

Here we go...

Posted by Breakingout - 08 Dec 2014 01:38

Hi, not sure if anybody reads these things but for some reason it feels good to write. I basically have been struggling with this for around 14 years. Sounds kind of scary when it's put in that context. Not that the whole time I've been doing it. I have had my weeks off or months off, but at the end of the day I keep falling back in. I'm sick of this, I want to move on with life. I want to NEVER go back EVER. I know the yetzer hara has his ways. I need ALOT of help from Hashem. This is why I'm here...

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Re: Here we go...

Posted by gibbor120 - 12 Dec 2014 02:05

It's a difficult balance. On the one hand, you can't let your guard down, which can happen even to people who have been sober for a long time. On the other hand, obsessing about not , which leads to acting out .

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Re: Here we go...

Posted by shomer bro - 12 Dec 2014 07:23

I hear you on the confusing thoughts. I'd say, just focus on taking it one moment at a time. Don't worry about tomorrow, just worry about now.

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Re: Here we go...

Posted by Shmeichel - 12 Dec 2014 18:21

great!

stay here, hashem will help you all the way

about your shabbos question
obsessing is a recipe for obsessing

i think that its like a nidoh, because we know she will be o.k. after a specific time, so we can refrain easier, same with shabbos, because we know its only for one day we can refrain easier

maybe thats a good example of "Ona day at a time" idea

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Re: Here we go...

Posted by Breakingout - 13 Dec 2014 23:13

I think Shmeichels answer makes sense in regards to the Shabbos issue. I was maybe thinking of two other possibilities. One is that we aren't really CONVINCED that this is so bad. The second is that even if we are it already became like heter since we already got used to doing it. Knowledge of these two things might help us defend against the Yetzer Hara better...

Anyway I've been clean for over a week now and it does feel good (random urges still come and go obviously, not enough to convince me to give in).

I am trying to retrace my steps for my past falls. One of the most common ways (especially after being sober for a while) goes something like this:

Surfing the net with no intention to fall. Looking at news, wikipedia, reading random stories, etc. everything is "pareve". Eventually things shift from "clean" to slightly immodest pictures here and there. Eventually ending up on YouTube at some point. At first "ignoring" the pritzus, but at some point subconsciously making "parve" searches hoping that some sort of pritzus comes up, but if it does, after all you are only a shogeg since you didn't intentionally search for it. After a while something "really good" comes up and we finally really look at it. From here on it's downhill fast because now we actively search for more things as the same category as this. However at this point by goyish standards it's still not considered pornography. Eventually some sort of "real" nudity comes up and then we think "once we already saw this, let me just look at one more thing" and by then it is all over and no holds barred...

Wow It probably sounds weird but I was started shaking while I was writing that.

The obvious solution is to not use the Internet EVER for anything superfluous. Much harder then it sounds...

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Re: Here we go...

Posted by Shmeichel - 14 Dec 2014 21:28

to make your life a hell of a lot easier! why dont you install a good proper foolproof filter, for heavens sake

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Re: Here we go...

Posted by Breakingout - 14 Dec 2014 23:06

Haha. I know I already have a filter with a monitor on my computer. These things don't work for me. I always figure out how to bypass them. I am sure if just installing a filter was the end solution, a lot of people wouldn't be here right now.

Anyway the funny thing is that not to long after I posted yesterday I almost fell into the exact same trap. I really think that this might be my main Yetzer Hara, just to stam surf the net and read random information. Besides for this being one of the main reasons I fall, there are many other drawbacks. Bitul Torah is probably the top of the list. Going to sleep late, which ruins the next day. Getting all of this bad goyish hashkafa into my head (even if I might not accept it, it still has an effect on a person). I think I am going to take this 90 days thing to the next level and make a set time limit which after that I can't use the Internet for ANYTHING (not even guard). For me this is very difficult, but I think I must learn how to do this. This might be the thing keeping me from falling after the 90 days is up...

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Re: Here we go...

