

A journey to Hashem

Posted by zvi - 20 Mar 2013 23:54

I am a teenager, aged 16 years old. Since I was 12, I have had lust-related problems. As I have got older, the problems have got worse. It started off with the odd thing, here and there- I was only 12, so I didn't really know what I was doing. I vaguely knew I shouldn't be doing what I was, but it didn't interfere with my life much. As I got older, and I started to find out what I was doing, and the severity of the Aveiros, my 'little problem' developed into an addiction. For the past 2 1/2 years, I have been acting out on a regular basis (at least once a week). Then, finally, I had a clean streak. A proper clean streak. For 66 days. But then it came back. I didn't even see it coming. All I knew was that I was on the computer, doing some school work, and then suddenly I was looking at images that I shouldn't be looking at, and before I could stop myself, I had been motzei zera levatala. Again. That was two months ago. After that, I lasted 14 days, but then it was over. I was doing the aveiros again, but on a much greater level than before. As it stands now, I'm only keeping myself clean for between 1-3 days at a time. Two nights ago, I acted out twice. I was depressed, angry with myself, and- unfortunately- angry with Hashem. How could He do this to me? Didn't he see that I wanted to stop? That I wanted to be close to Him? Anyway, the next day (i.e yesterday), I joined GYE. I'm currently on my second day clean, B'chasdei Hashem. But it's not going to be easy...

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Re: A journey to Hashem

Posted by MBJ - 19 May 2013 22:15

First of all relax. Getting yourself worked up and excited by it will not make it any easier to deal with.

If you have an unblocked computer at home, and you can't deal with the temptation, than maybe you should make sure that you are not home alone for 5 hours after your exam in the morning. Go to the library, go out for a walk, hang out with friends, go to the local beit medrash. Whatever your thing is, just don't be at home with that temptation.

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Re: A journey to Hashem

Posted by zvi - 19 May 2013 22:47

Tomorrow should be ok IYH- a friend who knows about my struggle has offered to come and

revise at my house tomorrow, so that'll be fine. And for the rest of the week I may be ok, but after that I'm finished my exams and I've got 2 weeks till I go back to school after that- I can't not be home all day for two weeks! Hopefully my dad will have re-blocked it by then, but there's no guarantee of that... the last time I wanted him to do something like this was after the asifa last year- I'd watched a video of it, was all fired up and asked my dad to block all of my internet, and... nothing happened. Ok, it was partially my fault then, as the inspiration faded relatively quickly so I didn't bother pushing him, and then I asked for another site unblocked so he thought I'd given up on having everything blocked. But still, it could take ages to re-block everything... and I have stuff i need to use a computer for...

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Re: A journey to Hashem
Posted by zvi - 20 May 2013 00:19

Bechasdei Hashem, my Dad blocked it! Looked like I underestimated him! Thank you so much Tatte (both the one in this earth and Avinu shebashomayim :-))

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Re: A journey to Hashem
Posted by MBJ - 20 May 2013 01:25

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Re: A journey to Hashem
Posted by Chachaman - 20 May 2013 02:35

Congrats! KOT

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Re: A journey to Hashem
Posted by zvi - 20 May 2013 20:03

I fell. It turns out my computer wasn't that clean in the end. There was a picture website unblocked, and it didn't take too long before I'd found it, tantalised myself, looked, looked some more, and m***. And the chances of getting that website blocked? Low. And then even if I do, a whole bunch of random sites seem to have suddenly become unblocked, some kosher, some not-so-kosher. So each time I find one, I'll have to ask my dad to block it, but he'll get annoyed eventually, and he'll give up and stop blocking them. Last night, when I was pestering him block a site which wouldn't block, he just said "have a bit of yiras shomayim for one day!" Shkoyach. Thanks a lot. I thought when I told him a couple of months ago he'd understand. Instead, I'm just going to go back on the endless carousel of falls that was my life before i joined GYE. What I think my dad sees is a frum boy who happens to have a few problems with Shemiras Einayim. I don't know if he knows about the m***, the extreme compulsions that I have. What he doesn't appreciate is that my frumkeit has nothing to do with my lusting. You can be the biggest talmid chacham in the world, and be really close to Hashem, and still be a luster. Essentially, I am a ba'al taivah, and I have to stay away from any forms of temptation, or I'm a gonner. And that's however long my shemone esrei's are.

