

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 - 20 Dec 2009 03:13

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[imtrying25 wrote on 19 Dec 2009 21:50:](#)

Im not so maskim to this BH. simply for the reason that there is tayva involved. People are born with a tayva for these things. As opposed to drugs which theres is no inborn tayva for. Most people come onto drugs because they are depressed or whatever but porn etc etc people are born with it. So explaining the dangers of drugs might help whereas explaining the dangers of the internet doesnt necssaseraly take away the tayva. Hope i didnt sound to yeshivish but theres a

point im trying to bring out.

The reality is that this is the BEST we can do. Our children WILL be exposed to the internet. We can either choose to be there to supervise their first "try" or we can choose to pretend it will never happen and find out too late.

Is it not strange that there is a stereotype (or maybe a reality) that the worst Jewish sexual predators/abusers are chasidim? Chasidim traditionally shelter their kids more than any other Jewish group. You can lock it down as much as you'd like, unless they're educated that taking that first "slip" of using internet without a STRONG filter is akin to taking just one try at heroin, then they won't even know what hit them. Kids need to be educated that YOU NEVER click on a link you don't know about just like you never eat food without a reliable hechsher. AND YOU CHECK THE HECHSHER EVERY TIME, RIGHT? wrong. Kids will "check the hechsher" only with enough motivation to do so. You might be curious about heroin... but for most people not enough to actually try it. You're obviously more curious about arayot, and unless you REALLY know the consequences... you don't see it as a big deal. Besides the fact that the effect is nearly invisible for the first 15 years.

I'd love to come up with a proper solution. No solution we do come up with should be "final." We need to tweak it CONSTANTLY. But meanwhile, we need to do the best we can. Right now, the best we can is NOT being done. And that applies to us, not necessarily our kids. Kids learn by example. If you get to watch tv, why don't they? If you get internet, why don't they? If you, by example, show your kids that you treat the internet as seriously as walking a tightrope, they'll know that it needs to be treated with caution. That means, high level filters, accountability reports, using the computer in a public room..... make it a big deal... make it a show. Post accountability reports on the fridge. Have your wife "grade" it and highlight suspicious places, then check them off as "passed."

A nuclear technician only goes in to the plant with safety gear. If he is exposed, he is "treated." Same with the internet. Make sure your kids get that feeling. Make it known when something popped out at you online WHEN IT WAS NOT YOUR FAULT that you had to get "treatment." That tshuva needed to be done. That you had to daven to Hashem that it never happens again. Show your agony over the occurrence. Your kids will tread VERY carefully if this is what you do.

May we all be zoche to achieve this.

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Re: Become Holy's Journey

Posted by Holy Yid - 20 Dec 2009 03:24

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A belated welcome. I just read most of this thread. I realize that you are faced with many more challenges than others here. I wish you much hatzlacha. Many have come from much farther.

A few comments on your first post.

1. Please think about getting rid of the TV. If your embarrassed to tell your friends look for other reasons to get rid of it. Steven Covey writes against having a TV as do many other success authors. There is a chapter in "To Kindle A Soul" with research that has compelling reasons to not watch TV.

2. The stuff about shaving, the mikva is the YETZER HARAHA talking. Cut that stuff out. You are trying to stay clean not to be holy. You are not a nidda, you are an addict. Do what recovering addicts do not what niddas do.

3. Don't beat up on yourself. Respect yourself. Start a notebook where you write your qualities and 5 good things you did today. When you realize a quality or someone complements you right it down. Every day write down five good thing you did. They could be simple things like davening well, saying 'hello' to a neighbor, calling your Grandmother. Review the notebook often.

Good luck and keep on posting

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Re: Become Holy's Journey

Posted by BecomeHoly - 20 Dec 2009 04:25

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Thanks for the welcome holy yid :-)

I actually do not have a TV. Its all downloaded from the internet. Or I get a copy from friends. As I hear a Rav say, our battle these days is not a TV in the home. Nobody has that. Its the internet.

And another thing, I actually have very high self esteem (against all odds). I know I'm very capable, and I know I do a lot. Its when I get "stuck" with a project that I don't like, I procrastinate, then watch a movie... then.... not so good things. Thats why I say my worst enemy is wasting time.

You're right... the mikva thing is the Y"H talking.... but still its a good thing to do. It shouldn't hold me back... it should only strenghten me.

So I went to the mikva (finally!) on friday, erev shabbos chanuka, on rosh chodesh. A good day to go I think. Now i'm gonna do tikkun klali :-)

I hope that next time I go to the Mikva it will be as my "second coat of Mikva paint" where I've only built on this time :-)

Shavua Tov!

