

A different 90 days?

Posted by silentbattle - 22 Nov 2009 21:28

My current battle is a bit different, maybe...ok, no maybe about it - on a lower level than a lot of other people here. Whether or not there's a high level of addiction level present, I've been involved in unhealthy, non-halachically correct relationships. I have set myself certain goals to help avoid this, and with Hashem's help, I've been succeeding.

I'm still trying to figure out everything about this site, and how to fully utilize it in my battles.

Originally, I had planned on using the wall of honor to keep track of my progress in my personal battle. Now, however, I read the rules for the WOH, and realized that although I'm succeeding, my victories aren't those being celebrated on the wall of honor, and according to the rules, I'm falling constantly.

Any suggestions?

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Re: A different 90 days?

Posted by Kollel Guy - 17 Jan 2010 08:58

Hey SB did you forget about this thread of yours?

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Re: A different 90 days?

Posted by habaletaher - 17 Jan 2010 09:07

Hey SB,

May the Lord be beneath your wings, and carryeth you to places you've not seen in a long time!

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Re: A different 90 days?

Posted by silentbattle - 17 Jan 2010 14:47

Hey, guys...thanks for dropping in, but I've pretty much moved all my posting to my "silent battle" thread. This was my original thread, when I wasn't sure if i was going to try going for the full-fledged WOH rules, and wanted some input as far as what I should do.

Glad to see you guys pop in, though!

(click the link under this post to be teleported there instantly!)

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Re: A different 90 days?

Posted by cordnoy - 05 Jul 2015 21:24

[jerusalemsexaddict wrote:](#)

Reb Silent,

My name is Uri.

We're coming from the same place my friend.

And know that the addiction to porn,masturbation,or sex are all very much from the same place.

A need for love.A need for security.

See you on my other thread?!

But sadly,these things will never give us either one.In fact,the one relationship that I thought would finally grant me security is now my biggest source of insecurity.

The key is to find security within one's self.

This site can do great things for you.

It's a place of trust.

We all know exactly what you're feeling and where u are coming from cause we're there or have been there ourselves.

A little background about myself:

Grew up in a very modern home. Was out with girls alot. Lost my virginity at age 15.

Had sex on a very constant basis.

Stick with us buddy and we'll lift you up back into life.
At age 17, I started to become very religious at a rapid pace.

Soon I found myself in maybe the most prestigious American yeshiva in Israel.

Things were going steady for a while.

But sooner than I knew, I was back in bed. And it returned to the way it was when I was not religious.

I mean here I am one of the yeshiva's masmids, the apple of my Rebbe's eye, my neighborhood's success story, the person my siblings looked up to, in bed with a strange girl!

I had lost control of myself.

I contemplated suicide.

I stood on the roof of my yeshiva building and looked down.

But, as you can see, I did not kill myself.

In fact, my life is now better than it was even before I had sex.

The point is not just to stop having sex and masturbating and watching porn.

The point is to use this addiction to bring us to a whole new life.

This is something that's very hard to understand when you are in the heat of the addiction.

But you'll have to take my word (and countless others) on this.

There is a beautiful life awaiting you if only you change your whole approach to life.

It might take a bit and it's worth it.

So this is the answer to your great question.

You don't want to be rid of your addiction because right now life outside the addiction is blah!

You're thinking "okay.so i wont be having sex.but ill be miserable as hell."

There is another option.

I'm telling you:it exists!

I strongly suggest an addiction therapist/12-step groups.

You need to undergo a serious change for this to work.

It's the only way.

All the best

-uri

I do wonder what happened to him; but this post is precious!

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Re: A different 90 days?

Posted by serenity - 05 Jul 2015 21:35

Thank you Cordnoy for bumping up this thread. The reply from Guard should probably standard reading for every New Comer.

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