And last night wasn't helped by my mum and sister standing there going "Just don't click on it!" I'm not blaming them- they don't even know about my problem. But still, it doesn't make it easy...

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Re: A journey to Hashem

Posted by syataDshmaya - 20 May 2013 21:01

Essentially, I am a ba'al taivah

Chas v'shalom! You are not essentially a ba'al taivah! You are essentially a Chelek Hashem Mima'al! This is the Yetzer Hara Speaking! When you do a mitzvah, he says you *did* a mitzvah. But when you do an aveirah, he says you *are* the aveirah. Does that seem right?

How many times have you resisted since you started GYE? If you went to the Gym everyday for a month and then stayed in bed one day, would you have lost all of your muscle, endurance, strength, flexibility? Of course not! Just keep going. The Ikur is the process anyway.

As far as your family, don't worry about whether they understand or not. Make sure *you*

understand. Don't only treat the symptoms. Hashem is putting us through this because there is something deep inside that will be revealed by this struggle. There will always be a way to get passed the filter, the blocked site, or whatever it is. Just make it so that it's not *too* easy.

KOT holy brother!

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Re: A journey to Hashem

Posted by Chachaman - 21 May 2013 02:09

Just a question--why not give your filter password not to your father, but instead to a local Rav or someone like that?

OR, make this kabbalah:

"I WILL NOT USE THE INTERNET EXCEPT IN THE KITCHEN WHERE EVERYONE CAN SEE WHAT I AM UP TO, for one week."

Or, "I will not use my computer after 9:00 at night".

Of course, when you're alone in the room and you have the computer it is super difficult to stop. But kill your Yetzer Hara to go on the computer in the first place! Shift the battleground.

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Re: A journey to Hashem

Posted by zvi - 21 May 2013 21:27

Thanks Chachaman- I made a shevua that for the next two and a bit weeks, if I use my computer in my room without my door open, I'll put a certain amount of money in Tzedaka. However, I only applied this to when someone else is home- it won't really help if no one else is

home. And not using it then isn't really an option- I told someone I'd do something for him which
a)requires a computer and b)will take quite a bit of time. Any advice?

I also made a shvua not to use my computer later than 9:35PM, with a knas of tzedaka.
Anyway, I've started again, so here goes...

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Re: A journey to Hashem
Posted by zvi - 21 May 2013 21:38

Oh, and here's a document I've putting together for a while now. When I joined GYE, I started
taking any really good quotes I found around the forum and in Chizuk emails and putting them
in a word document. I've converted it into a pdf here and attached it. If you're ever in need of
some chizzuk, this is probably a good place to look! Let me know if this is useful!

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Re: A journey to Hashem
Posted by nitzotzeloki - 21 May 2013 23:31

thanks zvi!

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Re: A journey to Hashem
Posted by Chachaman - 22 May 2013 03:33

Thank you!

I guess it would be hard to say "no Internet while on computer". worse, the project might make
you use the computer.

is it a possibility to take your computer to a library or even a coffee shop or your front porch?

Could you uninstall all Internet browsers, and then reload them once your project is over? or are you stuck needing the Internet?

is it a possibility to renege on the agreement, seeing as this issue is very important...you wouldn't jump off a cliff just because you agreed to do it for your friend.

--Chachaman

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Re: A journey to Hashem
Posted by zvi - 22 May 2013 23:56

How about I post my computer activity every half hour while I'm using the computer and no one's home? Sort of 'self accountability'. I'll try it for tomorrow and see what happens.

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Re: A journey to Hashem
Posted by Chachaman - 23 May 2013 00:11

a little too close for comfort to the edge of the cliff

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