

Starting now

Posted by decidingtotry - 20 Oct 2014 16:12

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The longest I've gone recently is 2 days. I've been addicted to internet porn for probably over 15 years. Today I start to really try to break away. I know this won't be easy.

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Re: Starting now

Posted by decidingtotry - 21 Oct 2014 21:45

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Thanks for the clarification, I'd never heard of the white book before.

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Re: Starting now

Posted by cordnoy - 21 Oct 2014 21:59

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there are those who believe that it descended from Heaven together with the manna.

Others have it on tradition that Queen Isabeela Emerald gave it to her husband, King Montezuma, after he was caught doin' bad stuff for the nineteenth time (in just under a period of three weeks).

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Re: Starting now

Posted by newaction - 21 Oct 2014 23:18

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three weeks is 21 days , so after 19 times (assuming one day at at time ) , what did he do in the 2 days left ?

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Re: Starting now

Posted by cordnoy - 21 Oct 2014 23:26

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He was utterly exhausted!

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Re: Starting now

Posted by newaction - 21 Oct 2014 23:34

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Re: Starting now

Posted by gibbor120 - 22 Oct 2014 00:17

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WELCOME! You already have come to a bunch of good realizations. stick around. There is a lot to learn here. Keep posting.

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Re: Starting now

Posted by decidingtotry - 22 Oct 2014 01:29

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Ha! Thanks guys for bringing some levity to the situation.

And thanks gibbor120, I am definitely learning new things every day from this site.

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Re: Starting now

Posted by decidingtotry - 22 Oct 2014 17:14

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Baruch Hashem, I made it through a second day clean. Yesterday was a good day, I had two different chevrusas which really helped me keep my mind in the right place. When lustful thoughts pop into my head I'm trying to immediately stop them and distract myself. This morning was a little rough, I woke up and went right into the shower where the lustful thoughts came fast and furious. I couldn't daven to Hashem while in the bathroom, so I just keep repeating to myself stop, stop, stop, nope, nope, nope and then I'm not entitled to lust, I'm not entitled to lust. It worked in that I did not come anywhere close to falling. B'ezras Hashem I will make it through the rest of today also.

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Re: Starting now

Posted by cordnoy - 22 Oct 2014 18:19

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I'm not a posek, but imho, you can daven to Hashem - even in the shower.

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Re: Starting now

Posted by decidingtotry - 22 Oct 2014 22:50

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Really? I was under the impression that you shouldn't think about Torah or Hashem in the bathroom. But what do I know?

hint-not much

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Re: Starting now

Posted by Bigmoish - 22 Oct 2014 22:52

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You shouldn't masturbate or think about women inappropriately in the bathroom, either...

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Re: Starting now

Posted by cordnoy - 22 Oct 2014 23:06

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[decidingtotry wrote:](#)

Really? I was under the impression that you shouldn't think about Torah or Hashem in the bathroom. But what do I know?

hint-not much

torah - you shouldn't.

Askin' God to help you keep your hands on the Zman magazine is fine.

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Re: Starting now

Posted by decidingtotry - 22 Oct 2014 23:39

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Bigmoishe- yeah, no kidding

cordnoy- thanks for the clarification!

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Re: Starting now

Posted by kilochalu - 23 Oct 2014 02:59

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[decidingtotry](#) wrote:

Really? I was under the impression that you shouldn't think about Torah or Hashem in the bathroom. But what do I know?

generally that is true but sefer chasidim is matir to think divrey torah to save oneself from hirhurey aveira (mishna berura 85:13)

also Hashem is truly everywhere and the six constant mitzvos are constant,

to be aware of His presence always everywhere vacm'l

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