

A new start

Posted by yonatan374 - 30 Mar 2015 00:54

I'm on my 90 day journey, 9 days clean.

After all these years I finally told my wife about my addiction to porn. She was wonderful about it and promised to help any way she could. A true eishes chayil. Better than I deserve. I'm truly blessed to have her.

This allowed me at put filters on my computer to keep me honest.

With G-d's help I'll be able to beat it this time.

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Re: A new start

Posted by yonatan374 - 05 May 2015 03:06

Sometimes I feel like I want to slip and fall. I haven't but the Yetzer Harah is tugging at my

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Re: A new start

Posted by serenity - 05 May 2015 03:46

When the Yetzer Harah had me by the neck yesterday, it helped me to think that I have no idea what tomorrow will bring. So I didn't think about it. Not saying you are but thought maybe your visions of that yetzer tugging were extending beyond the moment.

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Re: A new start

Posted by yonatan374 - 06 May 2015 01:38



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Re: A new start

Posted by yiraishamaim - 06 May 2015 02:03

yonatan374

I needed just that kind of humor.

Now how did you know?

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Re: A new start

Posted by yonatan374 - 07 May 2015 01:41

I just know these things. LOL

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Re: A new start

Posted by yonatan374 - 18 May 2015 02:47

At the time I didn't think it was a fall but looking at my web monitor log, I have to be honest, it was. Not like I used to do, these was soft core pics I went looking for and no masturbation. Still the name of the site is Guard Your Eyes and I didn't. Starting over. I thought I was doing so well, too.

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Re: A new start

Posted by Bigmoish - 18 May 2015 15:22

It is said of Rav Saadia Gaon that he would do teshuva on all of his aveiros every day. The reason he gave for this was that he reached a new level of understanding of Hashem's chesed every day, and so, he did teshuva each day due to his newly enhanced understanding of how severe the aveira was.

If you come to a greater realization of the severity of a slip/fall, it seems that it is a sign of growth and improvement. Keep it up!

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Re: A new start

Posted by serenity - 18 May 2015 17:31

Keep progressing forward chaver! Sounds like you are doing just that!

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Re: A new start

Posted by yonatan374 - 19 May 2015 20:33

I made the donation I promised I would if I fell. That was an expensive reminder to guard my eyes!

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Re: A new start

Posted by yonatan374 - 27 May 2015 02:57

Hope everyone had a good yom tov. "Keep On Truckin"

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Re: A new start

Posted by serenity - 27 May 2015 04:10

What about making a contribution to a mutual fund for your kids? That way it hurts you a bit now and helps your kids later. I was just thinking lately about the whole idea of giving more tzedokah that we can afford as a deterrent. So we end up acting out which hurts our family and then we in turn give more money than we can afford to tezedokah which in turn hurts our family, maybe. Maybe maybe not, guess each case is different. Personally it would seem better to me if every day we were sober we celebrated it by giving a few bucks to GYE as a token of appreciation.

Hatzlacha!

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Maybe I'm just nuts

Re: A new start

Posted by yiraishamaim - 27 May 2015 04:20

Nuts? hardly

I once read of a kallah that approached Rav Yaakov Kalmenetsky zt"l and said she lied in a court case and therefore received \$ that was not coming to her. She wanted to clean up her act before she got married. Reb Yaakov advised to give the money to tzedakkah but not a Jewish one - I think it was the heart foundation.

He felt she may somehow at the end of the day justify what she had done if a proper tzedakkah profited.

Giving to GYE as Hakaros Hatov makes a lot more sense to me.

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Re: A new start

Posted by yonatan374 - 28 May 2015 00:56

These are all good ideas. Yes, the donation hurt. Being out of work, doubly so. But I wanted

declare my intention that there would be a known cost to my fall. Now I will have that squarely in mind. I agreed to make a donation when (not if) I hit 90 days.

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Re: A new start

Posted by yonatan374 - 18 Jun 2015 00:27

I love listening to these videos.

www.chabad.org/multimedia/media_cdo/aid/1373334/jewish/Are-You-a-Good-Jew.htm

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