

Struggla's Struggle of the 90 day challenge!

Posted by struggla21 - 10 Nov 2009 06:57

Hello All,

My name is Struggla (not my real name obviously, but you can call me that here). Its been five days since i have not fallen. I live in the Midwest (of USA that is). I go to school, in a professional program. I have changed my life dramatically in the last few weeks to get myself to where I am right now.

The name Struggla came from a song my Matisyahu. I look up to him and can really relate to him. I like this song very much, I think it has to do a lot with my struggle through life with this addiction issue.

"Rise and never fall cause I been through it all"

This verse really stands out to me and thats my motto that I want to live by cause i have rising my judiasm and religious wise and all i wanna do is keep rising and never to fall cause i already know what thats like, no point in going back.

I'm 20 yrs old now, gonna be 21 soon. The 21 in my user name is part of the reason cause i'm gonna be 21 and another part is cause usually on average i can hold out for 21 days without falling. Hopefully by staying connected to the Shimras Ainayim website I can beat this addictive issue. Although right now I am not sure if I really am an addict or not - no worries i have my justification for this statement will prove later.

I remember the first time I had my sexual encounter was back in the old country - i am from central asia and i came to america when I was about 7 yrs old. My parents and my siblings are very very traditional and i am also, but i was more raised here so I am also more americanized. Anyways, I was 7 years old when i discovered what masturbation is. Now there was no porn or movies or hbo. It was just me exploring and bam, i found something i liked but Somehow I knew it felt wrong doing it. My initial feeling was proven to be correct because one day in the old country i decided to go sleep in the guest room when we had lots of people over. It was separated from the rest of the house. As I started to masturbate cause i didnt know why, just cause it felt good. My mom walked in and saw me. She flipped out ofcourse and told me to stop and i asked me what i was doing. well i had no clue what was i doing. from that moment on i felt out of place, never really felt part of the group and society. Well its been awhile since that incident. I have been able to control myself for certain periods of time. When I was in israel from the summer and went to yeshiva, i had no intention of falling - maybe because i was in a

religious enviroment. I was in Boro Park this past summer and the more time i spent there, the less i fell and more religious i became. And I wanna keep that feeling.

So why did I decide all of a sudden to keep this challenge? Well first of, i like the feeling of satisfaction that I am not committing a sin and overcoming the y"h. The morning I wake up after not falling is a pretty good feeling. A feeling of accomplishment. Now for the real reason: I was standing at shul for nielah at yom kippur and asking Hashem forgiveness and that I may do tshuvah for all the averim that i have done in the past life. A few nights before Yom Kippur I learned about what it means to do tshuvah and what is tshuvah gavora - the ultimate return to Hashem! Well picture this, i'm standing there asking Hashem for tshuvah and to be written in the book of life and yet I'm thinking that I ask for this every year and every year Hashem grants me life. EVERY SINGLE YEAR!! and what do i that in that year? I SIN! yes i do. so this year I am minimizing my sins. Hopefully i will come to a point where I wont be doing any sins, but thats practically impossible for any human being. This year I am going to better myself and become a better person. So here I am, changing myself. You know what else I realized, its not gonna be easy. No one said it was gonna be easy, but hey I have time. There are lots of changes I have made since then, especially in the last few weeks.

I should say that I wasnt shomer negaih (as u will see later) this makes masturbating a lot harder too. I am now tho and its been great so far. I have also stopped dating unitl I get this addiction settled away. I beleive that would be best. and also till i'm done with school which is gonna be awhile.

Here are some major changes in my life thus far:

- listening to kosher music: matisyahu, moshav band, our traditional music, etc
- watching kosher movies or shows or any tv (i barely watch tv anyway with school in the way now)
- stopped watching porn (which i have not found to be a problem. I dont have a filter on my computer, i just dont go to those sites - what you guys think?)
- talking less to girls
- looking at girls less
- broke up with my girlfriend.

Yes, I had a girlfriend. I know its not an orthodox thing to do but i live in a society where it is acceptable. She is from new york and she was also a struggla. We both seem to fit pretty well actually, but i would admit that i did get blinded by her beauty sometimes. Well we werent

shomer nagiah and eventually we came to be shomer together. but still, we sometimes have some heavy intamite converstaions late at night. Anyways that led me to do things i shouldnt be doing. We broke up not too long ago (a couple days) and in some ways i am glad. Now i can focus on my set goal that i have set from yom kippur.