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Re: Become Holy's Journey

Posted by Holy Yid - 20 Dec 2009 04:50

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I thought I had good self esteem when I started here and I only had this issue. When I got this thing more under control I felt SOOO much better about myself. Even if you have good self esteem it will help you in this struggle to stay focused on you good parts. Also its great that your accomplished but are you accomplished spiritually? Are you developing yourself? How much chesed to you do? How is your Davening? I am not C'V coming to give mussar rather to point out areas of your life which if you put more of a focus on that will raise your self esteem.

Additionally the essence of self esteem is self awareness. The more you focus on your good side the greater you self esteem.

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Re: Become Holy's Journey

Posted by habaletaheer - 20 Dec 2009 07:51

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Hi Become Holy,

I'm new here and missed most of the thread, but I read your beginning and your mention of the unexplainable stomach pain. I too have suffered from unexplainable symptoms of a similar nature and I have used a book by Dr John Sarno called "The Mindbody Prescription" and it has helped me tremendously. His theory is that a lot of this pain stems from your body throwing physical pain at you so that you get distracted from the more painful internal pain. Being that you battle with this problem, it would be fair to assume you have internal pain, just from that, and I'm not even talking about all the pain you might have from things that happened in your childhood.

This book helped my friend off of medication after four years of battling ulcerative colitis, and had helped me get better immediately whenever I have a flare up of my intestinal pains.

PLEASE READ IT!!!

All the best,

Haba

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Re: Become Holy's Journey

Posted by BecomeHoly - 20 Dec 2009 08:42

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[Holy Yid wrote on 20 Dec 2009 04:50:](#)

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Additionally the essence of self esteem is self awareness. The more you focus on your good side the greater your self esteem.

I learn 1/2 hour to an hour daily with a chavrusa - messilas yescharim. I don't do as much chesed as I'd like, but I do help people in my area of expertise (technology). My davening could be better. My biggest problem is missing shachris. When I'm in pain, exhausted... its kinda hard going to shachris... but yes... I take it day by day. I try not to dwell on yesterday. But I hope you're right... If i consider it good now... i should have a wondrous amazing thing to look forward to. :-)

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Re: Become Holy's Journey

Posted by BecomeHoly - 20 Dec 2009 08:44

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[habaletaher wrote on 20 Dec 2009 07:51:](#)

This book helped my friend off of medication after four years of battling ulcerative colitis, and had helped me get better immediately whenever I have a flare up of my intestinal pains.

PLEASE READ IT!!!

Read it about 10 years ago. Did nothing for me. My friend had terrible migraines disappear. So I know it works. Just it seems to not be working on me.

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Re: Become Holy's Journey

Posted by Kollel Guy - 20 Dec 2009 08:45

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[BecomeHoly wrote on 20 Dec 2009 04:25:](#)

You're right... the mikva thing is the Y"H talking.... but still its a good thing to do. It shouldn't hold me back... it should only strenghten me.

So I went to the mikva (finally!) on friday, erev shabbos chanuka, on rosh chodesh. A good day to go I think. Now i'm gonna do tikkun klali :-)

The torah is equally applicable to every jew, at every time, regardless of what they just did or didn't do. Going to the mikva is a great thing, but if it causes you to have these thoughts of "I will keep certain parts of the torah after I go", I think any Rav or Talmid Chacham would very strongly advise you to cut it out entirely.

The mikva is not even in the same categorie as any mitzvah, it's just a hiddur. It's like the Italian molding on a building. Very beautiful, but won't keep the building from falling down. So if it causes you to neglect the bricks - it's not worth it.

Here too, I'm talking from lots of experience.

I'm gonna keep telling you what I learned from my own mistakes, so you don't have to go



through what I did, and waste as much time as I did, in order to realize the truth.

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Re: Become Holy's Journey

Posted by habaletaher - 20 Dec 2009 08:48

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I don't even know if this is in the book (I never finished the book because each time I started my symptoms disappeared in a few days, and I just let the book go) but did you try doing the meditations/verbalizations? My friend who was on medications for years and they didn't even work, did all that and got better and he taught me a few of them that I used last time I have a sever flare up and it worked!

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Re: Become Holy's Journey

Posted by BecomeHoly - 20 Dec 2009 08:57

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[Koliel Guy wrote on 20 Dec 2009 08:45:](#)

but if it causes you to have these thoughts of "I will keep certain parts of the torah after I go",

Its more like - Y"H says to me.... well you didn't do mikva yet... so its ok..... You'll be a good jew tomorrow after you go to the mikva. I should really be telling the Y"H tomorrow... but no... its not "I will keep..." thats ludicrous.

