

MBJ's 90 day (and more) Journey
Posted by MBJ - 04 Nov 2012 13:48

My heart is pounding out of my chest right now as I put these thoughts on "paper". This is the first time I am being completely honest about my problem, and it is very scary.

I am writing this mostly because I think getting these feelings and thoughts out of my head will be cathartic and if by chance I can help someone else, that would be wonderful.

I have been struggling with this problem for better than 20 years. I started with these thoughts and actions at a very young age. While I can't remember exactly how old I was I am sure I was not yet 10 years old, I think that 8 is a closer approximation. When I got my first computer at age 16 with an internet connection, it got a lot worse.

I went through up and down periods sometimes falling "only" once a week, sometimes everyday. I am still not sure if I would consider myself addicted to p***, but I sure as heck am addicted to m*****. For me the p*** was always a means to an end and not an end itself. As soon as I finished being mZ"l, I would turn off the p*** because I found it disgusting. I only wished I had found it so disgusting 5 minutes earlier.

I tried to stop many times only to fail after a week, two weeks even three weeks. Maybe when I first got married I was able to hold off a little longer, but even that did not stop me forever. It is funny I never davened to Hashem to take away my urge for lust. For some reason I felt that if I didn't stop on my own my Teshuva would be imperfect and I would not be completely forgiven. This past Rosh Hashana I realized that this line of thinking was getting me absolutely nowhere. They say by Neilah, you should take on one Asei and one Lo Ta'asei to work on the coming year. Like a broken record year after year, my Lo Ta'asei was always the same. Clearly my thinking was flawed. This year I davened to Hashem to help me kick this horrible habit. So baruch Hashem, since Erev Yom Kippur I have kept myself pure. I have had 41 clean days now, and I can't believe how easy it has been. Not to say I haven't had temptations, but nothing a small slap in the face and telling myself, "I am not doing anything stupid today" hasn't stymied. In the past my hands would literally start shaking two weeks into my trying to stop with the need for physical relief.

I think I wrote enough for today, hopefully I can update more tomorrow with my 42nd clean day (6 weeks).

Kol Tuv,
MBJ

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Re: MBJ's 90 day (and more) Journey
Posted by TehillimZugger - 16 May 2014 03:20

OY DOV!

YOU'RE SO HEILIG!

Warning: Spoiler!

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Re: MBJ's 90 day (and more) Journey
Posted by Dov - 16 May 2014 03:26

Not as heilig as you, though.

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Re: MBJ's 90 day (and more) Journey

Posted by MBJ - 16 May 2014 14:05

C'mon everyone, group hug. AWWWWWW!!!!

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Re: MBJ's 90 day (and more) Journey

Posted by TehillimZugger - 16 May 2014 18:45

[Dov wrote:](#)

Not as heilig as you, though.

Why? Who says I'm heiliger?

Warning: Spoiler!

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Re: MBJ's 90 day (and more) Journey
Posted by Machshovo Tova - 16 May 2014 19:36

[TehillimZugger wrote:](#)

[Dov wrote:](#)

Not as heilig as you, though.

Why? Who says I'm heiliger?

Warning: Spoiler!

Warning: Spoiler!

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Re: MBJ's 90 day (and more) Journey
Posted by TehillimZugger - 16 May 2014 19:59

[Machshovo Tova wrote:](#)

[TehillimZugger wrote:](#)

[Dov wrote:](#)

Not as heilig as you, though.

Why? Who says I'm heiliger?

Warning: Spoiler!

Shabbat Shalom

MT

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 08 Jun 2014 10:06

I had a thought on this past week's parsha, and since there hasn't been a tzetel in a few weeks since someone isn't compiling it (cough cough) I thought I'd share it here. Truth is this is probably not an original thought, I am sure I read/heard it somewhere, somewhere. I apologize to whomever told it to me for not mentioning them.

Beha'aloscha starts with the commandment to Aharon to light the Menorah. We all know the famous Rashi that why is this Parsha of Menora near the Parsha of the Nesi'im. Aharon was saddened that Shevet Levi was not part of the grand pageantry that was the Chanuchas Hamizbeach. So Hashem tells Moshe to tell Aharon that his work is greater than theirs since he gets to light the Menorah everyday.