So thats my life in a nutshell (or a post haha). Hope to meet you all and here we go through this journey, hopefully it wont be a struggle though!!!! :D

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Re: Struggla's Struggle of the 90 day challenge!
Posted by silentbattle - 07 Feb 2010 03:26

That's a great plan - and thank you for sharing with us, and inspiring and teaching us!

This is what it's all about people - seeing where your problems lie, and taking action to solve the problems, to avoid the dangers!

You completely, and totally, rock!

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Re: Struggla's Struggle of the 90 day challenge!
Posted by OneLife - 07 Feb 2010 06:17

[struggla21 wrote on 07 Feb 2010 03:07:](#)

I also will be playing shiurim all day and listening to matisyahu and spend sometime on gye and Study for school.

CHAZAK UBARUCH!!! STRUGGLA!

if i can, i would recommend to you (if you don't have any filter ??? ???) not to spend sometime on GYE but stay with your friends far from your PC as much as you can.

stay alone with a PC with open internet is a very big dangerous, prevent yourself from this nisayon!!

BEHAZLACHA GEVER!!

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Re: Struggla's Struggle of the 90 day challenge!
Posted by imtrying25 - 17 Feb 2010 12:30

Recognizing the triggers and leadups are so very important in this struggle. Keep it up. And btw, where are you?? We miss you!! :-* :-* :-*

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Re: Struggla's Struggle of the 90 day challenge!
Posted by NOYA - 12 Apr 2010 17:52

You're tearing it up dude. Keep up the great work!

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Re: Struggla's Struggle of the 90 day challenge!
Posted by struggla21 - 16 Apr 2010 16:56

I havent posted on my own thread in a long time, since my last fall. I have been clean since then Baruch HASHEM!!!

A few days ago, i was walking to my new job which is just a few blocks away from my house. I

didn't have my car, so with beautiful spring weather that Hashem made that day and with the flowers and trees blooming, I defiantly enjoyed the walk to work. I was excited cause this was my first day on the job (little did I know it was going to be busy and I ended up working a 9 hour shift, but it was great experiences and lots of funny first day stories). Back to the point though, in order to get to my work, i had to cross a big intersection. As the light turned green, i made my way to other side. At that same moment a big just of wind came and knocked my black velvet kippah of my head into the middle of the intersection. I couldn't go and grab it right way because the cars just began to go. As i got to the other side of the street, I started to wonder why am I experiencing this. Why did Hashem want me to witness me watching my kippah in the middle of the busy intersection being runned over my all these cars, all these people. As I watched, I noticed the people that were wating for the light to turn green were watching me. I kept having these questions come up in my head "Why me? Why am I experiencing this? What is this all supposed to mean? HASHEM, What are you telling me?"

As I was watching all this occur, I realized that maybe its a way to show me that in this world that I live in, filled with many averim, many goys always trying to get me to come out with them, filled with all these things that we can not control, we always come back to Hashem. I wanted to go back and grab my kippah. The kippah that symbolized to me that I have come this far, where I get the honor to were a black velvet kippah (i used to wear suede before). The whole reason I switched my keep was because after finding this site, after realizing that I need to step up my game and stop with this nonsense and get my life on track, that I want to be serious about my halacha. I want to stop doing averim and start doing more mitzvahs! I want to be closer to Hashem, that I want to learn Torah more and be more committed as I can be to Torah. I need to stop falling and start LIVING!!

I did have a thought of maybe leaving the kippah there in the middle of the intersection, but I told myself that's my life right there. This is what I live for to be close to Hashem and I need it in my life. If I don't go after it, who will? If not me, then who? I knew I had to go get it. I knew I had to stand up to myself and to prove myself that I am worthy to witness this because I know I will do whats right, even if I do not know or full understand completely why this is happening to me. To be honest with you, I still am wondering why it happened and what it all meant. But deep down I know that we, as the Jewish Nation, have accepted upon the mitzvahs of Hashem EVEN before we knew what they wore. We took the Torah not knowing what was inside and when we received it, we LOVED and still LOVE it!

