

Become Holy's Journey

Posted by BecomeHoly - 10 Dec 2009 02:39

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.

=====

Re: Become Holy's Journey

Posted by BecomeHoly - 15 Jan 2010 09:45

Amen to that!

Today was a MAD productive day. Feeling good about it. Haven't watched anything not even a tv show, and barely even thought about anything.... God is holding my hand :-)

ok... gshabbos & chodesh tov.

=====

=====

Re: Become Holy's Journey
Posted by habaletaheer - 15 Jan 2010 10:02

Keep up the good work! It sounds like you are doing real swell!!!

Have a Good Shabbos

(Woodford on me!)

=====

=====

Re: Become Holy's Journey
Posted by BecomeHoly - 17 Jan 2010 09:41

Things are going amazing... I've got tons accomplished, haven't even thought about GUE all shabbos I was so busy w/ other stuff... God is being very kind to me :-)

I almost forgot to come & post... didn't feel like I needed it :-)

Next shabbos will be in Eretz Hakoydesh :-)

=====

=====

Re: Become Holy's Journey
Posted by BecomeHoly - 22 Jan 2010 04:59

9 days baby! Things have been amazing... barely even a knock on the door by the Y"H. Like he know I'm not even open to listening. I've made drastic changes in my life recently. Including

this. I hope it all helps with the total momentum.

??? ???? ??????!

=====

=====

Re: Become Holy's Journey

Posted by Ineedhelp!! - 22 Jan 2010 05:25

Awesome, Become Holy. You have a wonderfull Shabbod yourself.

=====

=====

Re: Become Holy's Journey

Posted by Kollel Guy - 22 Jan 2010 07:35

[BecomeHoly wrote on 22 Jan 2010 04:59:](#)

9 days baby! Things have been amazing... barely even a knock on the door by the Y"H. Like he know I'm not even open to listening. I've made drastic changes in my life recently. Including this. I hope it all helps with the total momentum.

??? ???? ??????!

That is really amazing BH, I hope you just keep getting stronger.

Have an awesome Shabbos!

=====

=====

Re: Become Holy's Journey

Posted by imtrying25 - 22 Jan 2010 08:55

Have a Good Shabbos BH. i havent been around lately so im not up to date whats going on. But
:D :D :D :D :D

=====

=====

Re: Become Holy's Journey

Posted by BecomeHoly - 24 Jan 2010 12:30
it sounds like you had a baby??

no no ... no baby... it was a phrase... I was just excited bout me reaching 9 days (11 now :-))

Anyway, I'm still exhausted, but plugging along... been doing pretty well... no movies, tv, or anything worse for the whole count so far :-)

=====

=====

Re: Become Holy's Journey

Posted by imtrying25 - 24 Jan 2010 23:38

[BecomeHoly wrote on 24 Jan 2010 12:30:](#)

no no ... no baby... it was a phrase... I was just excited bout me reaching 9 days (11 now :-))

Anyway, I'm still exhausted, but plugging along... been doing pretty well... no movies, tv, or anything worse for the whole count so far :-)

. Hes my friend. I send him out when i want the reciever to realize im making a kind of joke. Well i guess my humor is really taking a turn for the worse. So ill keep it serious!

YOUR DOING GREAT HB!! KEEP ON ROCKIN!!!!

=====

====

Re: Become Holy's Journey

Posted by BecomeHoly - 26 Jan 2010 21:20

Doing ok.... internet spotty....

=====

====

Re: Become Holy's Journey

Posted by Kollel Guy - 26 Jan 2010 22:57

What the heck does that even mean?

=====

====

Re: Become Holy's Journey

Posted by BecomeHoly - 27 Jan 2010 11:22

Sorry... I've got a bad internet connection and haven't been able to get online so much... will be fixed by monday b"h. I'm doing ok = I've been very good on this end.... literally annoyed at untznus women at this point. Movies barely calling to me. Porn is like a distant memory.

I've gone through the past 2 weeks more sleep deprived than I ever have been in my life. Yet these have been some of the most productive 2 weeks in the past few years. As I've said before, my main issue was laziness and addiction to COMFORT. I have somehow managed to get past that. I get up even if I'm tired. I finish the days tasks even if I feel like I'm gonna faint.

I was at a friends recently and he was telling his daughter how being tired doesn't change what you have to do. Its one of those things - most people will be tired. So what? Its unlikely you will ever be completely refreshed. So stop trying to get to it. You set yourself a time to start your day and you do it. Every day. In the evening you go to sleep when you literally are falling asleep. This assures you of being productive and accomplishing.

So thats what I've been doing. Its amazing how much of a difference that one little thing made. I'm not comfortable. But I keep doing. Because thats what I gotta do. But over time its becoming less of a question of comfort. I don't even notice it anymore - its the way things are...

A person can be evaluated based on their performance when the going is pretty tough. For me, the past 2 weeks have been very rough, but I've barely even nodded to acting out. I've put in the effort to guard my eyes, and even my thoughts. Not only am I not falling, I'm not even slipping. Since I'm ok w/ being uncomfortable, my "addiction" (which based on the past 2 weeks I'm starting to doubt I'm actually addicted to this specifically) has been sleeping. I was acting out because I was looking for that next fake high because I didn't have any real accomplishment going on. I was too "uncomfortable" to do what I was supposed to do and was looking for entertainment. I would rotate between acting out and movies, tv and basically acting out was just another thing on the list. If I was "in the mood" then "why not." Watching movies did not diminish my moods..... so I just "went with the flow."

Now I'm going AGAINST THE FLOW. No movies. No TV. No looking at the scantily dressed on the street. I'm not interested. I'm avoiding it. Its SO bad for me. Its such a waste of time. As someone here once posted, I have so much time to think about other things. Instead of fantasizing about the prutza I can think about how I'm going to complete my next task.

In any case, even though I've got seemingly as many annoying things to deal with like I've had before, I'm not getting upset or depressed or whatever.... I'm just dealing with it. I move on. I look for a way around it. I can't is not an option. I can't is not the motto of those superachieiving amazing people. I can is their motto. If I find an I can't in the way, I look for a different road to I can. Think about it, anyone you know who seems like this crazy accomplished person. How do they do it. If you know them well, you'll see how they see it as a game, an obstacle course. Their job is to find a way to get their objective accomplished. To beat the "system." If you can get used to that concept, then it doesn't matter if you just lost 10 grand. Its just another obstacle (albeit big) in the game. You've just "leveled up." Now take the challenge and grab on, so you can make it to the next level.

In summary.... I see this as b"h behind me. I'm not getting lax. I'm just looking ahead to the future.

Which brings me too..... can I start dating again? Am I really an addict where I can truly say I am not like other people - or am I just a typical guy who went through a yerida, and just dabbled in whatever was going on down there, but now that I've pulled myself out, I should be able to ignore the past...? I do plan to tell my dates (at a later point obviously) that this is a very big y"n for me, maybe even more than most guys, but....

Also, I want to stop focusing on the "its bad" "its evil" "I can't" "I'm an addict" and I want to start focusing on the positive: " how to build a real relationship" "how to look past superficiality and make it real"

A spoonful of sugar helps the medicine go down. We all are very familiar with sugar, but what we all really want is the medicine. I need to learn the "medicine." Bezrat hashem, my wife will have that "sugar" that will help me both be able to marry her, and to also help me get to the "medicine" stage such that the sugar will no longer be necessary.

=====

Re: Become Holy's Journey
Posted by sci1977 - 27 Jan 2010 16:59

KUTGW!!!

=====

Re: Become Holy's Journey
Posted by BecomeHoly - 28 Jan 2010 08:58

:~)

=====

