

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 - 28 Nov 2014 04:38

I'm doing a lot better, and my positive outlook on life is largely back (even though I'm tired from getting up on time today). After I wrote my last post, I spoke to 9494 and bigmoish on the phone (thanks guys!) and later I spoke to my rebbi, and complained to him about life a bit. He mostly just listened and then offered sympathy.

I guess all I needed was a spoonful of sugar to make the medicine go down....

Have a good shabbos everyone.

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Re: The chronicles of inastruggle

Posted by Bigmoish - 28 Nov 2014 20:08

[inastruggle wrote:](#)

I'm doing a lot better, and my positive outlook on life is largely back (even though I'm tired from getting up on time today).

Keep it up.

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Re: The chronicles of inastruggle

Posted by ZemirosShabbos - 28 Nov 2014 20:21

Maybe the positive outlook is partially because you got up on time today?

how come you were all worked up about the matzav in Ferguson when you spoke to me?

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Re: The chronicles of inastruggle

Posted by inastruggle - 30 Nov 2014 23:43

Getting up on time,

A true nisayon indeed,

might make you feel good.

IT'S RIDICULOUS.

THE MATZAV IN FERGUSON.

INFURIATING.

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Re: The chronicles of inastruggle

Posted by ZemirosShabbos - 01 Dec 2014 21:06

zayt ois az dee kenst nisht fargessen fin ferguson

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Re: The chronicles of inastruggle

Posted by inastruggle - 02 Dec 2014 22:43

For sanity to have a say

Everyone should

Revise their

Gullible

Unsought and underdeveloped opinions

Stop making every story involving a black about racism, get

Off the streets, and start act like adults.

Now, everybody, please making such a big deal about a cop killing someone in self defense.

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Re: The chronicles of inastruggle

Posted by cordnoy - 21 Dec 2014 21:45

[Gevura Shebyesod wrote:](#)

Why did the chicken cross the road?

To read the Yated. You get it?

No, I get the Hamodia.

Yep; thanks.

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Re: The chronicles of inastruggle
Posted by thetest - 01 Jan 2015 03:20

So much gold here!

Thank you inastruggle for all your posts, everything is so much more approachable and relatable on this thread. I'm very happy I stumbled on it.

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Re: The chronicles of inastruggle
Posted by Shakeitoff - 01 Jan 2015 06:44

Just as I thought/feared: It's late at night, for me anyway. I have an enforced day off tomorrow.

I have just finished the last bits of required online "professional development" required for the year-- and I am fed up and bored.

Worst of all, I just "made it" to 14 days. That sets me up for "Hey man, you deSERVE some FUN! You made it to 2 weeks, didn't you? That proves you can kick this ANY time! So go ahead!"

Thank Gd, I remembered the Tools and Attitudes and did some reading instead of some looking, if you know what I mean. Now I don't know what I'll do during the 10th of Tevet, since there's no one in town to do it with...But one problem at a time. Good night and Gd bless all of you.

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Re: The chronicles of inastruggle
Posted by dms1234 - 01 Jan 2015 22:55

Shakeitoff

Just as I thought/feared: It's late at night, for me anyway. I have an enforced day off tomorrow.

I have just finished the last bits of required online "professional development" required for the year-- and I am fed up and bored.

Worst of all, I just "made it" to 14 days. That sets me up for "Hey man, you deSERVE some FUN! You made it to 2 weeks, didn't you? That proves you can kick this ANY time! So go ahead!"

Why does 14 days have to "set you up" for anything. Its just another day! BH, another clean day! 1 day, 1 day ey ey eyey!

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Re: The chronicles of inastruggle
Posted by inastruggle - 02 Jan 2015 00:05

It's been a while since I wrote anything here. B'h I'm still clean, and it's been mostly smooth sailing, (with the almost inevitable bump here and there).

I still notice every female I pass on the street. I might never stop, but as long as I take one day at a time, then I know I can KOT.

Shakeitoff brought out that cute illogical part of us perfectly. Since we're clean x amount of days, we have this thing kicked. So we can do what we've been waiting to do for so long.....Wait a second. If we have this kicked then why have we been longing for it so badly? You'd think that after winning, we'd just forget about it. Well maybe we don't have it kicked, ok one last time and we'll start again tomorrow....

Thanks for the reminder.

Good shabbos everyone

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Re: The chronicles of inastruggle

Posted by shomer bro - 02 Jan 2015 00:34

You know how at times you read a post anf you're like, hey! That's exactly what goes through my mind!! I've found that in those situations it helps tremendously do remember to take it one day at a time and that today is the first day of the rest of your life (i don't remember who has that in their signature)

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Re: The chronicles of inastruggle

Posted by ZemirosShabbos - 02 Jan 2015 01:54

Chesky once posted a really good quote:

"it's not about how long you are clean, but how far you are from your next fall"

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Re: The chronicles of inastruggle

Posted by inastruggle - 24 Mar 2015 00:07

Hi guys, I'm back for bein hazmanim.

I'm looking forward to reconnecting with the oilam.

Only 1000+ posts to read and I'll be up to date on the hock!

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