

Shomer's Journal

Posted by mevakesh - 18 Dec 2008 19:22

I just wanted to start a new thread here to track my progress.

Today is day 7 and I am doing reasonably well B"H. I have been reading the chizuk e-mails every morning and reading the forum periodically throughout the day.

Will try and stay strong through the weekend and will *bili neder* be on Sunday's support call w/ Elya.

Link to my original post on GUE [here](#)

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Re: Shomer's Journal

Posted by mevakesh - 05 Feb 2009 22:11

Hi gettinghelp,

Is Jnet available in your area?

Jnet is really saving me. Before Jnet I used to have a problem watching non-P video clips and movies and that too usually lead me down the dark road to P usage. Ever since I have had Jnet installed, I simply have not watched youtube or online movies, simply because I cannot.

Chazal say ... *btachbulos taseh l'cha milchama* ... with strategies (plural) you shall engage in battle.

The *pasuk* says *tachbulos* in the plural, not *tachbula* in the singular.

We need to use all the weapons we can get our hands on to fight the evil designs of the *yetzer horah*.

My advice to you would be get Jnet, get monitoring software, get an accountability partner ... do what you can within your abilities to add *siyagim* to keep away from the perils of the Internet.

Remember ... *al tamin b'atzmecha ad yom moscha* ... we cannot trust ourselves.

Thank you for the encouragement and much *hatzlacha* to you in achieving victory in this *milchama ha'gedola*

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Re: Shomer's Journal

Posted by BentleyJunkie - 06 Feb 2009 02:51

You can block videos in K9 by not allowing the streaming video/mp3 category.

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Re: Shomer's Journal

Posted by mevakesh - 06 Feb 2009 15:39

Well today is day 30 ...

B"H have I have been feeling good, but need to be VERY careful going into the weekend.

I hope that month number 2 will be easier than month number 1.

Have a wonderful Shabbos everyone!

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Re: Shomer's Journal

Posted by boruch - 06 Feb 2009 20:05

[shomer wrote on 06 Feb 2009 15:39:](#)

Well today is day 30 ...

B"H have I have been feeling good, but need to be VERY careful going into the weekend.

I hope that month number 2 will be easier than month number 1.

Have a wonderful Shabbos everyone!

B'Hatzlocho shomer, keep coming back, remember you are worth it...

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Re: Shomer's Journal

Posted by the.guard - 07 Feb 2009 17:55

Congratulations on reaching Level 4. I have updated you chart and crowned you with the "Eved Hashem" crown.

With a partner like Boruch, you should be Ok :-) And Boruch, with a partner like Shomer, you'll do great too!

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Re: Shomer's Journal

Posted by mevakesh - 08 Feb 2009 03:07

Thank you for the encouragement GUE & boruch!

Well it is *motzei Shabbos* and although I did not want to be on the computer, certain obligations required that I be online for a bit of time tonight. That being said, I finished what I needed to do and will not sit around and linger.

B'hatzlacha to all

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Re: Shomer's Journal

Posted by mevakesh - 09 Feb 2009 15:25

Today is day 33 ...

B"H I have been feeling pretty good over past couple of weeks and feel the intense edge I was experiencing over the first three weeks beginning to subside.

I had a couple of good reasons to be triggered over the weekend, but that did not happen. One

incident was relating to a financial issue which has had the potential to drive me straight to P. I was *mechazek* myself in *bitachon* instead and that particular stress did not turn into a trigger. I also went to a wedding in NY by myself which had the potential to be triggering. I lived in NY some years ago and am acutely sensitive to the *chazal* that states *koshe yishevas krochim* (it is difficult to dwell in big cities). All day I was anticipating a challenge, but the experience was almost anti-climactic. I listened to a *shiur* in the car, took off my glasses when I walked the streets as well as during much of the *chasuna* and nothing happened. I am thankful to Hashem for having brought me this far.

Hatzlacha to all!

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Re: Shomer's Journal

Posted by mdmjerusalem - 09 Feb 2009 15:37

B"H, Shomer we are proud to be your friends

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Re: Shomer's Journal

Posted by battleworn - 09 Feb 2009 18:10

Shomer, that was the greatest kiddush Hashem in the world!

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Re: Shomer's Journal

Posted by Ykv_schwartz - 09 Feb 2009 19:48

Shomer,

I have read your posts and it just gives great chizuk to see people with similar challenges and who are fighting it. I look forward to reaching your level.

-ykv

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Re: Shomer's Journal

Posted by the.guard - 09 Feb 2009 20:04

Shomer Hashem es kol Ohavav.

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Re: Shomer's Journal

Posted by mevakesh - 10 Feb 2009 22:01

Thank you so much for the support & encouragement guys!

Day 34 and B"H all is well.

B'Hatzlacha Rabba to all ...

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Re: Shomer's Journal

Posted by mevakesh - 11 Feb 2009 17:53

I am glad to say that I have reached the 5 week mark.

It certainly has not been easy, but things do seem to be getting *easier*. I do not feel as on-edge as I had during the first 3 or so weeks.

As I understand things, the *secret* to achieving long-term sobriety is to replacing the negative coping mechanisms and habits with positive ones. In order to be be a *sur ma'rah* one has to be an *asay tov*.

In 12 step programs, great attention is given to building character and becoming more connected to a *higher power* (I have never done the 12 steps, but so have I heard). This strategy does make a lot of sense and I have seen instances in-which P addicts after relatively long periods of sobriety wake up one day and say *so now what?* This reality, in my opinion, is why the 12 steps are so important and critical their adherents.

So how does one go about replacing bad habits and patterns, the foundations of what lead us to P in the first place, and replace them with new and healthier ones?

The answer to me seems glaringly obvious, yet much harder to implement.

barasi yetzer hora, u'barisi Torah tavlin ... Hashem is telling us ... I created the *yetzer hora* and I have created the Torah as the **only** remedy.

Up until this point I have taken the external steps (filter/monitor/jnet/accountability) that were absolutely critical to getting me to where I am today.

It is now time to focus inward and look for ways to strengthen myself in Torah and *yiras shomayim*.

im ain ani li me li ... im lo achshav eimasai

Hashem, please grant me the strength to turn these meager 5 weeks of sobriety into a lifelong process of growth.

Hashem, please help all those on this board and all yidden that are struggling to merit a *teshuvah shelema*.

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Re: Shomer's Journal

Posted by the.guard - 11 Feb 2009 18:27

What a beautiful post. Like I told "Beholy" today, I am saving it by me for future reference and/or chizuk e-mails :-)

Ashrechem Yisrael!!

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