

Struggla's Struggle of the 90 day challenge!

Posted by struggla21 - 10 Nov 2009 06:57

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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 intimate conversations late at night. Anyways that led me to do things i shouldn't 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 that's my life in a nutshell (or a post haha). Hope to meet you all and here we go through this journey, hopefully it won't be a struggle though!!!! :D

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by imtrying25 - 31 Dec 2009 12:10

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[struggla21 wrote on 31 Dec 2009 01:11:](#)

Thank you for all your comments and responds!

Well i did end up going on that date. Afterwards I guess i started to convince myself I can be what she wants me to be. But slowly I'm starting to realize I think I am wrong. I talked to my Rebbe and he told me straight up that she is not the girl for me. I was very upset at him, but somehow deep inside I knew he is right. I'll have to tell her somehow, building up the courage for that. I hate this part...

Yes it's hard. Try to think of your Rebbe when you do it. it will make it a little easier. But please be careful to make sure no feelings are hurt. Not that I'm doubting you, but it doesn't hurt to be extra

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by NOYA - 01 Jan 2010 02:10

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Hey Struggla,

You still in NY? And what's up?

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by struggla21 - 05 Jan 2010 05:50

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Yea bro, still in NY. i'm doing alright, How bout you?

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by struggla21 - 05 Jan 2010 05:51

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Question to everyone:

Do you tell someone you are dating that you were/are and addict? If so, when should you tell them?

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by habib613 - 05 Jan 2010 05:57

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been discussed many times on gye.

the basic gist: R' twerski says u have to tell.

the only person i know about that got engaged while involved in gye is letakain, and she told.

see:

[rehab-my-site.com/guardureyes/forum/index.php?topic=1170.0](http://rehab-my-site.com/guardureyes/forum/index.php?topic=1170.0)

worked out fine

[rehab-my-site.com/guardureyes/forum/index.php?topic=1111.0](http://rehab-my-site.com/guardureyes/forum/index.php?topic=1111.0)

[rehab-my-site.com/guardureyes/forum/index.php?topic=1300.0](http://rehab-my-site.com/guardureyes/forum/index.php?topic=1300.0)

[rehab-my-site.com/guardureyes/forum/index.php?topic=1259.0](http://rehab-my-site.com/guardureyes/forum/index.php?topic=1259.0)

[rehab-my-site.com/guardureyes/forum/index.php?topic=1444.0](http://rehab-my-site.com/guardureyes/forum/index.php?topic=1444.0)

hatzlacha!

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

Posted by imtrying25 - 05 Jan 2010 10:01

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Struggla your back. Wow. I was getting a bit nervous!

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

Posted by NOYA - 06 Jan 2010 02:42

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Hey struggla,

we missed you. How you doing?

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

Posted by BecomeHoly - 13 Jan 2010 05:13

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Come back! we misssssssss you! ???

Oh... and please do update us :-) And you're nearly halfway to 90! KUTGW!

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

Posted by struggla21 - 15 Jan 2010 06:37

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40 days! Woot, woot!

(now if only i knew how to spell lol...)

Just a lil update, soo far soooo good! i've been keeping myself busy, B"H, learning lots more

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

Posted by silentbattle - 15 Jan 2010 18:37

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Glad to hear about your continued success!

KOT!

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Guys, thank you for all the chizuk, it has helped tremendously!!

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

Posted by imtrying25 - 21 Jan 2010 18:43

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[struggla21 wrote on 15 Jan 2010 06:37:](#)

40 days! Woot, woot!

(now if only i knew how to spell lol...)

Just a lil update, soo far soooo good! i've been keeping myself busy, B"H, learning lots more

Keep on rockin bro!!! 40?? Thats awesome!!!!

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

Posted by struggla21 - 21 Jan 2010 20:22

Guys, thank you for all the chizuk, it has helped tremendously!!

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I fell last night.

Somehow i'm not depressed about it or upset or mad at myself. Weird feeling, but good.

Here we go again...

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and focusing on my schooling. As long as my mind is somewhere else, i'm fine

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

Posted by imtrying25 - 21 Jan 2010 22:35

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Dont let yourself down. The reason why you probaly didnt feel bad was because of the stress release. It doesnt mean your not getting places. The best tactic we have is too brush ourselves off and pick ourselves up and continue fighting!!!

Dont let that yh have his way. He wants you to fall and stay down. Get up. Dont punch him back. just ignore him!!!

KEEP ON ROLLIN BRO. YOU'LL GET THERE!!

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Re: Struggla's Struggle of the 90 day challenge!  
Posted by silentbattle - 22 Jan 2010 00:51

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IT - it sounds like he's already moving forward.

one day at a time - because every day, even one day, is valuable.

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