

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 i'll be 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 inastruggle - 24 Apr 2014 03:51

I'm back on the chart and feeling good about the future. I know that I wasted most of being hazmanim because of this fall and I hope I learnt something out of it. With Hashem's help it won't happen again. Whatever the case, I'm back on the truck. At least for today.

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Re: The chronicles of inastruggle
Posted by inastruggle - 24 Apr 2014 03:51

I'm back on the chart and feeling good about the future. I know that I wasted most of being hazmani because of this fall and I hope I learnt something out of it. With Hashem's help it won't happen again. Whatever the case, I'm back on the truck. At least for today.

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Re: The chronicles of inastruggle
Posted by TehillimZugger - 29 Apr 2014 02:45

ONE DAY

ONE DAY

ONE DAAAAAY

IS THE WAY [harmony: to go]

ONE DAY

ONE DAY

ONE DAAAAAY

IS THE WAY [harmony: to go]

IT'S NOT ABOUT

WIN OR LOSE

CUZ WE ALL LOSE

WHEN WE FOCUS ON BEING CLEAN

KEEP ON LOSING

OBSESSIN OVER ANYTHIN

IN THIS MAZE

YOU LOSE YOUR WAY

your waaay

IT MIGHT DRIVE YOU CRAZY

BUT DON'T LET IT FAZE YOU

NO WAY

NO WAAAAAAAAAAAAAY

SOMETIMES IN MY FEARS I DROWN

AND RESENTMENTS PULL ME DOWN

WHEN NEGATIVITY SURROUNDS

I SAY NO! -JUST ONE DAY!

IT ALL TURNS AROUND!

IT'S ALL MY LIFE

THAT I'M WAITING FOR

THAT I'M PRAYING FOR

THINKING OF WHAT PEOPLE SAY

I DON'T WANT TO SET MY SIGHTS NO MORE

HAVE EXPECTATIONS MORE

BE LIKE CHILDREN AT PLAY!

ONE DAY

ONE DAY

IS THE WAY [harmony: to go]

ONE DAY

ONE DAY

ONE DAAAAAY

IS THE WAY [harmony: to go]

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Re: The chronicles of inastruggle

Posted by ZemirosShabbos - 29 Apr 2014 19:44

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Re: The chronicles of inastruggle

Posted by ZemirosShabbos - 02 May 2014 00:31

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Re: The chronicles of inastruggle

Posted by TehillimZugger - 02 May 2014 02:24

Kinda old fashioned that shtreimel: Here's the rest of One Day.

Sometimes I lay in my cocoon

Inside I'm seethin'

Yeah and I pray

Please take me soon

Or make the world see reason

SOMETIMES IN MY FEARS I DROWN
AND RESENTMENTS PULL ME DOWN
WHEN NEGATIVITY SURROUNDS
I SAY NO! -JUST ONE DAY!
IT ALL TURNS AROUND!
IT'S ALL MY LIFE
THAT I'M WAITING FOR
THAT I'M PRAYING FOR
THINKING OF WHAT PEOPLE SAY
I DON'T WANT TO SET MY SIGHTS NO MORE
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HAVE EXPECTATIONS MORE
BE LIKE CHILDREN AT PLAY!

ONE DAY
ONE DAY
IS THE WAY [harmony: to go]

ONE DAY
ONE DAY
ONE DAAAAAY

IS THE WAY [harmony: to go]

My attitudes must change
Treat people the same
Stop with the arrogance
Down with the hate

One day I will be free
And proud to be

Grateful recovering

Singing songs of freedom like

wayooooooooohhh wayooooo o o o o

wayooooooooohhh wayooooo o o o o

IT'S ALL MY LIFE

THAT I'M WAITING FOR

THAT I'M PRAYING FOR

THINKING OF WHAT PEOPLE SAY

I DON'T WANT TO SET MY SIGHTS NO MORE

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Re: The chronicles of inastruggle
Posted by Dov - 15 May 2014 21:13

Still on the chart, inastruggle?

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Re: The chronicles of inastruggle
Posted by inastruggle - 03 Oct 2014 20:13

I'm back for the holidays, and so far it's been quite bad in the lust area. I fell many times over aseres y'mei teshuva and until yesterday morning I was in a big slump. I could blame it on coming home, but the truth is I already saw it coming in Israel, so the fall started there. I realized that doing this was only going to make my time home even less enjoyable, but I just didn't have the strength to fight it (there are things happening at home that are a lot easier to deal with a few thousand miles away). Thursday morning I woke up and realized that if I don't tell someone then it's not going to end, so I texted a gye member. He invited me over to his house and I had a great time hanging out with him. I felt much better and realized that if I want to have a chance with this over bein hazmanim then I have to come back here and tell everyone about my falls and ask for support.

So once again, I want to thank you all for being here for me, and wish you all a gmar chasima tova.

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Re: The chronicles of inastruggle
Posted by inastruggle - 03 Oct 2014 22:24

There was something I realized today that gave me some chizzuk. My aseres ymei teshuva was predictably lousy being that I fell almost every night, it affected the rest of my avodas Hashem as well. I was feeling pretty lousy about it, that I couldn't be a little better during this period when we're supposed to try to take on some additional chumros, let alone doing the minimum required of us.

This morning I realized,that my avodah for the aseres yemai teshuva is getting up from this fall. That's what Hashem wants from me, and that's what I'm going to do be"h.

Hashem doesn't need our mitzvos or davening, if he wanted them he can make it for himself. He wants *us* to serve in whatever situation we're in (even if it's my fault that I'm in that situation). If I have to serve him in a way that other people wouldn't find a challenge, it's just as valuable.

(Posting was a really good idea, thanks 9494)

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Re: The chronicles of inastruggle
Posted by Pidaini - 05 Oct 2014 23:20

Well, it's probably not nice to say that I'm sooooo happy that you're back!!, so I'm not gonna say it!

Hope to see you around here a lot the next two weeks!!

KOT!!!

One day at a time, one day at a time!!

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Re: The chronicles of inastruggle
Posted by ZemirosShabbos - 06 Oct 2014 21:44

hi Inna!

keep on rocking

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Re: The chronicles of inastruggle
Posted by inastruggle - 13 Oct 2014 08:20

I had a good yomtov but for some reason as soon as I got to a computer, my brain (or excuse for one) told me to fall. B"h i'm here instead, I'm going to try to post a little, for some reason it helps me.

Update: After a long night of posting, I'm back to not wanting to fall and I'm feeling very thankful

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Re: The chronicles of inastruggle
Posted by kilochalu - 19 Oct 2014 03:18

yeah computers are dangerous for us ,
brains are confusing,
main thing is KOT and KOP or whatever works for you

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for one and it's memehrs. Good night
Re: The chronicles of inastruggle
Posted by cordnoy - 20 Oct 2014 06:12

[inastruggle wrote:](#)

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That feelin' sure is a great one.

Let's get that osmosis goin'.

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