

15+ years of battle - The Final Battle that will lead to victory

Posted by Ykv_schwartz - 08 Feb 2009 21:10

I have been battling this menuval for over 15 years since the age of 16. For the first time in my life I have a social network to reach out to and connect. I have made many attempts to breaking this terrible habit. But I will now once start from over again with what I hope will be the final battle that will ultimately lead to victory. Anyone reading this who feels moved or has encouraging words or words of advice, please share them with me. It will give me chizuk to know that I can give chizuk to others. It gives me chizuk knowing that others want me to succeed and want to give me chizuk. So please do not refrain from even the smallest comment. You never know how far your words can reach.

I have been clean now since Feb 4. I spent last night (Feb 6, motzai shabbos) and today in intense teshuva. For the first time in a long time, I felt the signs from Shamayim that I will be accepted back again. I was so encouraged by these signs it made me focus more on how to continue to work on myself to rid myself completely.

Here is my declaration of Teshuva(based on chovos Halevavos)

Today I am doing Teshuva for the terrible sins of masturbation, spilling seed, gazing at inappropriate material, and all other related sins. I realize full well that I have done these terrible acts. These acts are disgusting and despicable in the eyes of Hashem. Hashem despises them being done. They taint the body and soul.

Great Punishment awaits me for violating these prohibitions; I am afraid of your judgement. And although Hashem has not already meted out retribution for my sins, my sins are still preserved in the book of iniquities; nothing is forgotten from Hashem. I should not think that the reason I have not been punished already is because Hashem let this one slide. On the contrary, He know full well of my deeds but delays retribution to give me a chance to do Teshuvah. This is done out of the the great Chesed of Hashem. For according to the attribute of justice, I deserve to be punished immediately. But, Hashem in his great and infinite chesed gave me a chance to do Teshuvah. I thank you Hashem for granting m such privileges, for creating the concept of Teshuvah. I CAN FIX MY WRONGDOINGS!!!!

But not only this Kindness do you do for me but countless amount of kindness do you shower upon me. But in return for your graciousness I rebelled against you, while in fact I should be praising, thanking and be pleasing in your eyes.

Woe to me for committing these Sins. For instead of receiving great reward in this world and the next I am receiving just a minute and temporal amount of pleasure for my sins. And although I received at least this little amount of pleasure, I will be receiving great amounts of pain due to the punishment in this world and the next.

I, Therefore, take upon myself to remove myself from these sins and return to you Hashem. And although, I realize from the beginning that this will not be easy and I will have to face tough battles with the Yetzer Harah, I am willing to fight and I will never ever give up, no-matter what happens, and I am confident that I will win.

And I end with a plea to you, Hashem. For I realize that without your help I am unable to properly do Teshuvah. I therefore ask of you that now that I have pierced a hole the size of a needlepoint, you widen it like the opening of the Ulam.

May we all be Zoche to Teshuva Shleima

-ykv

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Re: 15+ years of battle - The Final Battle that will lead to victory

Posted by astronaut129 - 08 Nov 2009 09:46

shalom ykv

i loved reading your amazing story, wonderful. may hashem be with you in the struggle and that u b victorious.

astronaut129

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Re: 15+ years of battle - The Final Battle that will lead to victory

Posted by Momo - 27 Dec 2009 11:20

YOU ARE SOMEBODY SPECIAL!!!

:D :D :D

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Re: 15+ years of battle - The Final Battle that will lead to victory

Posted by Ykv_schwartz - 26 Jan 2010 23:06

With immense gratitude to Hashem, I would like to announce that today on the hebrew calendar(11 shevat) marks:

ONE YEAR OF SOBRIETY

AS many of you already know, my first day began at Rav Noach Weinber's Levaya, which is why I am using the hebrew date as my "sobriety birthday". B"H, I have learned and grown a lot in the past year and I am happy to have this addiction behind me. The funny thing is that I remember last year thinking how excited I will be on after hitting one year. But the truth is that sobriety is so normal that it is a bit hard to relate to the fact that I was once an addict. B"H, I continue to work on myself in all areas of avodas Hashem but specifically midas yesod I put lots of emphasis on. I continue to grow in shemiras eynaiym, which is also so second nature at this point. But I still work on it and address it. I read the sefer "V'haer eyneynu", which is an excellent sefer OK, the hour is late for me.

I wish all my chaveirim here on GYE lots of hatzlacha and siyata d'shmaya. May HKBH open your eyes to your paths of recovery and may you have the strength and courage to travel on the journey that he set forth for you. Feel free to contact me by email if you think I could be of any assistance to you.

I will end by including a post I wrote on Aish.com, which Guard included in yesterday's email:

"My first exposure to porn came at age 10. My addictive behavior picked up speed at age 12. When I was 16, I had a spiritual awakening and made a conscious decision to stop. However, despite all my efforts, my addiction grew and grew as it threatened my job, my family and ate away my spirituality. At the beginning of Feb '09, I was introduced to the guardyoureyes.org website. But I still could not get courage to pick myself up and beat my addiction. However, a few days later, Rav Noach Weinberg zt"l (Rosh Yeshiva of Aish) passed away. I attended his funeral and something magical happened that day, as I listened to all the eulogies. All of a sudden I felt a sense of strength. I felt a sense of meaning. I felt a sense of believing in myself that I could do what G-d wants me to do. For the first time in a long time, I felt that I could rid myself of this addiction if I only wanted to and asked Hashem for help. That day marks my first day of sobriety. From that day forward, I remained clean of this destructive behavior as I learned to rebuild my life using the tools on the guardyoureyes.org website."

