

Yaakov's Ladder

Posted by Pidaini - 08 Mar 2013 17:33

Starting my log a little late, i'm BH holding by today, which is number 53 of all the todays, but Bein Hazmanim is coming and i need to keep in check, and might not have time for all the chatting that usually helps me clear my mind (thanks guys!!).

i've been using AlexEliezers advice, that he gave me right when i first posted, of bulletproof Shemiras Einayim, or trying at least, and BH got to Today. but it's all changing now, it's not the same streets that i walk down every day, know exactly where to go so not to look, the dangerous places where i have to be careful etc.

now i'm entering the lions den, going to the airport, the airport itself, a few hours on the plane, etc. it's really scaring me!!

anyone have any ideas?

also been struggling with dreams, i know it shouldn't affect me, but it does, because it makes me realize that my mind isn't clean during the day, which leads to the next question how to keep my mind clean?

Wishing all you a Great Shabbos and it's Parshas Hachodesh so may we all be zoche to renew ourselves!!

=====

Re: Yaakov's Ladder

Posted by Shmeichel - 22 Apr 2015 17:08

we ask every single day:

??? ?????? ????

we must avoid every opportunity of facing a challenge

of course we want to build up enough strength to be able to face any challenges head on, but being in constant challenge is extremely dangarous

=====

Re: Yaakov's Ladder

Posted by Pidaini - 22 Apr 2015 18:45

Thanks guys, the typing it out really did the trick, I just had to acknowledge what it was that was holding me back, after that I felt much more at ease about it.

I scheduled an installation with VCF for tomorrow afternoon, until then....

=====

Re: Yaakov's Ladder

Posted by pischoshelmachat - 22 Apr 2015 18:56

If only I would have installed my filter a month ago, i would not have been caught and I would have avoided much pain and suffering.

=====

Re: Yaakov's Ladder

Posted by dd - 22 Apr 2015 20:13

Great move Yankel, VCF is the filter you introduced me to.

And for the not needing a filter at all I once heard from a dear friend of mine called Yankel Bshem the big book, That a alcoholic first must get hospitalized and only after that can he really start getting sober (something to that affect). So if we need to start with a filter a filter it must be.

KOMT and KIT!!!!

=====

Re: Yaakov's Ladder

Posted by Pidaini - 24 Apr 2015 13:31

Well, VCF got installed, but since it's a new account, some of the loopholes, which I had closed on the old account, were still open. I made sure to take advantage of those, but I have now closed them.

Filters may not be the solution, but they are certainly part of the equation.

I have BH reduced my new replies to.....0!!!!

Shabbos will be day 1.

One day at a time is one of the most important things that I need to knock back into my thought process. Just doing the right thing at the moment in front of me, the past is not in my hands (anymore), the future neither, the only thing that I have some power over is the present!

Have a great Shabbos

=====

Re: Yaakov's Ladder

Posted by dd - 25 Apr 2015 20:55

Yankel how was day 1?

=====

Re: Yaakov's Ladder

Posted by Pidaini - 26 Apr 2015 04:01

Shabbos was nice, BH, thanks for asking!

Motzei Shabbos, different story. Couldn't fall asleep, and out of frustration I started a roundabout way of getting to porn. I didn't go through with it, but the lust was there, certainly there.

Anyway, fell asleep late, and you know what that means? getting up late.....I HATE WAKING

One of my worst things is to wake up late. arrrrrrrGGGHHHHHHHHH!!!

What a good opportunity to grow closer to Hashem!! To surrender my expectations to His will, to accept His plan for my day today, or at least this part of His plan for me today!

It' is ok, I do not need to be miserable a whole day because I got up a bit later that I wanted to!

UP LATE!!!!

Again, thanks for asking dd, I probably wouldn't have gone through that whole thought process had you not asked!

KOMT y'all!!

=====

Re: Yaakov's Ladder

Posted by daybyday12345 - 26 Apr 2015 22:11

hi ive been struggling with this for many years now . in the past 2 yrs or so ive put up many fences,filters etc , yet i still manage to fall . saturday nights for me for some reason are the hardest . even with the filters some how my mind gets lost as do i . i really would love to get to 90 days to help believe that i could beat the addiction . ive managed to get to 50-60 days but never made it past that . plz everyone any chizuk or help would be extremely appreciated .

=====

Re: Yaakov's Ladder

Posted by serenity - 26 Apr 2015 22:40

daybyday, Welcome to GYE, so glad you're here! Have started a thread? If you did please let me know and I'll send you a welcome there as well! If you didn't, please start one so people can welcome you and follow your progress. Until then, you should know that you are not alone by any means. I could have written almost the exact same words as you, but about myself.

Many of us found that we had to stop fighting this addiction, that we are powerless over lust and that our lives were unmanageable. Take a deep breath and tell God you are done fighting and ask Him what His Will is for you today and for the strength to carry it out. Just worry about today, chaver. When you have a thought to look at something you shouldn't, ask Hashem to remove these unnecessary thoughts from your mind. See how it goes.

Hatzlacha

=====

Re: Yaakov's Ladder

Posted by daybyday12345 - 27 Apr 2015 02:56

Hi thank you so much for the welcome . i didnt start a thread yet but would def like to if it will help me . can you please tell me in short detail where and how to start a thread and what the standard is ? what should i post about to get the thread running and to get chizuk . ? Thank you again for the timely response and for the chizuk.

=====

Re: Yaakov's Ladder

Posted by pischoshelmachat - 27 Apr 2015 03:40

Hi

Opening your own thread is the best way to meet people here who you can work with to help you learn how to deal with this struggle.

Just click on "New Thread" above to get started.

=====

=====

Re: Yaakov's Ladder

Posted by Pidaini - 27 Apr 2015 08:05

Welcome daybyday!!

On a little sour note, yet it doesn't need to be so sour, I fell last night. I still found a loophole through the filter, and it wasn't so hard.

I'm very confused at this point. Looking back at my diary on the 90 day chart, trying to see what I tried and what didn't work and then look at what I am doing and asking myself why I think that it will work, and Dov's quote from signature is poking up it's painfully almost certainly true head "nothing changes as long as everything stays the same".

I will post more details soon.

See Y'all!!!

=====

Do open your new thread, your posts will (hopefully) get lost in this one!

Re: Yaakov's Ladder

Posted by cordnoy - 27 Apr 2015 13:57

Sorry to hear that.

It's great to have you back though.

b'hatzlachah on figurin' it out.

=====

Re: Yaakov's Ladder

Posted by serenity - 27 Apr 2015 17:21

I'm with you brother. I've been there and can't say I won't again. The line from Dov is very insightful.

=====