What the Nesi'im did was great. It was a huge show. Everyday for 12 days they come in with their silver, gold, 21 animals for sacrifice, incense and meal offering. I am sure there was much fanfare and everyone in Klal Yisroel was super excited and juiced up. They were probably telling themselves about all the great things that they were going to do. But we all know how these super glowing feelings fade. One day turns into the next and then the next, and you miss a day and a week and you fall behind and say well why am I doing this? Oh I'll just do that tomorrow, one slip won't kill me.

Contrast with Aharon's task. It was a relatively simple one. It was witnessed by few, there was no fanfare, just everyday going and lighting the menorah. But it was EVERYDAY. He could not miss even one day. This is the way to real growth, small steps everyday. No excuses why today is no good. No saying I'll just do it tomorrow. Take the steady consistent path everyday. So while what the Nesi'im did was amazing, what Aharon was tasked to do was even greater.

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Re: MBJ's 90 day (and more) Journey

Posted by Pidaini - 08 Jun 2014 22:25

You're a cheater!!!!

It is brought down in Toras Avos in the name of The first Slonimer Rebbe.

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A Robber!!!!

Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 09 Jun 2014 02:46

glad to save you the effort, you are welcome.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 14 Jul 2014 14:38

I was gonna write that vort!!!!!!!!!!!!!!!!!!!!!!
Haven't updated in a while. BH, I am 11 months clean now. I just read the Garden of Peace. I have been meaning to buy it for months now, but I have been putting it off but with a little sayata dishmaya I was walking in Tel Aviv and there it was right in front of my face.

So having read it, my initial reaction is that most of the ideas are principals that I have been trying to put into my life anyway, but it is all taken a step further and it gives me a little more clarity of purpose. Also, it came to me right on time, I need the chizzuk now, and I needed to up my game, I was started to slack off. So again BH on both counts.

With Hashem's help my I be successful to integrate those ideas into my life and marriage, and take steps to further restore my marriage to a healthy one.

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Re: MBJ's 90 day (and more) Journey

Posted by MBJ - 29 Jul 2014 22:01

I had a wonderful revelation today.

We all know the famous idea of why techeiles. Techeiles will make us think about the sea, the sea will make us think about the sky and the sky will make us think about Hashem.

Really a pretty puzzling idea. So roundabout a method of getting to Hashem.

(Warning: Those who are super easily triggered, don't click the spoiler)

Warning: Spoiler!

So I said to myself, my mind turns any and every little thing it can back to sex. If my mind turned even half the number of times to Hashem as it does to sex from even the slightest hint, that would be a great thing. It is not that making those associations is ridiculous, we all do it, it is about getting those associations to go where they should go, and not l'havdil the other way around.

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Re: MBJ's 90 day (and more) Journey
Posted by shivisi - 30 Jul 2014 13:56

[MBJ wrote:](#)

If my mind turned even half the number of times to Hashem as it does to sex from even the slightest hint, that would be a great thing. It is not that making those associations is ridiculous, we all do it, it is about getting those associations to go where they should go, and not l'havdil the other way around.

GEVALDIG!! MBJ

The whole subject of 'shaar Habechina' in the Sefer Chovos Halvovos is Using EVERYTHING you see in the world to make you think of Hashem.

Maybe a good counterpractice (is that a word?) to reacting to lust triggers would be to get ourselves used to seeing everything as a "Hashem Trigger"

PS - Although it is possible, as with everything else in the world, to use all the beautiful women which we see in the street as a "Hashem Triggers", I would suggest that until this idea becomes second nature, we should use other sites first to practice on.

-just a suggestion-

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Re: MBJ's 90 day (and more) Journey
Posted by ineedchizuk - 30 Jul 2014 14:31

Thank you MBJ. I actually never knew what 'warning spoiler' meant until I just saw your instructions ('click')!

Now I have to go reread all posts!

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