

My Journey...

Posted by newbeginning - 29 Dec 2016 18:28

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{{UPDATE!! - BH 180 DAYS CLEAN AS OF 27 JUNE 2017}} -

Another day, another post acting out ritual (shower, commit to 'taking it seriously now'... I have been taking it seriously for years! My mind thinks that by doing all these things I will have a fresh start, or as Dov calls it the nuclear reset button).

I fell again, I'm muddled up. I feel angry at myself but I know I should be happy that Hashem made me fall, it was his will and that is what happened. But I feel like I'm cheating myself if I say that, because I don't end up taking actions and I end up falling again.

My name is Eli and I am 20 years old living in London. I have friends who are planning to get engaged, engaged and already married, friends who are finishing uni and are in careers... and where am I? I achieved decent grades in high school (7 A's out of 12 Subjects) but then I mucked up my A levels (college exams), so I ended up trying out a variety of jobs e..g Accountancy, Law, Transport and fast forward 3 years I am planning to redo some exams in the hope to go to university next year (Potentially to study Pharmacy or something similar). But to tell the truth i am so muddled up, I don't know what career to go into, truthfully I would just rather have a job say 3 days a week, and the other 2 I would learn. I have complete Emuna that whatever i will earn, I will earn as long as I put in the effort, but it depends on certain conditions e.g. personal holiness, which I can't keep to.

I have learnt how to create iPhone Apps but have given up developing them because I don't think its wise for me to be on the computer all day to get parnasa (even though i have covenant eyes)

In these past years I am slowly destroying myself, I have quit 4 jobs and given up on university after a year, I'm running out of money, I don't even have the motivation to study even though I've been given this fantastic opportunity to retake my grades, I am becoming more and more socially isolated, and its because of this addiction. Yes i know its an addiction, i started going on GYE when I was about 15 and read all the stories, and thought to myself 'phew, I am nothing like what I'm reading'... If only I knew.

I have been so close on numerous occasions to visiting prostitutes, my addiction has got worse and worse over the years, despite growing tremendously e.g. Learning more, becoming very active in my shul, genuinely feeling spiritual. I guess its true, the more kedusha, the more evil as it allows free will.

For a long time I have had a list of precautions e.g. Only go on computer for a set time and have defined goals and a lot more etc (which i have learnt from previous mistakes) but I keep on breaking them and bypassing them. If I kept all of these and did what I need to do, I truly believe I would not stumble into these situations in the first place.

Today I have had a nice day, I'm seeing a friend this evening. its all going well. My mum & sister pop out for an hour, my heart races, I think its a perfect opportunity to act out. I know its wrong, I know the effect it has on me and I clearly see the effect on my parnasa, learning and my life, but I don't care, everything becomes frozen at that point. I was even listening to such uplifting music before and felt so close to Hashem. I went from one extreme to another.

I know I am rambling on, but I just want to get it all out once and for all. I mention that I am becoming socially isolated because most of my friends are Jewish but not religious and for example I was invited to a club with them all on New Years Eve, but I made an excuse just so I wouldn't be in an inappropriate environment like that. But now I am spending NYE at home, alone. I don't know which is worse!!

So BH Tomorrow (30th December) is my first day (again) of this journey. I need to commit, I need to get involved in GYE and have perfect faith that Hashem is working on my life and I need to stay calm. (P.s most of the day I was looking at different career options which get me stressed and worried - I'm sure this contributes to me acting out).

I know what I want, I want PG a wife, a family... But I feel so far away from it, I need to fix myself first.

Maybe someone in London is reading this? I'm happy to partner up with someone to help me, or even someone in another country! Also I am aware of the GYE tools, I've used them on and off e.g. Dov calls, partners, emails, but I never commit. (that applies to most things in life).

Eli

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Re: My Journey...

