

TzedekChaim's journey

Posted by TzedekChaim - 06 Sep 2016 23:20

Well here I am.

I thought I could do it on my own. Definitely can't. That's how being an addict is. Although this is in the 90 day journey section. I am not going for 90 days. Just 1 day. Today. From now till 7:08pm tomorrow. Then we'll see from there.

I was exposed to this filth as a youngster, completely out of no where. I was playing a gameboy and one of my classmates had a psp with unfiltered internet access and he shoved it in my face. The internet in my house was not filtered (parents in denial, yada yada...). b'h I have not watched that much shmutz but my imagination is a real problem, not to mention the triggers abound in the goyish college/public transportation that I go to. The rest is history. But since finding gye about 2 yrs ago I hope to change that.

So why am I starting a thread if I have been doing this for two years? Obviously, because I have been failing at this for not just the past two years (where I have made some very big gains) but also for the last ten years. I am now 23 and in the parsha, but I am not stupid to think that getting married will solve my problems. it will probably make them worse. What I need is advice and support from this amazing community to help me get through this.

Thanks

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Re: TzedekChaim's journey

Posted by TzedekChaim - 29 Dec 2016 16:22

went to two weddings this week. The first was nearly perfect in terms of lust/shmiras eynayim. But the second and more recent was not as good though I did hold up the three second rule, nevertheless I felt like I wanted to look and maybe saw more than I should have because of it.

(Surrendering the thoughts is amazing but I need to keep working on my shmiras eynayim and I thank Hashem for the reminder to keep up the good work, but that I have a lot more ways to go b'H)

All the best GYE!!!

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Re: TzedekChaim's journey

Posted by TzedekChaim - 01 Jan 2017 02:23

b'H!

I had a very powerful realization this past friday. I was in a mall trying to pick up a birthday present for someone and there were lot's of not good sites abound. I was generally keeping my eyes down, surrendering if I did see anything, all within the three second rule, which b'H I am getting pretty good at. Then it hit me. If I truly was surrendering then I should have no problem looking at the ground. The need to look around is very revealing of the fact that I am not truly surrendering. Once I realized that and surrendered the looking around thing. It became a bit easier to keep my eyes down.

b'H I have a new area to work on and we'll add that to the trucking schedule.

keep it up GYE!!!

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117!!!

Re: TzedekChaim's journey

Posted by Markz - 01 Jan 2017 02:27

Keep it up brother

KO"TC"!!!

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Re: TzedekChaim's journey

Posted by Shlomo24 - 01 Jan 2017 04:59

[TzedekChaim wrote on 01 Jan 2017 02:23:](#)

b'H!

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Excellent, surrendering means giving up. If I'm in my own power then I'm not giving up. If I am only surrendering because I know that it will take the obsession away then I'm not surrendering! This was actually something my therapist told me and I've come to internalize it. Now, sometimes I'll say "God, I'm surrendering (insert lust etc.). I'm giving up. Because of that, I'm not going to do anything to take it away, I'm just going to move on and do the next right thing." It happened to me today when I was about to take a nap, I was very triggered about something and I realized there's nothing I can do within my power to take it away. So I surrendered and just went about to fall asleep. And I fell asleep! Nothing major happened because I gave up and didn't do anything.

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Re: TzedekChaim's journey

Posted by TzedekChaim - 12 Jan 2017 18:51

Thank you Shlomo24. Yes, The most important thing seems to internalize the messages. Not how long you spend at GYE. Working on real surrender. b'H

b'H!!

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Re: TzedekChaim's journey

Posted by Singularity - 13 Jan 2017 10:18

WOW!

That's a big number! A Binary dream!

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Re: TzedekChaim's journey

Posted by MayanHamisgaber - 14 Jan 2017 23:44

testing something (ignore)

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Re: TzedekChaim's journey
Posted by MayanHamisgaber - 14 Jan 2017 23:45

testing again 1234

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Re: TzedekChaim's journey
Posted by TzedekChaim - 08 Feb 2017 02:10

and 128 = 8-bits which is 7 + 1 or above the teva.

Today is Day 155, b'H the trucking continues.

Thank you Hashem for all of the siyata dishmaya and hatzlacha throughout the whole parsha thing till now. May we all be zoche to build bayis ne'emanim bi'yisroel and to keep the trucking through the thick and thin.

The past couple of days have been rough. I've been a bit down. (no doubt my yetzer harah trying to keep me in his grasp. I consider this prolonged depression a slip which is miles ahead) I think that i need to reinforce myself by posting more on the forum, whether on my thread or on others. I feel a bit isolated from others, and my kallah to be. I have not told her about this challenge of mine. I did tell her that I have self-esteem problems, which I believe are integral to this as an issue for me at least. So she is aware to that extent.

