

Breaking out!

Posted by hatzlacha - 15 Jul 2013 16:38

Hi everyone,

This is my first time ever writing on a forum. I was a little apprehensive about it as I'm not in to online social whatever. But the Last few days (since i started my 90 day chart) I was reading alot of other peoples forum on the 90 day chart and i think it's some thing that can really help me. So BH I have been clean 6 days on this new count and I'yh it will last forever. So I'm starting two things actually telling people about my problems and learning how to forum. So guys take it easy. And if do something not according to the culture tell me as I want to learn.

Iyh I will keep posting as it goes on and hatzlacha to everyone and an easy fast!

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Re: Breaking out!

Posted by Pidaini - 15 Jul 2013 16:45

Welcome to the Forum, and congrats on you're seventh day!!!

It can be dificult to write our deepest secret, but remember that we are all in one boat here.

Hope to see your numbers grow higher!

KOT KOMT!!

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Re: Breaking out!

Posted by cordnoy - 15 Jul 2013 17:04

Welcome and ditto

one boat, and the sharks are lurking (although we are like sharks as well...look at some other thread for comparisons).

One big family; we even have the occasional sibling rivalry.

keep us posted

b'hatzlachah

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Re: Breaking out!

Posted by Pidaini - 15 Jul 2013 17:18

[cordnoy wrote:](#)

one boat, and the sharks are lurking (although we are like sharks as well...look at some other thread for comparisons).

[it's over here](#)

[cordnoy wrote:](#)

One big family; we even have the occasional sibling rivalry.

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Re: Breaking out!

Posted by Gevura Shebyesod - 15 Jul 2013 18:12

Calling in the Coast GUARD chopper...

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Re: Breaking out!

Posted by inastruggle - 15 Jul 2013 23:12

Welcome to the forum.

When I first came here I was also a bit apprehensive about this being a social site which I always avoided. I came to realize that it's definitely the right move both because porn and masturbation are way worse than me being on social media, and because with this site I'm not just communicating with just anyone. I'm communicating with precious yidden who are willing to fight an extremely hard battle for Hashem.

Posting and telling people about our issues is an extremely helpful step, so KUTGW (keep up the good work) and may Hashem grant you continued hatzlacha.

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Re: Breaking out!

Posted by hatzlacha - 16 Jul 2013 17:05

Wow u guys are amazing! I was reading another forum when I look on top of the page and it says there are 2 replies on my forum. I get here and there are 5!

BH I had another very clean day.

You are right this is definitely better then not using social networking sites to fight lust addiction.

Everyone have an easy fast. And may this be the last tisha b'av!

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Re: Breaking out!

Posted by hatzlacha - 01 Sep 2013 16:49

Hi everyone,

I have not been on the forums since 9 Av. I was away running a summer camp. I could have posted, I was busy, though i was even more lazy about posting. I thought recently about my struggle to curb my lust. (since I last posted I fell about 7/8 times) I realized afew things:

1. I am/was very pasive about it. Meaning I know/knew that I wanted to stop and was willing to take a few measures but didnt really feel hurt if I fell and therefore never was willing to accept the idea of being totally done with lust (though I liked the idea, i was sort of OK with it being part of my life). I made a pledge after the first time I fell (after starting this forum) that I would donate \$90. When I was falling I didn't remember/think about my pledge. And also Since I am a bochur with no responsibilties, my pledges didnt hurt me, therefore not too effective in my case. I also never actually donated the money (I will today and will post that I donated it once I have) and fell a few times after that one time. I don't really have money but then again I have no responcibilities. I my effort has been passive so I felt compelled to donate, as I pledged, but after that time I didn't record If I fell or not and I didn't feel compelled to give another \$90 after each time that I fell.

