

Think Good

Posted by think good - 08 Mar 2009 14:38

---

Hi Everyone,.

This is a little difficult taking the first step and making a post.

Let me start with a short introduction.

Firstly, this is my 10th clean day. Actually not a big deal for me, as I have reached 10 days literally hundreds of times. Going from 11-20 is much much harder. I know if I can do 10 why not more? but .....

I have "lived" with this problem for over forty years! Many years before anyone had heard of the internet. I even stayed clean for over 7 months, but that was a long time ago when I was learning full time in Yeshivah.

Internet porn is very rarely my problem, I took out the internet at home, and my only connection is at work. It is very difficult to view porn at work when my large screen can be seen by anyone, (BH). However, if I happen to be in the office very late at night (which is rare), by yatza hara may well gain control.

My main problem is an tremendous attraction to women. As the Germona says "even a women's little finger can arouse...". Frum married women, young girls with long hair etc etc almost

Amazingly, I never did anything with a women, just bad thoughts and zera vbatola.

Of course I have had many ups and downs there are times when I see women with no effect,

and at other times be so hot I am an embarrassment to the Torah.

OK, I think that's enough for an introduction.

I will try in future posts (bn) to go into more details of my very long fight. I have some interesting tips and advice which may help others..

I will leave with a small tip. My forum name "Think Good" is very fundamental in winning the war. The Germor is Soter says a women does not commit adultery until "a spirit or folly enters her". The same is true of most avaras. If one is able to fill ones mind with good thoughts and prevent the "folly" from entering, one will never sin.

Doing this in actuality is very hard.

=====

Re: Think Good

Posted by the.guard - 02 Mar 2010 13:01

---

I added you to the "Married" group. You should see it now.

=====

Re: Think Good

Posted by think good - 02 Mar 2010 13:05

---

Thanks

=====

Re: Think Good

Posted by think good - 14 Mar 2010 14:59

---

---

132 clean days!!

=====

=====

Re: Think Good

Posted by think good - 16 May 2010 16:15

---

falls after 6 months!!!

I'm little down, but I will get my act together and start again

=====

=====

Re: Think Good

Posted by bardichev - 16 May 2010 17:54

---

think good

i fell when i was 2 weeks shy of a year!!!

why do i tell u this??

so u can learn from me and

keep on trucking!!

so you fell nuu nuu

move on dont make any more trouble down there

get up and shoin!!

move on!!

bardichev!!

=====

Re: Think Good

Posted by cleareyes613@gmail.com - 16 May 2010 18:37

---

Take a step back. One fall in six months, that's amazing progress. Before you began what would you have given to be in your current situation - 1 fall out of 180 days.

99% of this issue is our mindset. So many of us wish we could be in your position. Thing good, dust off, learn the lesson G-d gave u, and keep on trucking.

=====

Re: Think Good

Posted by Sturggle - 16 May 2010 18:43

---

and he revvs ups his engines...

as they said, keep on trucking!

this is a growing process and you have more to grow!

isnt that great?

=====

=====

Re: Think Good

Posted by bardichev - 16 May 2010 22:32

---

Revvv revvv revvv

YH watch out

U r ded meat!!!!

TAMSHICHU LINHOG. HATRUKKIM!!!!

=====

=====

Re: Think Good

Posted by think good - 17 May 2010 08:57

---

Actually it was several falls - restarting is the hardest

Today is the start of day 1. ;D

I have get to Kabbolas HaTorah with at least a couple of clean days. Which is why I am posting.  
Posting will help get me restarted.

=====

=====

Re: Think Good

Posted by silentbattle - 17 May 2010 12:38

---

Sounds like a plan...and not only can you be clean for kabalas hatorah, but you can also have a commitment to stay clean.

=====

Re: Think Good

Posted by think good - 31 Jul 2012 09:40

---

Day 8

I'm back!!!

No other choice!!!

=====

Re: Think Good

Posted by JustKeepGoing - 01 Aug 2012 04:36

---

Hi

Welcome back!

Whered you go for two years?

=====

Re: Think Good

Posted by think good - 01 Aug 2012 07:18

---

Day 9 or into the 10th day.

I've been around reading the Chizuk emails mostly.

Manange to keep clean for a week or more or even a month.

But without taking an active part in GYE I have not been able to repeat a 90 day run.

Reading the Chizuk emails in not enough, **I need to know you guys are watching.**

That knowledge alone is tremendous chizuk to avoid a fall.

I see many who are on the 90 day chart are not yet posting.

It's very hard to take that first step, we are all frightened of who will recognise us.

I strongly advise everyone to take a active part, by posting and helping each we can prevent many of those repeated falls.

=====  
=====

Re: Think Good

Posted by think good - 02 Aug 2012 07:09

---

Day 0xA

=====  
=====