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Re: 15+ years of battle - The Final Battle that will lead to victory
Posted by Momo - 27 Jan 2010 06:51

Mazal tov, and may you continue to grow, and be a beacon for Am Yisrael.

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Re: 15+ years of battle - The Final Battle that will lead to victory
Posted by 7yipol - 27 Jan 2010 12:06

Mazal Tov REBBE!

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Re: 15+ years of battle - The Final Battle that will lead to victory
Posted by bardichev - 27 Jan 2010 15:56

THIS IS A DAY OF GREAT SIMCHA

FIRST AND FOREMOST REB YAAKOV'S SIMCHA

YES HE BEAT THE MENUVAL BACK FOR A YEAR

THAT IS SUCH A HUGE SIMCHA

AND TESTAMENT TO EFFECTIVENESS OF THIS FORUM

ON A PERSONAL NOTE

SOME 10 MONTHS AGO

WHEN I JOINED THE FORUM

THE PERSON WHO I LOOKED UP TO

WAS REB YAAKOV

AND I SAW HIM ON THE WALL OF HONOR

IT WAS "40" DAYS CLEAN

WOW I THOUGHT

HOW CAN SOME ONE GO FORTY DAYS

B"H I WAS ABLE TO COPY HIM

THERE ARE MANY LESSONS WE ALL CAN LEARN FROM REB YAAKOV

NO.1 PERSERVERANCE

AS SOME PEOPLE MAY KNOW REB YAAKOV'S SUCCESS WAS AFTER MANY FALLBACKS

YES HE WAS EVEN PART OF A 12 STEP GROUP WHICH DID NOT BRING HIM TO WHERE HE IS TODAY

YAAKOV STRUGGLED IN THIS STRUGGLE AND NEVER GAVE UP!!

NO.2 YIRAS SHAMAYIM

IF WE READ YAAKOV'S POSTS WE SEE HE IS AN YUNGERMAN THAT LIVES EATS AND SLEEPS WITH HKB"H ON HIS MIND

NO.3 TORAH

YAAKOV SYMOLIZES THE ATTRIBUTE OF A BEN TORAH

NO.4 PERONALITY

YAAKOV IN HIS QUEST FOR CLEAN NEVER EVER GAVE UP HIS PERSONILITY

NO.5 SIMCHA

WE ALL FEEL HIS HAPPINESS AND WARMTH

UHH DOES HE DRINK WOODFORD?? I DONT KNOW

LVHAIM MAZEL TOV!!!

WWOW!!!!!!

b

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Re: 15+ years of battle - The Final Battle that will lead to victory
Posted by bardichev - 27 Jan 2010 19:26

where are the mazel tovs??!!

cmon this is gue!!!

we are family

i drank alchaim

i posred amazael tov

i emailed yaakov!!

where is the oilam!!??

cmaon!!

a year!!!!!!!

why-ee-aye-are!!!!!!!!!!!!

the guy deserves a bit more than

a stale

keep on truckin from bards

cman

where are the cheer leaders??

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Re: 15+ years of battle - The Final Battle that will lead to victory
Posted by bardichev - 27 Jan 2010 22:45

NUUUUUUUUUUUUUUUUUUUUUUU??

V

ZENEN

DE

MAZAL TOVS??

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Re: 15+ years of battle - The Final Battle that will lead to victory
Posted by Dov - 27 Jan 2010 23:16

Gevalt, rebbe, OK, maybe some folks didn't read it yet, go make another l'chayim and chill!

ehem...I feel better now.....

MAZEL TOV REB YAAKOV!!!!

You are with Hashem's help, a true home-grown GYE-nick. May He keep spreading His wealth through you!

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Re: 15+ years of battle - The Final Battle that will lead to victory
Posted by Me3 - 27 Jan 2010 23:23

OH, I did miss this. Mazal Tov. Looking forward to celebrate many more anniversaries together.

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Re: 15+ years of battle - The Final Battle that will lead to victory
Posted by silentbattle - 28 Jan 2010 00:56

Wow!!

Mazal tov! That is truly incredible, and something to be proud of! And the fact that it feels "normal," is even better!

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Re: 15+ years of battle - The Final Battle that will lead to victory
Posted by Ykv_schwartz - 28 Jan 2010 11:16

Thank you to everyone (Momo, 7up,bardichev, dov,me3, SB) who wished me a mazel tov.

Bardichev, I especially want to thank you for being such a supportive friend throughout. I greatly value the relationship I built with you. I mentioned to you many times that it these relationship which help protect us in the long run.

May we all be zoche to continue growing one day at a time at our appropriate paces.

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