

My Journey (back to myself)

Posted by jjblue13 - 02 Dec 2012 04:44

I have been struggling since I was 12 (maybe even 11) on level 2 or so.

I was able to see my neighbor's pool from my bed room window, and from there started the fantasies. It wasn't so bad before I got married & I thought that marriage would solve the problem.

It didn't. When I got married, slowly it got worse and I started using internet p*** (my wife need internet). Even though we had a filter, I was able to work around it (I have since blocked all sites except this one and my friend has the password).

Since my wife passed away (there is no option for "widowed" in the marital status) it got worse, especially the last 3 months. Until I found out about this site from an article on aish.com when I was looking for inspiration after a particularly hard day.

Browsing on the forum I worked up the courage to speak to my Rebbe. He gave me some tips, but he said, "They really got it right over there."

I cannot delay (re)marriage much longer (with the guidance of my Rebbe) but I have decided to make it my goal to be clean for 90 days (at least before I get engaged).

--Yossel

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Re: My Journey (back to myself)

Posted by yudel2123 - 08 Jan 2013 04:22

jjblue13 you have really inspired me to get off the ground and rebuild. heres to 90 for you, 90 for me, and many more!! looking forward to only simchos for everyone!!

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Re: My Journey (back to myself)

Posted by jjblue13 - 10 Jan 2013 00:54

Day 43

Thanks everyone!

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Got a little sloppy today, so I came to get some chizuk!

Re: My Journey (back to myself)
Posted by jjblue13 - 10 Jan 2013 20:22

Fell this morning. Was searching for something and misspelled a word, when an image I would

New count starts today (and I hope to beat my record of 43!)

So now I have 43 days of eternity.

Btw Dov, "Joe" was the nickname my wife a"h used just between the two of us.

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Re: My Journey (back to myself)
Posted by ZemirosShabbos - 10 Jan 2013 23:49

i admire your levelheaded approach
rather not have seen came up, I got carried away ... until I fell

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Re: My Journey (back to myself)
Posted by yudel2123 - 11 Jan 2013 03:13

when u fall a part of all of us falls with you, thats why were all here together with you, pulling you back up. youre never alone and we all have your back. keep on trucking!!

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Re: My Journey (back to myself)
Posted by Dov - 11 Jan 2013 04:40

Sorry, chaver if my using that name brought any pain to you. You had a perecious gift from that woman and I admire your showing peace and sweetness so often here, rather than the bitterness, R"l, that some turn to after loss.

As far as the fall, you recognize it and are not hiding. You are a very fortunate man! We all have ups and downs.

A continued good day today to you, chaver.

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Re: My Journey (back to myself)
Posted by jjblue13 - 11 Jan 2013 19:42

I found a great book for chizuk called "GPS: Navigation for Your Soul" publised by Shaar Press. It will probably be more helpful to those not yet addicted or those in an early stage of addiction, like the [The Torah & Chizuk Approach](#) section.

It should be available at your local sfarim store (that's where I found it).

It's written in a direct yet entertaining style.

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Re: My Journey (back to myself)
Posted by jjblue13 - 16 Jan 2013 06:24

Day 5

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Re: My Journey (back to myself)
Posted by jjblue13 - 17 Jan 2013 06:00

Day 6

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Re: My Journey (back to myself)
Posted by jjblue13 - 18 Jan 2013 06:08

Day 7

), or
didn't check it out yet, check it out **now**, it has a really powerful message.

[The Daffodil Principle](#)

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Re: My Journey (back to myself)
Posted by jjblue13 - 01 Feb 2013 23:23

Good Shabbos!!!

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Re: My Journey (back to myself)

Posted by reallygettingthere - 02 Feb 2013 01:47

Welcome Back!!

Good Shabbos

Eli

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Re: My Journey (back to myself)

Posted by jjblue13 - 03 Feb 2013 08:42

Day 23

I've been off GYE for a couple weeks due to lack of internet access. One thing I discovered, though, is that since I haven't been posting, I haven't given much thought to this whole inyan, and therefore have not had any challenges! My conclusion is, that although I gain tremendous chizzuk from everything posted here, I *may* just be better off not hanging around here so often.

So although I won't be posting as often, I remain a member as "Kollel Guy" was quoted saying in Friday's Chizzuk email.

Kollel Guy

Hey everybody,

In case you're wondering where I was, I recently decided that the computer is lately the main and central obstacle in my life right now. I have decided to cut the computer out of my life completely (my wife is typing this for me). I haven't touched the computer for a few days already, and today was my second day in Kollel, learning normal sedarim (I hadn't been going to Kollel for months).

When I get my printer working again, maybe I will get my wife to print out the white-book of SA and the big book of AA, so I can read it without the computer. I still have a phone sponsor, so I am out of isolation, and I'll have my wife open up GYE here and there for me to see what's been going on recently.

I'll really miss you guys. You got me to places which I never thought I would get to. Both with your advice and suggestions - when trying to help me and others, as well as with your questions and calls for help, which helped remind me that I am normal and struggling with a very common problem, and not just a mess which "me the loser" ended up with.

The truth is, I am not leaving GYE. I can never do that, even if I never post again. I'll always be a GYE member, and I'll always take pride in that.

Hatzlacha Rabba with your own goals, and Hatzlacha with your avodas hakodesh of helping other Yidden with their goals.

Kol Tuv,

Kollel Guy

For me as well it seems that the computer is a hindrance to my living in **REAL** life.

Yossel

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Re: My Journey (back to myself)
Posted by Dov - 03 Feb 2013 10:34

Yossel! That was beautiful!! You are so right.

Hatzlocha one day at a time, chaver!

I'm staying in the salt mine only because I am an addict working my 12th step. Who knows - maybe we will meet on the outside sometime - or maybe we already know each other in shul! In any case, all the best, G-d bless you, man.

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