I did go back and get my kippah, and yes everyone was watching me and probably thinking I was crazy to go out there for a piece of cloth, but I didn't care. I didn't care cause I know Hashem is always looking out after me and all of Kal Israel.

and thanks NOYA!

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Re: Struggla's Struggle of the 90 day challenge!
Posted by silentbattle - 20 Apr 2010 16:37

Wow. A post like that deserves an equally eloquent response, but I just don't know what to say. I'm going to think that over during my day, and reflect on that thought.

It's beautiful!

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Re: Struggla's Struggle of the 90 day challenge!
Posted by NOYA - 28 Apr 2010 03:35

Struggla! That was a really nice story. You are so high up on the numbers game man, really great! I also made the velvet switch when I felt it was time to get more serious. Anyway, I feel the yearning you have for Hashem and his holy Torah pouring through your words and know you'll be successful.

Hatzlacha!

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Re: Struggla's Struggle of the 90 day challenge!
Posted by NOYA - 09 May 2010 21:49

Hey Struggla,

Fill us in on your life, man!

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Re: Struggla's Struggle of the 90 day challenge!

Posted by struggla21 - 16 May 2010 04:01

I feel so honored to have reached the 90th day. I owe it all to Hashem! I davened to him everyday. The first day was tough, and the second day was even more tougher, but Hashem pulled me it through it. After about the first month or so, it got easier. I completely immersed my self in my school work and I started going to minyan everyday! Yes, EVERYDAY!! I never thought I could do it, but I did and still do. I came early when ever I could and learned if I could. I never went to a really yeshivah before, but I did the best I could. I asked many, many Rabbim to learn with me. And I thank every one of those Rabbim that did. Everybody here at GUE has made it possible for me to get through it, and keep continue the struggle. I especially admire the Reb Guard who had the shus to start this website, this program, and give all the encouragement to live in the proper mindset that Hashem and our Sages knew we could achieve. The best medicine I found is to read the "Daily Chizuk" emails. Sign up for all three of them!! I also signed up for daily Halacha and other articles through various organizations. The more Jewish things in I tried to only use the internet when I needed to (for school, work, etc). Otherwise, I tried to stay away from it. I stopped watching movies and listening to non-Jewish music. I still dont listen to non-Jewish music (Matisyahu is my life!). But I did start to watch movies again. I try to usually have someone with me when I do and I skip all the bad scenes.

The best advice I can give, is its all depends on you. No matter how many times you hear this, no matter where you hear this, it truly comes down to you. In the beginning I had quite the struggle (thats why Im named struggla!). I would always shift blame to something else or to someone else or things that occured in my life. But it was all truly from me. If I wanted to stop I always had the courage to do it. "Always do the right thing" I heard it once in a movie, and it stuck with me. No matter how bad, no matter how tempting, always, always always always always do the right thing! Hashem gave us this test for a reason. Every moment of our struggle, of our lives, everything is occurring for a reason! You have the power to find out why Hashem gave you this test, this hill to over come and also where you can apply it. Hashem would never let a person fail, especially not on of his children fail! You must, must find that special something about you that Hashem wants you to see. That will power that he instilled into you to combat with and win. Everyone has the power to do the right thing, Hashem knows it and You know it.

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my inbox, in my LIFE, the BETTER

Re: Struggla's Struggle of the 90 day challenge!

Posted by Sturggle - 16 May 2010 06:50

Congrats man!!

Keep on climbing!!

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Re: Struggla's Struggle of the 90 day challenge!
Posted by silentbattle - 17 May 2010 03:32

Mazal tov! May you continue to grow, in every way!

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Re: Struggla's Struggle of the 90 day challenge!
Posted by struggla21 - 10 Jun 2010 16:32

i fell last night...its a weird feeling.

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Re: Struggla's Struggle of the 90 day challenge!
Posted by struggla21 - 01 Jul 2010 21:12

well i fell last night, and i am going to post every day!

last night was weird for me, likke i knew i was doing something wrong, but yet i still did.

i remember this thought came through my head: "it will only take a second" and i fell for it.

i know that i could have controlled myself, i know i could, but i let my guard down.

well, he's off to another start!

ima battle through it!

day1: good so far!

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Re: Struggla's Struggle of the 90 day challenge!

Posted by bardichev - 01 Jul 2010 22:18

Struggla

Day One is the hardest

Keep on truckin

Say "fell shmell"

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