Posted by shomer bro - 15 Dec 2014 01:13

Sounds like a solid idea. Try it out for a week, and let us know how things go.

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Re: Here we go...

Posted by Breakingout - 24 Dec 2014 00:00

Hi, it's been a while since I last posted. Happy Chanukkah everyone. Baruch Hashem I am at 17 days so far. Things have definitely changed since the first week. Now I actually am getting those "urges" as they say. I am starting to forget how bad that "disgusting feeling" that I had when I was in the mud feels. A few things I have found to be giving chizuk not to give in. The first is the chart, I really wanna get higher up in the rankings. Not sure why this is a motivator but it is. The
your eyes

second is that I keep telling myself that I don't want to be doing this for the rest of my life. And a big yesod that I have learnt when I joined the GYE community; "A thousand times is never enough". A big trap of the Yetzer Hara for me is "curiosity", such as getting something in my head and then saying to myself "let me just see how this looks like". But as GYE taught me "ITS NEVER ENOUGH" and in my case "you curiosity will never be satisfied". The third is the time limit that I set for myself which at this point been a big help. Also of course, davening to be saved from the yetzer hara.

As I mentioned before, I am very disappointed to see on the chart how many people have been clean for such a long time (sometimes over a thousand days!) and then fall right back in. Why does this happen? How can we be prepared to quit forever and never go back?

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Re: Here we go...

Posted by yidtryingharder - 24 Dec 2014 02:23

No one said to quit forever just quit for this moment just for today

Yesterday was

Tomorrow will be

The only thing I can do is change the moment I see

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Re: Here we go...

Posted by dms1234 - 24 Dec 2014 02:40

As the handbook says: "The past is gone, and the future is not in our hands." (pg 7) We only need to concentrate on today. In fact you should only concentrate on what you are doing at the current moment. Recovery take baby steps. Our problems won't go away in an instant. But we can't recover without any "one day at a times" So focusing on just the day is the key to all those long days, at least for me and a lot of others!

BTW: deep breath!

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Re: Here we go...

Posted by cordnoy - 24 Dec 2014 05:24

[Breakingout wrote:](#)

As I mentioned before, I am very disappointed to see on the chart how many people have been clean for such a long time (sometimes over a thousand days!) and then fall right back in. Why does this happen? How can we be prepared to quit forever and never go back?

While it's true that we are never safe, and I studied this exact question before, and I asked pointedly to people that it happened to, I have not noticed on the chart that which you elude to...certainly not many over a thousand who have fallen; do you have different info that I have?

whatever the case is, concentrate on the moment before you.

b'hatzlachah

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Re: Here we go...

Posted by Shmeichel - 24 Dec 2014 14:10

which of the two is a better choice?

1) falling regularly daily/weekly?

2) falling once in 3 years?

keep it up, one day at a time

thats thee only way

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Re: Here we go...

Posted by Breakingout - 25 Dec 2014 01:54

Thanks everybody for the responses. I understand that we have to go one day at a time, but at the end of the day "hachacham roeh es hanolad". I am just trying to figure out what can make someone fall back in after bring out of it for so long so we can take certain precautions in the future. Also how the pattern has been with me is even if I have been clean for a few months, whenever I would fall it would be like for the whole week until I would be able to pick myself up again. I don't know... I guess I am just scared.

I have never realized how much "giving in" is so much more tempting when someone is under stress. I have had a very stressful passed few days for several reasons, just certain things haven't been working out the way I would have liked them to. And the desire for "escape" becomes so much stronger! I really never realized to what extant I have been using this as a "soother". Crazy.

Wishing everyone Hatzlacha!

(In my previous post I didn't mean that there were a lot of people over the 1000 mark, but there were a few. But there are a lot over the 90 day mark.)

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Re: Here we go...

Posted by cordnoy - 25 Dec 2014 04:02

My sentiment remains the same.

keep in mind as well that not every lustful thought needs to be taken to the next level.

My therapist reminds me: to lust is to be human.

b'hatzlachah

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