

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 Shlomo24 - 20 Sep 2015 01:11

It sounds tough MBJ, reminds me of myself. But as various SA people have told me in the past, "you're an addict, get over it". we will do things that don't make sense. we will give in when we don't want to, but we are powerless, what can we do? we need to seek out our higher power to save us. i know for me that i don't fight anymore, the last time i tried it lasted about 35 seconds, literally. so that means if i am not connected i fall HARD because i don't have the fight in me anymore, i just can't do it. but if i am connected then he keeps me sober.

much hatzlacha.

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Re: MBJ's 90 day (and more) Journey
Posted by neshamaincharge - 20 Sep 2015 02:49

Your rigorous honesty is an inspiration to us. KOT

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 20 Sep 2015 04:23

That guy is still there.

A bit bloodied and bruised, but an antiseptic or two and he will be right back.

Let's focus on now and the minute following that.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 23 Sep 2015 17:57

I was sick this Yom Kippur. I was sleeping in my bed shivering last night with a fever. BH the fever broke in the morning but I felt so weak. I could not stand and I could not concentrate. BH I made it through the fast.

My davening was so much faster and less kavanah than usual. But that I was sick is Hashem's will. On the other hand I felt myself crying a lot this year. My year this past year was a lot worse than the previous year. I couldnt help but cry over ny bad choices, and pray that Hashem should dorgive me and help me set it right going forward.

I seem to need a new mantra every once in a while. My current one is "Your ideas are better than mine"

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Re: MBJ's 90 day (and more) Journey
Posted by markz - 24 Sep 2015 04:26

MBJ

My current mantra is "Your ideas are better than mine"

Well... Not really. My idea is for you to do what works for you. Each guy here has his own unique truck. Some of us have to adjust the mirrors some of us need a louder horn. We gotta do whatever it takes to get our rig rolling forward uphill. If what we did until now doesn't hold our wheels from sliding back, then perhaps we gotta take our truck back to the shop = rethink what method will actually work FOR ME, and nobody else

And I'm sorry to hear you weren't feeling good on YK, hope you feel better soon. Btw if you were crying more that sounds to me like you had great kavana. I hope you have a Better year!!!

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 24 Sep 2015 05:02

Refuah shleimah.

I like the mantra.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 24 Sep 2015 05:20

[markz wrote:](#)

MBJ

My current mantra is "Your ideas are better than mine"

Well... Not really. My idea is for you to do what works for you. Each guy here has his own unique truck.

The subject of my mantra is Hashem, and His ideas are better. Mine just suck.

And I'm sorry to hear you weren't feeling good on YK, hope you feel better soon. Btw if you were crying more that sounds to me like you had great kavana. I hope you have a Better year!!!

Thanks

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Re: MBJ's 90 day (and more) Journey
Posted by markz - 24 Sep 2015 05:48

There are many people posting on the forum from 'selfloathing' to 'stinkypeet'. I have not come across 'Hashem' yet.

Or is it on a different website like GodYourEyes.com or something

I'd love to hear what He says, that has worked for you - seriously!!!

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 24 Sep 2015 06:54

He says:

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Because I accept that He is the one controlling my life I can listen to those things. When I think that I am in charge I can't listen.

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 24 Sep 2015 12:19

I actually thought you were referring to the ideas of others, but God is fine as well.

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

Posted by MBJ - 24 Sep 2015 17:56

Shlomo24's last post inspired me to post this.

I was crying during unetaneh tokef at first at the awesomeness of the judgment, even the malachim tremble from it. Then I read ??? ????? ?????, and I thought that there is no stupid justifications with Hashem, He sees right through it all, so I cried some more.

But then I started smiling and I felt really happy. After all who is judging me? My Father in Heaven who loves me even more than my father on earth, and that is saying something. I know that everything that hapoens to me rhis year, every decree, will be from love and for my own best interest, what more can I ask for?

I am learning chovos halevavos (very slowly) and the thing that I am taking away from it is that I can not in any way ever come close to repaying Hashem for all He does for me. My doing good is not a tit for tat with Him. My doing what I am supposed to be doing is just showing that Hashem I am your servant. You give me everything, so let me at least try to act as your servant. That is the very least I can do for the Being that sustains and provides for me every second of every day.

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

Posted by MBJ - 27 Sep 2015 10:52

I look at the left side bar and it says current streak: 1 day. I am actually at 7 days now, but I don't want to update my chart. I love that it says current streak: 1 day, because that is the only day that is important, just today. Today I need a streak of one day. It gives me a lot of chizzuk and a nice dose of reality.

Chag sameach to all.

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

Posted by markz - 27 Sep 2015 11:57

I like your idea of showing 1 day, however I hope you keep a log 'cos they say there is something about 90 days.

D'you want to change the post title to "MBJ's 1 day (and more) journey" I think it sounds cool

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

Posted by shlomo613 - 27 Sep 2015 12:51

[MBJ wrote:](#)

He says:

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Because I accept that He is the one controlling my life I can listen to those things. When I think that I am in charge I can't listen.

When I buy ink for my printer I might print this out and stick it somewhere. BE"H

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