

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 Germon says "even a women's little finger can arouse...". From 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 cordnoy - 03 Jun 2014 08:19

---

And now....you are at 180.

How'd you do it?

Did you join 12 steps? SA group?

Very dark sunglasses?

kol haKavod!

b'hatzlachah

=====

Re: Think Good

Posted by cordnoy - 28 Sep 2014 14:47

---

You didn't answer at 180; will you by 300?

Thanks

=====  
=====

Re: Think Good

Posted by cordnoy - 26 Oct 2015 04:06

---

[cordnoy wrote:](#)

You didn't answer at 180; will you by 300?

Thanks

600?

700?

=====  
=====