

Become Holy's Journey

Posted by BecomeHoly - 10 Dec 2009 02:39

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Hi Everyone.

I'm single, and nearly 27 and I've never had a clean streak of more than 2 months. I know I can do this - I've had the ability to remove the need, however, since I am so sensitive, tiny things trigger me and at a certain point a trigger takes me over the edge. Usually that means that I just give in to the "pressure" and satisfy myself - with no involvement of any external stimuli such as pictures... However, what comes next....

I fall into the typical traps of the Yetzer:

a) You've messed up, so now it doesn't matter = I say screw it, and go find myself some porn. Filters do not help me. I'm a computer expert, and if I want it I will get it with relative ease. Once we've gone this direction, its like jumping in the boiling tub - its not so hot anymore, and it's "no big deal." If I could prevent this from happening, my battle is won. I know its a big deal, and I need to keep that focus. Hopefully this site will achieve that for me.

b) If you can't do it right, don't bother - I don't start my clean streak unless I feel it was on the right foot - Go to mikveh after a shower/ shave... (trying to follow as much as possible what a nida does) to achieve tahara, but if I didn't have time to shave or whatever, I don't bother going to mikvah, and I have less "reason" to stop when I'm tempted a few days later. Also, if I didn't have a chance yet to say tikkun hayesod after the mikva, and I'm tempted before I do say it - then I'm like "oh, well you're really not all set yet - you'll start being good after you start off right."

In addition to this, I've become addicted to Movies and TV shows. Besides being a trigger, I am wasting so much time that I'm on the verge of losing my job because of poor performance and I really need to get my act together.

All this is partially fueled by the fact that I have constant fatigue coupled with stomach pain. I've been to MANY MANY doctors and no one can tell me whats wrong, and what this means is that I rarely feel like I have the energy to do stuff. Its a vicious cycle - I probably have some kinda of food allergy, which means I'm getting poor nutrition, and on top of that my stomach pain affects my sleep, and therefore I end up getting very little done. I end up with a terrible sleeping

schedule because I sleep during the day often enough to try to feel less tired, and often I end up staying up late because of that (sometimes I stay up even later because I wanted to watch another movie). I miss shachris all the time and I feel a disconnect from God and of course that all makes it much easier to do things that are bad for me. If I'm resisting arayot, I'm watching movies or tv shows, which usually is only a stepping stone to arayot.

Now I'm pretty sure some (if not all ) of my medical problems can be attributed to the sitra achra. What I need is a way out of the vicious cycle where I am both losing my connection to God because of missing davening, or an unfocused davening, and on top of that having the energy to do to productive things so I don't end up doing destructive things. This includes TV, movies and the like.

I am hoping that this site will help me get my act together - get a solid schedule, such that I'm both productive and NOT destructive, and that I can succeed pushing through the beginning where it will be a literal war with my desires. I know that after 30 - 60 days I will be doing fine. I just need to get through the beginning and my life will then be filled with blessing.

B'ezrat Hashem, at that point I will be deemed worthy in Gods eyes to find my bashert so I can continue to grow in his service.

I appreciate everyone's help in creating the new me.

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Re: Become Holy's Journey

Posted by BecomeHoly - 12 Jan 2010 22:18

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Oh indeed... it was 3pm till 11:59pm = midnight...

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Re: Become Holy's Journey

Posted by imtrying25 - 12 Jan 2010 22:20

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[BecomeHoly wrote on 12 Jan 2010 22:18:](#)

Oh indeed... it was 3pm till 11:59pm = midnight...

*That* may take even more talent!! :D :D Or else you set an alarm clock. :D :D

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Re: Become Holy's Journey

Posted by BecomeHoly - 12 Jan 2010 22:46

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ok... well after a total of 11 hours of sleep..... "last night" maybe more like "last 24" I am still only awake because I'm doing stuff that requires very little mental power... and my pushing myself when I'm tired has given me a headache. yay?

steve & I'm trying... at least someone thinks I have talent :- ) (Ok... there are plenty of others...I don't actually have that self esteem issue, but I really really do appreciate you guys :-)

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Re: Become Holy's Journey

Posted by imtrying25 - 12 Jan 2010 23:10

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Dont get pumped by my words dude. My assesment of talent is like zero. i mean to me if you can throw a piece of paper into the garbage your the next babe ruth! :D

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Re: Become Holy's Journey

Posted by BecomeHoly - 13 Jan 2010 13:48

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OK here it is: I didn't sleep ALL DAY yesterday, so I could sleep well at night. I took some kind of supplement last night to help too. and I went to sleep EARLY! Before 11! I had 8.5 hours to

sleep. Guess what time I got up. 4:30. 4:30! and thats after some pretty low quality sleep preceding it.

