

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 - 28 Sep 2010 23:15

---

Ok so heres the story.

No RID. Nothing wrong. JUST HORNY!

I'm approaching day 40. (if not at it already). I've been crazy sensitive the past week. The Y"H is using all kind of tricks. The dreams i'm having. The most RANDOM lust hits. Like "hey why don't

you just go right now and find some porn and just enjoy it." Whats the big deal? It'll only take five minutes.... OR "common, don't u feel that tension. Just masturbate and relieve the pressure. Its ok. you've been doing so well. Just let yourself feel this natural function." You're only relieving pressure. It will help you succeed. ....

LIES! ALL OF THEM!

But seriously... I'm so sensitive that there isn't even a buffer zone. I am almost always on super sensitive mode these days and the tiniest little thing could trip me up. I feel no different then when I was 14. Life is going great and so on and so forth, all this seems to be is the basic y'h.

I've been very good w/ avoiding triggers, yet still he's pushing it my way.

I've been trying hard to just picture the "after effect" of after I act out. Its been a quick deterrent. But I'm getting worn down. Its been every 10 minutes i'm being nagged by the y'h for the past 3 hours. Just going to pee is a challenge, forget about requiring any trigger..

Any suggestions?

=====

Re: Become Holy's Journey

Posted by desperate\_teddybear - 29 Sep 2010 05:15

---

have you tried exercising?

it might sound stupid but sometimes when pressure is really up on me to fall, i go pound out on the treadmill and do weights, row a bittle- until im almost too exhausted to move. then i quickly jump in shower and go to sleep.

when i wake up, it's morning and i've got yet another special day dedicated to Hashem notched in my belt

=====

Re: Become Holy's Journey

Posted by BecomeHoly - 04 Oct 2010 08:01

---

i had just spent 2 days working out a lot when I wrote this... so yes..i've tried.. thx tho

=====

Re: Become Holy's Journey

Posted by BecomeHoly - 24 Oct 2010 16:55

---

???? ?!

=====