So last friday I was home alone not having much to do as I am not going to Yeshivah till after Tishrei. I do have a few projects that I would like to work on but bechlal I don't feel that very passionate about them and therefore have been pushing them off alot. So I knew I would be home alone for a few hours and I went on a lust marathon for about an hour. After that, still feeling passive about my whole situation, I though to myself that its time to make a few changes in the program. RH is coming and I don't feel the least bit hurt about what I have just done though I know that I need to change my ways. So I came up with a plan. and here it is:

1. to post daily to this forum. I will use it like a daily diary. It probably will bore you guys so I

understand that you might not read my long posts, but this is something I feel that I have to do. It's a way for me to keep track of my progress and also to make a daily Cheshbon Hanefesh. I will be writing what I did throughout the day as I have no set program or schedule/responsibilities. So I am starting today and here is my first post l"yh many more.

2. I will sign up for the chizuk emails and read one a day. When I originally signed up to g.y.e. I made a different email address as to keep this out of my regular life. I have since forgot the email info and I wil now switch my profile info to a new email that I set up for my recovery.

3. I will get a sponsor/partner. Iam not sure exactly how to set it up but I like the idea of being able to talk to someone and be accountable. I still have never verbally told anyone about my problem. If you guys can help set one up or lead me in that direction that would be awesome.

4. to install Webchaver. I think that I would like my sponsor to be the chaver with my info.

Enough said for today. If you read this I thank you!

When I started this forum I was suprised at the speed and the friendliness of the folks here and I greatly appreciate that. It also gives encouraegement to continue writing.

A kesivah Vachasima Tovah!! BH I have been clean since that firday Marathon

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Re: Breaking out!

Posted by Pidaini - 01 Sep 2013 16:59

welcome back!!

How about starting to write about your struggles here, you may be surprised at how many people relate to your situation. We will also be able to help more if we know details.

Time to take life into your hands, start and engines and then KOT!!

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Re: Breaking out!

Posted by tehylimzugger - 01 Sep 2013 17:04

Welcome.

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Re: Breaking out!

Posted by cordnoy - 01 Sep 2013 18:23

welcome again

oops.. 90.00 multiplied by 8...anyone know a good cause or two?

no, seriously, before the emails, postings, tapshiks and stuff, you gotta decide if you are committing to stop. That's step 1. not stoppin' forever; just for right now, and now, and now. realizing that the life you/we are leading is unmanageable; it cannot continue.

Then, you can hop onto to da truck/tank/ship/Harley and drive on!

KOT!

b'hatzlachah

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Re: Breaking out!

Posted by dd - 01 Sep 2013 18:52

good timing for stating a fresh begining and i wish alot of hatzlacha u r very lucky u r taking care of things while still being a bachur. bucherim usually dont take matters into their hands by telling themselves that when marriage comes all the issues will b taken care of(big mistake) i wish i would have done this years ago life would have been much more meaningfull so chazak v'emutz"

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Re: Breaking out!
Posted by hatzlacha - 02 Sep 2013 00:48

[qoute]oops.. 90.00 multiplied by 8...anyone know a good cause or two?[qoute]

Tried to do the qoute thing lets see if it will work!

I made my donation and it was not 8*90. It was sent to gye. I donated only as much as I felt that i took on due to falling.

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Re: Breaking out!
Posted by hatzlacha - 02 Sep 2013 00:49

guess thats not how one qoutes

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Re: Breaking out!
Posted by hatzlacha - 02 Sep 2013 01:00

OK the day is over for me (Im in Israel currently) BH no misshaps, though before when I came home I had some work to do on the computer which led to me checking out my facebook page to checking out the definition of some slang word a friend posted, which resulted in learning of dictionary website for slang (im not posting the name as I read that one of the reasons why not to give a friend your webchaver,is so he should not learn of anything new as a result of being ur Shomer) which led to looking at definnitions of some erotic slang which on that website included

descriptive examples. After 3 different definitions I decided that its time to go to sleep/post before I go to sleep.

Bh one more day clean!!

Achutz midem Bh today I davened 2 teffilas B'zman (Iam going to davem Mariv and Krias Shema after I a m done posting) learnt Chitas, said daily Tehillim, worked on a project for a half hour and helped my siblings with their homework for about 2 hours. and spent along time trying to find a proper filter for my laptop. (decided that webchaver is probably the best option though I would like a filter that wont allow me Lechatchila to go onto the shmutz)

Thanks dd for your encouragement. May you and all of Klal Yisroel have tons of success

hopefully will be up on time tomorrow

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