But what does happen, is after I go the mikva, I feel even worse if I fall - in other words, its another incentive to stay clean - "How could you do that... but you're a holy Jew... You're all mikva'd and everthing." Also... mikvah costs \$ so these are all "incentives"

The Y"H makes me lazy to go, knowing its a good thing for me. It makes me put up all kinds of reasons why I "can't go yet" because I didn't have time to shave or whatever...

I appreciate all the input (you're like the devils advocate :-)) but, as you mentioned, your issues was strictly visual... no mb. So when you mention that you've been there and therefore I should just trust you.... My Y"H says.... don't trust him.... you shouldn't have told me that :-/

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Re: Become Holy's Journey

Posted by BecomeHoly - 20 Dec 2009 09:03

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[habaletaher wrote on 20 Dec 2009 08:48:](#)

I don't even know if this is in the book (I never finished the book because each time I started my symptoms disappeared in a few days, and I just let the book go) but did you try doing the meditations/verbalizations? My friend who was on medications for years and they didn't even work, did all that and got better and he taught me a few of them that I used last time I have a sever flare up and it worked!

Ok... I have back, neck, shoulder, and knee pain. Its goes in waves of bad to fine and up and down... I think it has to do w/ a combination of poor sleep and poor nutrition (related to stomach...) and I have like super tiny scoliosis which I basically need to jsut excercise and it will be better (if only I had the wherewithal to actually get my act together and exercise. )

The stomach pain feels like I actually have something stuck in there. Going to the bathroom help the pain. Massaging it helps the pain. But theres nothing there (or so the doctors say). This is in addition to generally upset stomach, frequent urination, and I think I have some kinda cyst on my testicle (again, dr's say its all fine) which hurts.

I don't think this stuff will work on me, because other possibilities haven't been eliminated. I

need to get into a good sleeping schedule, exercise/ do physical therapy, do a proper food sensitivity discovery diet.... basically a few months worth of work (which btw, unless you have someone directing you step by step, its basically a full time job to do these thing) to figure out whats going on...

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Re: Become Holy's Journey

Posted by habaletaher - 20 Dec 2009 09:05

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Hi Become HOly,

Maybe it's presumptuous of me to weigh in over here, but there is a great gemara about how Shaul was sticking up for the rights of Amaleki children, saying why do they deserve to die etc.. and Ha-shem says to him, Don't be too big of a tzaddik (Mishle, somewhere), then when he gives the order to kill Nov Ir Hacohanim, Ha-shem says, Don't be too big of a rasha. The message is that sometimes the way the Y"h gets us is by encouraging us to follow a moral code/code of conduct higher than we are supposed to, then we can't hold onto it, and we fall from being too big of tzaddik to too big of a rasha. That might be what the YH is doing here with the whole mikvah thing... but then again it might not. I think the best thing is for you to sit down for a few minutes when you're in a good headspace, and really try to figure out, "will me going to the mikvah cause a net increase in slip ups or a net decrease?" Lev yodea maras nafsho, you should be able to figure it out if you really sit down and concentrate on it...

Hatzlacha!

Haba

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Re: Become Holy's Journey

Posted by habaletaher - 20 Dec 2009 09:07

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And that sure is a challenging medical matzav, may Ha-shem bless you with a refuah shleima!

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Re: Become Holy's Journey

Posted by Kollel Guy - 20 Dec 2009 09:07

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[BecomeHoly wrote on 20 Dec 2009 08:57:](#)

[Kollel Guy wrote on 20 Dec 2009 08:45:](#)

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I appreciate all the input (you're like the devils advocate :-)) but, as you mentioned, your issues was strictly visual... no mb. So when you mention that you've been there and therefore I should just trust you.... My Y"H says.... don't trust him.... you shouldn't have told me that :-/

What I failed to explain, was that I stopped MB only **after** I got married, but before - I was actually pretty stuck in it.

Nevertheless, I even when mb was out of the question, I still had this unexplainable pull towards p\*\*n. This showed me that it was not just taivoh and lack of seriousness, but a more serious problem.

Why would I get so much out of looking? Without anything out of it? And for literally HOURS at a time? How could I be so tired, that when I would try my hardest to have a conversation with someone - I just couldn't and would doze off, but 5 mins later, be up for 5 hours till shachris - without even remembering I was ever tired?

Sorry for not being clear.

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