

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.

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Re: Become Holy's Journey

Posted by Kollel Guy - 28 Jan 2010 19:00

May I say that I can clearly see your improvement day to day.

It's obvious from your posts that your doing well.

Take a look at what they used to look like a month ago.

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Re: Become Holy's Journey

Posted by BecomeHoly - 28 Jan 2010 23:47

Thanks guys.

Today was a day of LOTS of learning. The yeshiva I'm working in gives plenty of opportunity to go to shiurim, so today I spent the first half of the day on here and more or less the second half at the shiurim. I'm in pain, dunno why, but it seems that my pain in general is improving... One shiur tonight was about shovavim and the dangers in college... very appropriate...

Ok... sleep time (albeit a bit late... good thing Friday in Israel is the day off...)

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Re: Become Holy's Journey

Posted by BecomeHoly - 29 Jan 2010 10:18

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Re: Become Holy's Journey

Posted by imtrying25 - 29 Jan 2010 10:19

[BecomeHoly wrote on 28 Jan 2010 23:47:](#)

Thanks guys.

Today was a day of LOTS of learning. The yeshiva I'm working in gives plenty of opportunity to go to shiurim, so today I spent the first half of the day on here and more or less the second half at the shiurim. I'm in pain, dunno why, but it seems that my pain in general is improving... One shiur tonight was about shovavim and the dangers in college... very appropriate...

Ok... sleep time (albeit a bit late... good thing Friday in Israel is the day off...)

Have a great shabbos!! Your here in the holyland?? did you know about our get togethers from time to time?? (pm me for more details)

Sorry about the pain. Hope it gets better. :-\ Shabbos hi milizok v'refuah krovah lavo!

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Re: Become Holy's Journey

Posted by BecomeHoly - 29 Jan 2010 10:41

Pain went away. I hope for good :-)

and yup, I have finally returned... it so good to be back :-) This time I have been clean since before arriving, hopefully I won't have a case of being spit out because of my sins. God will help me stay :-)

ye... heard about the get togethers... not sure what to do. As I've mentioned I'm unsure about me being an addict. I have made changes in my life which dealt with my underlying problem and I hope that will keep everything else in check. To "out" myself by visiting one of these get togethers maybe a little premature, as I'm not quite in a stage where the benefit outweighs the non-benefit. IN any case it may be a bad move to go, considering I've been on gue only a month or so and I have yet to determine the nature of this issue and to what extent to deal with it. Anonymity may be a better idea considering I am still in shidduchim and I am also a madrich in a yeshiva where this may be a problem....

So although I'd LOVE to go, I think it would be jumping the gun so to speak. ;-/

But it's all for the best :-) ??? !!!!!

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Re: Become Holy's Journey

Posted by imtrying25 - 29 Jan 2010 10:43

Whatever makes you comfy fits with us!! Well miss you though. Its not as bad as many think. And as everyone else has said; they think theyve gained tremendously from it. But im all with you. If you dont feel you need thats fine!!!

Have a great shabbos!!

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Re: Become Holy's Journey

Posted by BecomeHoly - 30 Jan 2010 18:28

Theres no doubt that I would benefit from it. However, I don't think it would be a good risk to take right now...

Shabbos was great! I spent it for the most part at a yeshiva, and there was great ruach, and davening was rocking, and we had a 5 hour long tu beshvat seder. I'm somehow managing to find a kumzitz in any case :-D (but more is only better..)

P.S. im n ot sure someone needs to be an addict to gain from such a thing.

Anyway, saturday night... shabbos has left and I have an empty feeling in me. I'm looking for fun. But theres none to be had. The fun is bad for me. I will not watch a movie. Or a tv show. Or worse. I will not waste my time "hanging out" with random people. I will type more hebrew for GYE. I will listen to a shiur. I will take a shower. I will go to sleep. Tommorow will be a productive day! And it starts tonight!

wish me luck...

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Re: Become Holy's Journey

Posted by Sturggle - 30 Jan 2010 18:58

Gut voch!!

May your inspiring shabbos overflow to affect your whole week!

For me, the emptiness feeling, that, btw,

i am so familiar with, means that that i have a deep desire to remain connected,

to hold on to that kedusha, and that is a powerful desire,

so let's feel it and bring kedusha into the week.

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Re: Become Holy's Journey

Posted by imtrying25 - 30 Jan 2010 20:01

Good luck!!!

Yes MS was and is always the hardest time of the week for me. we need to find something kosher and fun to do. Its hard but its important. Ok have a great week and keep on rollin!

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Re: Become Holy's Journey

Posted by Kollel Guy - 31 Jan 2010 09:31

So nu...

Tell us how it went?

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Re: Become Holy's Journey

Posted by BecomeHoly - 31 Jan 2010 12:45

Thank God I made it. I ended up chilling w/ some guys discussing the big bang. I realize that when I'm tired, but its too early in the night to go 2 sleep or I'll mess up my schedule.... then I get into these moods. Especially so on motzash. I need to be extremely careful w/ my schedule so this doesn't happen. I need to go to sleep on time, and get enough sleep, because if I'm at least not tired, I can go somewhere, do something... and stay out of trouble.

Anyway, today my stomach really bothering me, pretty tired, and my phone died so I had to get it fixed. Spent the first half of the day on that... but gam zu ltova - now my phone is working better than it was :-)

Ok... kutgw everyone :-)

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Re: Become Holy's Journey

Posted by BecomeHoly - 01 Feb 2010 08:17

Last night I failed. I gave in, and watched a tv show. It wasn't worth it at all. I will now describe all the negative aspects of it so I can try to ignore it better in the future. Please feel free to add your 2 cents (more like gold nuggets :-))

1) It was a waste of time. I went to sleep nearly an hour and half later because of it because I had to wait for it to download. Twice. It failed half way through the first time. I need my sleep dearly, and this was only making it worse. When I'm tired I tend to drift towards bad activities. It is VERY dangerous for me.

2) It was inappropriate. Inappropriate topics that are triggering, and seductive women. EMPHASIZED! This is not innocuous or "good fun" it is a big risk. TV does not mean it is "clean." In fact, TV these days is as dirty as it can get away with. STAY AWAY!

3) It did not make me feel any better or fill any void inside me. It only whet my appetite. Yes it was funny. But it shouldn't be. Those topics should not be up for discussion. Whetting my appetite means I could end up spending the next 8 hours watching movies. Its NOT worth it.

Ok guys, please add to the pile.

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Re: Become Holy's Journey

Posted by BecomeHoly - 01 Feb 2010 23:43

Anyone here?

Ok today was a tough day. Quite a few annoyances today - especially w my computer. Annoyances like my computer crashing within 3 minutes of turning on. God is reminding me that it JUST AINT WORTH IT. All I did was watch a TV show and look what happened. S-U-F-F-E-R-I-N-G, I hope to not take it to the next level. I've been very much working on making lust "below my bechira point." As soon as a thought enters my mind, I instantly say to my Y"H - What do you think you're doing? This is not up for discussion. I'm not going to debate it or anything. Just get out.

I'm at 20 days. Tough times are coming. But again, as in the story w/ the Rebbe, in my house, I have the right to ignore knocking - I don't even have to open the door.

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Re: Become Holy's Journey

Posted by BecomeHoly - 01 Feb 2010 23:50

BTW I want to clarify for everyone, that I'm not "be holy" - that was someone else (I just found

an old thread..).

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