

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 Sturggle - 02 Feb 2010 08:33

BH,

tough times have been and tough times will be,

keep moving forward...

or as R' Bardichev would say, KOT!!!

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Re: Become Holy's Journey

Posted by imtrying25 - 02 Feb 2010 11:31

Ok so i guess il hve to sart calling you by your ful first name. Become holy. becuase bh wont do

Wow!! Its great how you can watch the tv show and still walk away with all the lessons. it shows that although the yh got you on one front you wont allow him to win the war!! Kol hakavod to you!!!

Keep on rollin!! When the going gets tough its just to test us, to see what we are made of!!

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Re: Become Holy's Journey

Posted by BecomeHoly - 02 Feb 2010 17:26

thanks guys :-)

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Re: Become Holy's Journey

Posted by BecomeHoly - 04 Feb 2010 11:36

Day 23! :-D

K9 killed my internet connection - some conflict w/ my firewall. I'm hoping I won't have this problem in the future....

Doing pretty good...I'm just gonna remind myself eveyday from now on (on here):

I DO NOT HAVE TO ANSWER THE YETZER HARAS KNOCK. Nothing will happen NOTHING!
WILL HAPPEN if I ignore it.

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Re: Become Holy's Journey
Posted by Steve - 04 Feb 2010 12:17

B"H, BH, you've got THAT right!!

When we don't look, WE LOSE NOTHING!!

There's that pretty girl on the street you're about to pass... you felt that if I don't look when I can, she'll be gone and I've lost my chance. So you take a few oggles - but remember - just 60 seconds after you spec-out a girl on the street, after she's around the corner, or out of the rear-view mirror, you FORGET about her, and realize that she means NOTHING. This peep did NOT improve your life. And you realize that YOU HAVE NO PROFIT IN IT AT ALL.

Now next time you notice her, you turn away and force yourself NOT to look by remembering the above idea. Guess what? As soon as she's out of sight and you CAN'T look anymore, you realize YOU DIDN'T LOSE ANYTHING. This non-peep did NOT hurt your life. But now you realize that ADDARABBA, by restraining yourself from the YH, YOU HAVE IMPROVED YOUR LIFE! YOU HAVE TREMENDOUS PROFIT from those few seconds when the urge was there and you ignored it.

It's amazingly refreshing when we ignore the "knock" of the YH.

Good Luck today, my brilliant friend.

KUTGW!!!

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Re: Become Holy's Journey

Posted by imtrying25 - 05 Feb 2010 11:25

Keep on ignoring the YHs knock!! Its gonna get ya far!!

hatzlacha and have a great shabbos!

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Re: Become Holy's Journey

Become holy, Did I get it right??

Posted by Steve - 05 Feb 2010 19:12

good Shabbos, BH!!

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Re: Become Holy's Journey

Posted by imtrying25 - 06 Feb 2010 21:21

good Week, BH!!

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Re: Become Holy's Journey

Posted by BecomeHoly - 06 Feb 2010 22:28

Thanks everyone :-)

Friday was my Grandmother's yartzheit so I went to visit her kever, and didn't make it on here. But shabbos was amazing with one quasi slip... will update later :-)

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Re: Become Holy's Journey

Posted by BecomeHoly - 07 Feb 2010 12:10

I just had a brainstorm. Next time you fall, don't get upset at yourself. Get ANGRY at your Yetzer hara. He AGAIN lied to you. Deceived you. Made you believe you HAD to do it. That if you wouldn't do it you wouldn't make it. Sit there and analyze how bad of a friend your yetzer really is. Get angry at him.

From that point on you will watch him like you watch that guy at work who always takes credit for your work. Or that janitor that stole from you. Or.....

Every time he tries to "get" you, you will scream at him "Who do you think I AM? Stupid?? Enough already! You're the scum of the earth Mr Yetzer. I see through you and I know you're not interested in my good."

Keep knocking, Mr. Yetzer... I know its your job. But I'm gonna keep that door locked. You're staying out in the cold.

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Re: Become Holy's Journey

Posted by BecomeHoly - 07 Feb 2010 12:12

26 days! Yay :-)

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Re: Become Holy's Journey

Posted by Ineedhelp!! - 07 Feb 2010 15:41

Thats Yud Kay Vav Kay, i.e the sheim hameforash of Hashem!

-Yiddle

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Re: Become Holy's Journey

Posted by BecomeHoly - 08 Feb 2010 07:59

I now have a google voice #.

(424) BEHOLY1

Please say GYE or BeHoly when you're asked to state your name for connection so I can know its a GYE Call.

Call anytime :-)

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Re: Become Holy's Journey

Posted by Steve - 10 Feb 2010 06:33

YO BH, I don't know if you're on the Googlephone,

but you gotta keep posting, man. No Excuses!!

Take out an O and move a G over, and it turns into OGGLE,

which is something we all wanna stay away from.

"Wow...This means something..." (OK, let's play Name That Reference again!)

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