

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 zvi - 18 Apr 2013 00:38

Wow, broadlife, you seem to know me quite well despite not actually knowing me! (if you follow my meaning...) Quite a lot of what you said on there applies directly to me...

B'H I'm on day 3. Since Monday I've had no major nisyonos, and I'm still going! Steadily onwards, ever forwards...

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Re: A journey to Hashem

Posted by ZemirosShabbos - 18 Apr 2013 01:45

Broadlife, that's a great list of stuff! thanks

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Re: A journey to Hashem

Posted by broadlife - 18 Apr 2013 07:00

Zvi, i have no idea who you are, but I can completely relate to the self-teasing you've shared about and the uphill battle you are going through.

And most men are all the same in my opinion. There are addicts, and as Dov has said many times they are a small %. Addicts need the 12 steps.

The rest of us may or may not benefit from some of the ideas in 12 steps, but we are all **men** at the end of the day who have yetzer haras. Hashem gave us this yetzer hara and gave us responsibility and koach habechira to watch ourselves.

Many famous Jews in our history struggled with taava

Look at the story of shimshon, david hamelech, shlomo hamelech. These jewish giants who achieved **prophecy!!** still struggled with taava

Addicts are a unique case. I don't know if you are an addict, but you are a man so this is a natural struggle at the very least.

GYE says that the first step is to STOP.

In tandem with that, I would suggest that another important first step is to **stay calm**. That's what Dov told me a while back, and its simple advice with a lot of emes.

That sounds so simple. But staying calm is no simple anything. In fact, i think that staying calm is the very essence of our struggles. Addicts and lusts alike.

So try this. The next time you want to act out, tease yourself, masturbate, watch porn etc...

Take a second and close your eyes and try to just calm yourself. Lie down, or go outside.

Try to completely calm yourself. That's all. Dont focus on anything else except the idea of staying calm --- then let that flow into STOPPING.

just an idea.

[zvi wrote:](#)

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Re: A journey to Hashem
Posted by zvi - 19 Apr 2013 00:45

Still clean, and interestingly, no serious challenges since Sunday. And the reason why is staring out at me in the face. I've been busy. Schoolwork, this, that, the other- I haven't really had much spare time since Sunday. Because it's boredom, I've discovered, that leads to a lot of my falls. It's when I have nothing to do, and I'm sitting in front of my computer, and I decide "hmmm, lets have a look at this webpage. I'm sure there's nothing wrong with it..." Then it all goes downhill from there. However, most of this week I haven't had much free time, and hence I've stayed clean. Of course, this won't last forever, and there will be days in the very near future, when I've finished my exams for this year, and I'll have two weeks of holiday in front of me before I go back to school... I've already taken on about 4 different projects of stuff I enjoy doing to keep me busy, and there's plenty of kosher stuff to do out there... IYH hakol yihyeh beseder!

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Re: A journey to Hashem
Posted by gibbor120 - 19 Apr 2013 00:46

very true.

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Re: A journey to Hashem
Posted by Machshovo Tova - 19 Apr 2013 00:54

[zvi wrote:](#)

It's when I have nothing to do, and I'm sitting in front of my computer, and I decide "hmmm, lets have a look at this webpage. I'm sure there's nothing wrong with it..." Then it all goes downhill from there.

As the Gemara (Sukkah 52a) says: The YH is at first as thin as a (spider's) WEB, but at the end he becomes like a thick rope that can pull wagons.

Hatzlacha

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Re: A journey to Hashem
Posted by zvi - 21 Apr 2013 18:26

Over 7 days clean!

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Re: A journey to Hashem

Posted by Gevura Shebyesod - 21 Apr 2013 20:07

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Re: A journey to Hashem

Posted by broadlife - 21 Apr 2013 20:08

with hashem on your side!

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WTG KUTGW KOMT!!!!

Re: A journey to Hashem

Posted by zvi - 21 Apr 2013 21:07

[broadlife wrote:](#)

with hashem on your side!

Of course!

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Re: A journey to Hashem

Posted by Dov - 22 Apr 2013 02:00

And today is the best day of them all to be clean!

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Re: A journey to Hashem
Posted by zvi - 24 Apr 2013 01:21

Still clean... nearly 10 days b'H! Yesterday wasn't easy- the taivos came on, and I has schoolwork to do (exams in 3 weeks). So on the advice of my Rebbi, I worked with my bedroom door open, and it worked wonders! The fear of being caught meant I didn't dare do anything, and it passed quite quickly. Thank you Hashem, for each and every day...

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Re: A journey to Hashem
Posted by broadlife - 24 Apr 2013 05:45

[zvi wrote:](#)

Still clean... **nearly 10 days b'H!** Yesterday wasn't easy- the taivos came on, and I has schoolwork to do (exams in 3 weeks). So on the advice of my Rebbi, I worked with my **bedroom door open**, and it worked wonders! The fear of being caught meant I didn't dare do anything, and it passed quite quickly. **Thank you Hashem, for each and every day...**

Sounds like Hashem is becoming much more part of the picture in a real way.

Keep going brotherB)

And practical life changes can really work wonders! I totally agree.

What else do you think (practically) will help you if you make certain adjustments/changes? You don't have to share, but its very healthy to think about that.

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Re: A journey to Hashem

Posted by zvi - 24 Apr 2013 18:59

I don't mind sharing... I want to start jogging at some point in the near future, probably after my exams. I also need to find something to do, to think about, to be involved in as much as possible, to take my mind off it. I'm quite busy for a 16 year old already as it is, but I need something else... any suggestions?

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