGonnaWin

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Re: Needtochange Log(please read i need ur input and chizuk)

Posted by needtochange - 08 Jun 2012 13:33

my pleasure

hatzlocha raba!!!

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Re: Needtochange Log(please read i need ur input and chizuk)
Posted by Kevin Pond - 26 Jun 2012 00:45

[needtochange wrote on 04 Jun 2012 03:07:](#)

hey joe and SOH thanks for contributing! To be honest, it's really a lot easier to write these things than to actually believe them. Although BH BLIAYIN HARA im clean for 23 days right now, it really hasn't been because of the realization that i'm powerless and i need Hashem's help to get better. Its just simply because i've gotten sooooo fed up with myself that i just can't go down that terrible road anymore. I know that this method probably won't last forever, because eventually i'll just convince myself that its not soooo bad... one time won't hurt... So I know that i have to slowly train myself that I am powerless and I need Hashem's help. It hasn't come easy, but I hope eventually i'll get there...

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Re: Needtochange Log(please read i need ur input and chizuk)
Posted by Kevin Pond - 26 Jun 2012 00:49

Its just simply because i've gotten sooooo fed up with myself that i just can't go down that terrible road anymore. I know that this method probably won't last forever, because eventually i'll just convince myself that its not soooo bad... one time won't hurt... So I know that i have to slowly train myself that I am powerless and I need Hashem's help.

I so identify with these words, NTC. it's just like i felt.
i feel cleaner now BH. it is not yet the end. "the end" is when we get to 120. But after a long time i finally feel a real inner change, thanks to GYE and this forum. Just writing this to you so you should know there is a light at the end (did i say "end"?)

Joe- i loved your post! so simple, accpeting and non judgemental. just what we strugglers need. keep climbing, guys!!!!

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Re: Needtochange Log(please read i need ur input and chizuk)

Posted by needtochange - 26 Jun 2012 14:05

totally agree- no matter how well we're doing with this, we're never gonna be totally rid of it. I had a really bad day yesterday, got into a fight with my wife, was feeling very down abt myself, and i almost acted out. But bh i stopped myself, i simply had too much to lose. before this program i never felt like i had anything to lose, i just figured that i'll stop next time.... but now even though the urge is still there, i felt like a fool if i acted out- because i'm already 47 days clean!!! how can i just simply throw all that away?

Btw, until yesterday i don't remember having a real strong urge to act out since starting this program. I read about all of you guys on the forum struggling through the 90 days and i said to myself- wats so hard, i'm not gonna be like that!! Its amazing wat the yh can do to u!! he actually convinced me that after 13 years of being a total slave to this addiction, that i can be rid of it in 47 days!!! wat a fool i was!! well bh i had a rude awakening yesterday, that its NOT easy and it probably won't ever be!! but thats ok... because i just have to have faith that HASHEM will help me EVERY SINGLE DAY to KEEP FIGHTING!!

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Re: Needtochange Log(please read i need ur input and chizuk)

Posted by obormottel - 27 Jun 2012 14:16

I agree with all your so-well-stated conclusions.

Keep inching forward (or day-ing?)

Mottel

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Re: Needtochange Log(please read i need ur input and chizuk)

Posted by Kevin Pond - 27 Jun 2012 22:06

BSD

thanks for listening guys

thanks for sharing, NTC. great post.

It is interesting that after a quarrel with your wife you felt an urge. (and kol hakavod for being misgaber, of course)

i also noticed that after a 'bad scene' , in any area in life, things get worse. i think it is because of low self esteem.

the other side of the coin: now that i am moving to israel my friends made a party (sounds bad, i know, LOL!!!! ;D) and they all said how they got chizuk from me as a teacher etc. there as such a helige atmosphere and I was moved to tears. in such high moments, you think to yourself- "how can i ever fall into such nonsense?"

the feeling may go away, obviously and sadly, but the concept is there: it is all about self esteem.

(ask dr. twersky!)

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Re: Needtochange Log(please read i need ur input and chizuk)

Posted by needtochange - 28 Jun 2012 21:56

its totallly about self esteem!!

OMG like i would guess that over 2/3 of the time that i fall is when im feeling down about myself!

this past week has been murder!!! Me and my wife are fighting for the past week or so(i know it sounds bad- maybe it is), and i've had the hardest week since starting my 90 days- by far!!!!
gosh im barely hanging on

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Re: Needtochange Log(please read i need ur input and chizuk)

Posted by obormottel - 29 Jun 2012 00:41

Oh, brother, I so feel your pain...For me, the motivation to "show her" and stay sober played a big role. Mitoch sh'loi l'shmo...

I didn't want her to have that argument against me, you know...

Pray to Hashem in your own words (respectfully, k'muvon) for sholom bais and for staying sexually sober.

There is nothing that's so bad that can't be made worse by a little acting out. Just ask Dov.

Manhugs and mankisses,

Mottel

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Re: Needtochange Log(please read i need ur input and chizuk)
Posted by needtochange - 29 Jun 2012 13:52

thanks, although she doesn't know abt my problem... so i don't feel like i need to "show her" anything

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Re: Needtochange Log(please read i need ur input and chizuk)
Posted by gibbor120 - 29 Jun 2012 16:47

A fight with the wife is one of the worst "emotional" triggers.

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Re: Needtochange Log(please read i need ur input and chizuk)
Posted by Machshovo Tova - 29 Jun 2012 18:38

Had one recently, and can relate to that. But ya know what? I simply told myself again and again, "Just because you're having some domestic issues, does not mean you have to totally ruin your life". B"H the domestic issues were resolved, and B"H they did not cause any collateral damage.

Yishtabach shemo!

MT

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Re: Needtochange Log(please read i need ur input and chizuk)

Posted by obormottel - 29 Jun 2012 19:04

[needtochange wrote on 28 Jun 2012 21:56:](#)

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gosh im barely hanging on

[needtochange wrote on 29 Jun 2012 13:52:](#)

thanks, although she doesn't know abt my problem... so i don't feel like i need to "show her" anything

My point is, that when we masturbate to porn or to fantasy, we tend to feel bad about ourselves. When we're in a fight, and we are down on ourselves, we tend to acquiesce to even unjust accusations, because we feel we are deserving of critique.

When we stay sober, we feel good about our character and we feel we have a moral standing, and then we are able to differentiate between arguments that need attention and/or rebuttal and those that can be dismissed as irrelevant or those that are just meant to hurt us.

So staying sober through an argument or a prolonged fight, actually assures that we stay sober after the fight, too. The reason is, as above, if we are feeling down, and then take a beating, we either say "I'm no good anyways, I may as well act out" or "I'm really hurting, and I need to console myself with acting out". Either motivation can be avoided if we don't act out in the first place and learn to see life through sober eyes.

And therefore, your wife knowing about your "problem" (I like it how you delicately call it a "problem"; what is it, exactly?) or not knowing anything about it, is irrelevant to what I'm trying to

share with you. We must stay sober through a challenge so that we can actually get through a challenge.

Is this confusing enough?

Gut SHabbos, and a peaceful Shabbos to you, brother,

Mottel

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Re: Needtochange Log(please read i need ur input and chizuk)
Posted by needtochange - 29 Jun 2012 21:31

thanks guys

good shab

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