Posted by cordnoy - 30 Dec 2016 14:24

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[newbeginning wrote on 30 Dec 2016 13:47:](#)

I would love to get rid of Facebook. But I have so many nice memories/pictures that I feel like I can't just delete it. I get invited to events / friend social events / Jewish events on Facebook so if I suddenly deleted it I feel like I would miss out on so much, plus its one of the only ways I use to contact lots of friends.

I believe the answer for me is limiting it, so as well as my taphsic method I have a list of precautions which I am going to PG stick to e.g. Going on FB once in morningg for 5 mins and once in evening, than i won't be carelessly browsing.

Half measures are of no avail.

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Re: My Journey...

Posted by Gevura Shebyesod - 30 Dec 2016 14:34

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Re: My Journey...

Posted by Markz - 30 Dec 2016 14:53

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[newbeginning wrote:](#)

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We have lots in common

I also have so many nice memories

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Re: My Journey...

Posted by Markz - 30 Dec 2016 14:56

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[Gevura Shebyesod wrote:](#)

Go quick to meet the guard before they remove his bear hide, as I heard the Royal decree may be passed soon to remove all avatars

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Re: My Journey...

Posted by newbeginning - 31 Dec 2016 20:43

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haha if only I could just hang outside Buckingham Palace, the security measures are so tight now!!

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Re: My Journey...

Posted by newbeginning - 22 Jan 2017 19:25

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Baruch Hashem 24 days clean.

Throughout the past 7 or so days I have had 6 nocturnal emissions! I have never had so many! Most of them happen without any type of dream at all, and I am certainly guarding my eyes to the best of my ability during the day, a lot more than I used to!! What's happening ?? I just feel like laughing when it happens now... I guard my eyes in the day, I say the full section of Shema, psalms etc before bed, rock under pillow, ask G-d specifically to not let me have a nocturnal emission, and BANG it happens, once twice in one night!! The only thing I have been doing differently recently is saying Tikun Haklali every day, which if anything should stop it??? so confused....hmm...

Maybe I will try and say the bed time prayers with more kavanah etc, not sure what to do apart from pray more to Hashem. obviously, Hashem is making this happen for a reason, so I'm not complaining as such, just wanting to get advice about it, maybe theres something else I should do which I am not trying.

I heard somewhere that your feet should be outside the cover?? Can anyone elaborate on that.

Thanks,

Eli

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Re: My Journey...

Posted by Gevura Shebyesod - 22 Jan 2017 19:36

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Probably just your body getting used to the idea that it isn't happening in other ways anymore. eventually the "production" will slow down and it won't happen so often. It's a pretty common thing to happen.

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Re: My Journey...

Posted by newbeginning - 22 Jan 2017 19:39

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Thanks

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Re: My Journey...

Posted by cordnoy - 22 Jan 2017 20:15

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[newbeginning wrote on 22 Jan 2017 19:25:](#)

Baruch Hashem 24 days clean.

Hang in there, life gets better and better

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Thanks,

Eli

Maybe try keepin' your hands outside the cover!

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Re: My Journey...

Posted by MayanHamisgaber - 22 Jan 2017 20:44

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B'hatzlacha

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Re: My Journey...

Posted by Shlomo24 - 22 Jan 2017 20:52

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Rock under the pillow! Ouch!

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Re: My Journey...

Posted by Singularity - 23 Jan 2017 07:51

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Don't get too bogged down about them. I had one a few nights ago. Just get up and keep truckin.

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Re: My Journey...

Posted by newbeginning - 23 Jan 2017 19:39

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oh wow... so many sarcastic comments... & Thanks singularity!

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Re: My Journey...

Posted by newbeginning - 28 Jan 2017 21:05

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Baruch Hashem 30 days clean. Just a quick update, the Taphsic method I am using is really great. (see first page) also I have managed to get a job as a pharmacy assistant in a Hospital in London (Training to become tech) - IY'H this will be the right job for me. Should be starting in a few weeks,

Eli

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