I think being down makes me 'want' to be triggered and shmiras eynayim becomes that much harder. To be fair, I did have many good moments today where I had good shemiras eynaymi Haha Singularity, good one and even the bad stuff I did see I kept the three second rule, which is quite special. So by

feeling down, and feeling like the challenge is so much harder is also not giving the correct focus on the positives of what happened over the past couple of days. (Heck! I'm getting so much chizuk just writing this. For sure, it was the yetzer harah who got me to stop posting as frequently with the excuse 'oh, your doing great, you don't need to post, besides. you don't have times. Hey, your thread doesn't even get so much attention. Nobody REALLY cares what you have to say. etc...' So I will b'H try to post at least once a week bi'dieved, and twice a week lichatcheila. (more if time permitting).

I do need to post. And I will make time. Recovery is critical now even more than before. Certainly, the most critical thing for me both as my avodas Hashem, and for my own health and safety of those I hold dearest (that includes me too). Thank you GYE, for just doing the amazing things that you do!

Now, back to the engagement issue. Which is amazing news and I am very happy about it. (I think the yetzer is trying to get me down (nervous, cold feet, etc...) just to start the whole thing off to a grey start). I guess I'll have to work overtime and give it (The event) and her (the kallah) the focus she deserves.

Hatzlacha Rabba GYE and all the amazing chevra here!!

One day at a time!

btw my rebbe did not come into america in the end so I did not get the chance to speak with him about my issue in person, which I was planning on doing. I DID speak with my father about my issue, but I am not sure it was the most helpful thing. I think I should still meet with this rebbe. The most important thing is taking it one day at a time, It is true that everything may go to pieces in the future, but I can't control that now. I can only do what I need to today, the rest is up to Hashem. May I be zoche to internalize this principle.

I have a chizuk story that happened to me one of these past days, but I must go now so that will have to wait till next time. (this is a reminder stubb for me...)

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Re: TzedekChaim's journey

Posted by cordnoy - 08 Feb 2017 04:03

Mazel tov to you.

May you have much nachas and hatzlachah.

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Re: TzedekChaim's journey

Posted by Singularity - 08 Feb 2017 08:33

Mazeltov! Bru.

I'd make it a point to speak to your rebbe. I wish I had reached out to someone properly before I got married. Could have kicked off my recovery much earlier and made better decisions in life.

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Re: TzedekChaim's journey

Posted by TzedekChaim - 09 Feb 2017 21:43

Today is 156 b"H!!

Thank you cordnoy and singularity.

I managed to get in touch with my rebbe and spoke with him on the phone(and gchat) for a while. He was very helpful and actually has a lot of experience dealing with these things. He was very understanding. Funny how opening up to key people is much easier than it seems at first.

The amazing story I referenced above which I said that I would share is that I was taking the subway to a certain station and as the train came in I realized that there was a magazine stand on the platform. My car opened to the right of the magazine stand and there were two staircases. One on the other side of the stand and one to my right. Obviously I went to the one on my right and avoided the stand. As I came to the bottom of the staircase I realized that this wasn't the exit I needed and that I actually needed the other staircase past the mag. stand. I headed back thinking that I surrender to Hashem and he can deal with this challenge. I kept my eyes down and quickly walked past the stand. what do you know, the side I walked on
Go God!!!

Hatzlacha GYE!

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Re: TzedekChaim's journey
Posted by Singularity - 10 Feb 2017 07:43

[TzedekChaim wrote on 09 Feb 2017 21:43:](#)

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Hatzlacha GYE!

BH!

The same God who put the magazines there in the first place ;-)
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When dealing with these things, I remember learning the *akeida* with my Rov and he explained why a cloud was around the mountain.

Most fears, troubles are like a cloud. Looks impossible to pass through. Treacherous. But walk through it and before you know it you're on the other side.

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Re: TzedekChaim's journey
Posted by TzedekChaim - 13 Feb 2017 17:17

Beautiful Idea Singularity. (and thank you for the push to speak with my rebbe. In my mind it went from important to critical, so thank you. Also thanks for the torah share from your rov. Really great.)

An idea I was thinking of is why did Hashem make dust? I think it may be to show us that in order to live in a good way you have to keep cleaning. you have to keep working against the 'dust' which will always be there and slowly covering everything.

here is a great one liner that I heard recently: "in this world you don't get what you deserve. in this world, you get what you need to serve"

I think its good motivation for realizing how we have everything we need, and that what we have is amazing (samaech bichelko) and we should be overjoyed that we have everything we need to accomplish the mission we have and not seeking ways to get things that are not for us.

Hope to continue the discussion with my rebbe (he gave me a few shiurim just to bring me up on a couple of concepts). Chasdei Hashem That I have such a rebbe to guide me! I would say that I wish I had done so earlier, but I am not sure I realized the true nature (to the extent that I do now) of my challenge (ie. lust and not the challenge of not acting out. that for me is a consequence of the first, So if I work on the first the second goes away. Also the lust is void filling for me so I have been learning how to deal with MY LIFE which is fun in many ways). so I don't think it would have been so constructive at an earlier point (at least earlier than 160 days ago when I saw the precipice.

Hatzlacha GYE and keep the trucking up!!!

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