GOD I'm trying. I was a zombie ALL day yesterday. WHY do you ignore me in my time of need? THIS IS MY number ONE killer. I put in such effort. This is so upsetting.

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Re: Become Holy's Journey

Posted by WeWillNotBeForsaken - 13 Jan 2010 14:00

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Maybe you should go to a (medical) doctor?

There are many things that can hinder sleep.

May I ask what supplement you took to help you with sleep?

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Re: Become Holy's Journey

Posted by BecomeHoly - 13 Jan 2010 14:30

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Read my previous post.... I've been to MANY doctors... none of them have helped. Supplement was inositol. No idea if it works... I tried it because my mom wanted me to...

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Re: Become Holy's Journey

Posted by Steve - 13 Jan 2010 14:58

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Dude, do you snore? Maybe you have sleep apnea. I do. I sleep better when I'm taking care of it properly. Got a C-Pap machine.

Also, obviously worries get in the way. gotta clear your slate somehow before the head hits the pillow.

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Re: Become Holy's Journey

Posted by BecomeHoly - 13 Jan 2010 15:02

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nope... don't snore. I was so tired last night ( because I stayed up all day trying to fix my schedule..) that I fell asleep as soon as I hit the pillow. I expected to be out cold for 8 hours.... Woke up at 4:30. No Idea why.

Here is a graph of my sleep. I tossed an turned until a little after 5 when I got up. Ignore everything after that because I just didn't turn off the thing when I got up (if you turn it off too early it doesn't give u a graph...)

Oh.. and I used this program: [www.lexwarelabs.com/sleepcycle/](http://www.lexwarelabs.com/sleepcycle/)

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Re: Become Holy's Journey

Posted by BecomeHoly - 14 Jan 2010 05:09

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Mishpacha Family First issue 91:

Rebetzin kaminetzky said that her father told her that "There is no such thing as mesirus nefesh. If you love what you are doing, you will not feel that you are sacrificing anything. Mesirus nefesh is more a matter of consecrating yourself entirely to pursuing a goal.

Boy... I hope I can achieve that.

and another thing Rebetzin Henny Walkin: "I learned that the real meaning of comptromise is

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not giving up your need for another's, but making his need your own, and then it is no longer a compromise."

If thats the way we approach marriage... we're in for a sweet ride :-)

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Re: Become Holy's Journey

Posted by Ineedhelp!! - 14 Jan 2010 05:11

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[BecomeHoly wrote on 13 Jan 2010 15:02:](#)

nope... don't snore. I was so tired last night ( because I stayed up all day trying to fix my schedule..) that I fell asleep as soon as I hit the pillow. I expected to be out cold for 8 hours.... Woke up at 4:30. No Idea why.

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Oh.. and I used this program: [www.lexwarelabs.com/sleepcycle/](http://www.lexwarelabs.com/sleepcycle/)

I have NO idea how to read that graph. Does it show improvement or what?

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Re: Become Holy's Journey

Posted by BecomeHoly - 14 Jan 2010 06:26

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I went into deep sleep... then deeper sleep... then the big huge mountain... where I woke up. Tossed. Turned.... then got out of bed.... mountain dips into valley..... then I tried to sleep another hour... tossed and turned.... the end.

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Re: Become Holy's Journey  
Posted by Kollel Guy - 14 Jan 2010 08:00

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I don't know man. If you say you've been to many doctors and none of them helped, maybe go to R'Y.M Shechter, or ask R' Chayim K. or something... This can't continue.

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Re: Become Holy's Journey  
Posted by BecomeHoly - 14 Jan 2010 14:13

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Truth is , they sz"I causes a host of medical issues. I've decided that I have to first stop that. When I hit 90 days, if things still aren't good, I'll start trying to figure it out.... meanwhile I'm just gonna have to power through.

But I gotta say, the past 2 days were amazing... I got so much done! I didn't sleep at all during the day, went to sleep early (although up too early, today as well woke up 4:30).

In any case.. things are looking up. I haven't even watched a movie or anything! :-) Not even a show. B"H I will continue this momentum and achieve a lot :-)

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