

The chronicles of inastruggle

Posted by inastruggle - 07 Apr 2013 05:50

I'm going to reintroduce myself for the record, and for those of you who haven't heard my story yet. I've been m***** for as long i can remember, my earliest memory of it was when i was in first grade i wasn't molested or anything b'h, i discovered it on my own. I obviously had no clue that it was assur (though i do remember thinking that something wasn't so kosher about it), and i didn't connect it to s*x until i was about 13, it just felt good so i did it. In eighth grade i found out about s*x and connected the two. It was also around that time when i discovered p***. Eventually i also found out it was assur (through an article on wikipedia, which leaves a bit to be desired in the chinuch area).

I did try stopping but i wasn't too committed since i didn't know if it was really assur or not, since i never heard any rebbe speak about it openly, if i remember correctly my eighth grade rebbe mumbled something about shmiras habris which i don't think anyone understood, and even i wasn't sure if he was talking about what i was doing. Anyway when i got to mesivta the rebbeim did mention it and i knew it was assur but by that time it was already naaseh lo k'heter for long time already.

i knew that i should speak to a rebbe about it but i was too embarrassed. I did speak to one rebbe without telling him what the problem was (i think he guessed it) and he told me to try just to stop it for a short amount of time and then i could try for longer (a.k.a. baby steps) but that didn't really either help too much. Somewhere around twelfth grade i stopped m***** without p*** because it wasn't too hard to do and to be completely honest it was also getting a little boring.

I'm not sure how long ago i heard about gye but i think i read about it in the mishpacha and that motzei shabbos i checked it out, all i saw were some articles i read some and it didn't help at all.

i should add that like most unmarried people (i think) i thought that once i get married it would just go away so i was rationalizing that anyway it isn't a permanent problem and i'm koruv l'oness because i started so young etc. which i think was the reason i wasn't taking it too seriously.

So i continued to watch p*** and m***** pretty much whenever i was home until about three months ago when i was walking to yeshiva and i was listening to a shiur about the dangers of the internet and to do teshuva even if you fell, (i put it up in the kosher isle if anyone is

interested) and something snapped and i realized that I HAVE TO STOP THIS NONSENSE, since the last time i was on gye i had read about it a few more times and saw some advertisements for it so i decided that i'm going to have to go on gye another time and become a member and (i don't remember this for sure but i think the second part was there) if it doesn't work then i'm going to talk to my rebbe about it.

When i went on gye it was completely different than before and i joined up and registered on the 90 day chart right away and didn't fall for about two weeks then i did about a month and now i'm 33 days clean which is my longest since joining.

in my next post iy'h i'm going to talk some more about what my situation is, and what i think my problem is, and how i'm dealing with it

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Re: The chronicles of inastruggle

Posted by ZemirosShabbos - 01 Aug 2013 22:48

on behalf of all the middle-aged baalei battim, i would like to formally transcribe, expound, extrapolate and obfuscate the very scholarly dissertation espoused by the learned Mr.Inna D. Winna, from it's original juxtaposition vis-a-vis Bein Hazmanim, to a subject more closely related and relevant to our middle-aged selves. That would be ~~yom tov~~ shabbos sheini shel galuyos, a.k.a Sunday.

thank you

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Re: The chronicles of inastruggle

Posted by inastruggle - 02 Aug 2013 05:09

~~Mr.~~ Rabbi Zemmy mishabbos,

Didn't I already tell you once that if you get up 6:45 on Sundays then it is definitely most assuredly and positively **NOT** bein hazmanim?

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Re: The chronicles of inastruggle
Posted by Pidaini - 02 Aug 2013 12:17

I beg to differ, for if you read the holy bezer's words, He did not say that sunday is like a day of bein hazmanim, he said sunday IS bein hazmanim, meaning what the bachurim experience in three weeks (or more) ball batim get in one sunday.

That having been said, don't you start bein hazmanim early also?

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Re: The chronicles of inastruggle
Posted by ZemirosShabbos - 02 Aug 2013 20:34

this is getting very lomdish. i say we go back to Winnie and fluff in people's ears

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Re: The chronicles of inastruggle
Posted by mr. emunah - 02 Aug 2013 22:14

tut tut, looks like rain...

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Re: The chronicles of inastruggle
Posted by gibbor120 - 02 Aug 2013 22:41

[ZemirosShabbos wrote:](#)

this is getting very lomdish. i say we go back to Winnie and fluff in people's ears

GYE - Guard Your Eyes

Generated: 13 September, 2025, 20:13

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Spoken like a true balabus

Re: The chronicles of inastruggle

Posted by inastruggle - 07 Aug 2013 03:10

I'm going to be leaving to yeshiva soon, so I want to just thank you to everyone for all the help and chizzuk and for letting me say my dayos (even if they aren't helpful, they help me by keeping busy and reinforcing the ideas in my head).

It's been nice, I don't want to think how it would've been without gye. When I look back at how I was a little more than a half a year ago, there is absolutely no dimyon to now, not only in acting out but in attitudes and hashkafos. Before gye I probably would've been freaking out now since I have reason to believe that the zman might not be the greatest. Now I know that I have to take it one day at a time and I'm here because Hashem wants me here so whether it's good or not is not up to me and someone a lot smarter than me thinks it's a good idea for me to be there.

I hope to only come back with good news, and I wish everyone hatzlacha.

I humbly thank you all,

inastruggle

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Re: The chronicles of inastruggle

Posted by Pidaini - 07 Aug 2013 15:09

It ceratinly wasn't a one way street, we got plenty from you as well!!

Shteig away, and try keeping that attitude whenever depression tries to rear it's ugly head!!!

KUTGW KOT KOMT

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Re: The chronicles of inastruggle

Posted by ZemirosShabbos - 07 Aug 2013 18:26

Good chodesh, hatzlocha in the new zman

was/is great having you around

remember to write some maamorim of hadracha for the yingerlait. shkoyach

p.s. remember that sobriety is organized insanity, so it's best to be insane as long as you are organized

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Re: The chronicles of inastruggle

Posted by inastruggle - 18 Aug 2013 08:09

So I leave for a week and the forum is hopping with activity b"h.

I can't really read the threads and concentrate on them so as the story of the man who said "I can't drink and drive so I made the reasonable choice, I stopped driving", I too will have to make a reasonable choice and have to concentrate my efforts on the just having fun section ly"h.

Bli neder i'll try to write something there every week, so help me g-d.

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Re: The chronicles of inastruggle

Posted by inastruggle - 05 Sep 2013 01:34

I want to thank everyone here and of course Hashem for helping me go into rosh hashana with over a half a year of being clean (a few slips but no falls b"h).

I wish everybody a k'siva v'chasimah tova and a gut gebensht yuhr. May this year be a year of hatzlacha and happiness for all yidden.

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Re: The chronicles of inastruggle
Posted by Gevura Shebyesod - 05 Sep 2013 01:51

Amein KUTGW

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Re: The chronicles of inastruggle
Posted by Dov - 08 Sep 2013 13:10

Amein!!

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Re: The chronicles of inastruggle
Posted by inastruggle - 09 Sep 2013 03:34

So Rosh hashana was nice, till about mussaf the second day when the thoughts kept coming. I used the blow it up method till my head felt like syria, surrendered till I felt like libya, but every few minutes they kept coming back.

So, I was a bit frazzled and not in the greatest mood that night. I tried rushing the seudah, read a book till late at night, then went to bed.

Thank you Hashem, for helping me through it.

I'm sorry Hashem for oversleeping the next day.

Sorry to my family for the way I acted by the seudah.

Happy that it's over, and looking forward to a great new year.

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