

Giving a Genuine Try

Posted by omekhadavar - 26 Oct 2021 14:12

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Hi everyone,

This is my first time posting here. I'm going to try and keep it up. The goal is to get to 90 days for the first time. Currently, this is my third day clean. I don't have an issue with pornography, I rarely view it. However, I do have an issue with being mz"l, which is usually caused by seeing inappropriate pictures etc.

I've been thinking of ways to remove triggers. I plan on purchasing a basic phone soon, so I hope that will remove help in removing many triggers. Also, I currently have web chaver on my computer, but I plan on getting a filter as well, so I don't see any triggers by accident. Another one of my main problems is when I'm not occupied and end up surfing the web. This almost always leading to me being mz"l when no one is around. I would like to make a neder for at least 20 days not to use the internet unnecessarily, but I'm not sure how to phrase it. Advice would be appreciated.

*-Dvar Ha'emek*

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Re: Giving a Genuine Try

Posted by Taharat Yisrael - 09 Dec 2021 06:40

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Try reading skyward by Brandon Sanderson or steelheart. These are fantasy series which are pretty clean. Very engaging as well.

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Re: Giving a Genuine Try

Posted by Hashem Help Me - 09 Dec 2021 12:24

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How are you celebrating the 24 days? It is important to "make a siyum". It gives one the healthy attitude that he just accomplished something great and should get to it again (instead of focusing on the fall). Also, was the fall both pornography and masturbation? If not, keep a seperate cheshbon for the issue you remained clean with.

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Re: Giving a Genuine Try

Posted by omekhadavar - 14 Dec 2021 05:48

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Day #4

I was away for the weekend and was kept busy the whole time. This got me out of my rut and back onto track. I also made a new neder today. ly"h I'm back on track to 90 days.

Signing off for the night,

*-Dvar Ha'emek*

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Re: Giving a Genuine Try

Posted by omekhadavar - 14 Dec 2021 05:48

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I did get something special for dinner

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Re: Giving a Genuine Try

Posted by omekhadavar - 14 Dec 2021 05:51

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Thank you everyone for the advice. I will check out the book recommendation. And I did do something special for the 24 days.

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Re: Giving a Genuine Try

Posted by omekhadavar - 16 Dec 2021 02:13

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"In the book of life, the answers aren't in the back."

-Charlie Brown

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Re: Giving a Genuine Try

Posted by omekhadavar - 20 Dec 2021 05:05

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Had another fall this past night. I think it was because of the stress I was under from a number of things in my life. Going to pick myself up and get back on track tomorrow.

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Re: Giving a Genuine Try

Posted by growup - 28 Dec 2021 14:58

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I love your posts - especially about reb yeruchem - feel free to reach out  
[thekingmbd@gmail.com](mailto:thekingmbd@gmail.com)

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Re: Giving a Genuine Try

Posted by omekhadavar - 07 Jan 2022 04:55

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Had a pretty bad fall the past two days. I don't really want to stay in the rut, but I can't seem to muster enough strength to pull myself out. Maybe tomorrow morning things will be better.

Signing off for the night,

*-Dvar Ha'emek*

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Re: Giving a Genuine Try

Posted by jackthejew - 07 Jan 2022 09:38

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[omekhadavar wrote on 07 Jan 2022 04:55:](#)

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muster enough strength to pull myself out. Maybe tomorrow morning things will be better.

Signing off for the night,

-Dvar Ha'emek

as Rabbeinu Yonah writes in Yesod Hateshuva: *A man who has transgressed and sinned and comes to seek refuge under the "wings of the Shechina" (Divine presence) and to enter the ways of repentance, I will instruct you and enlighten you in the way that you should go.*

*On that day, he should cast all his sins which he did, and consider himself as if he was born today, and he has neither merit nor fault. And this day is the beginning of his actions. Today he should weigh his ways, in order that his steps not veer from the good path. And this way will bring him to return a complete teshuva (repentance). Because he will make himself as if he has cast from his shoulders the heaviness of the sins which he did. Therefore his thoughts will not haunt and confuse him to prevent him from repenting because he is embarrassed of his sins. For [his thoughts] will tell him:*

"How could I be so brazen and repent, after I have sinned and transgressed, and I have done such and such, and doubled and tripled without end. How could I raise my face before Him like a thief which was caught, because I am embarrassed to stand before Him. And also, how could I show myself in his courtyard (synagogue), how could I guard his laws?"

*Don't think like this. Because the enticer (the evil inclination) sits like a fly in the chambers of the heart. He renews himself every day. He watches and waits to make him stumble, and he puts this evil advice in his heart (i.e. the destructive thoughts). Rather one should think: "because this is the mida (trait) of the Creator, yisbarach. His hand is outstretched to receive the penitent". Therefore it is good for him to cast off his sins and make for himself a new heart.*

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Re: Giving a Genuine Try

Posted by jackthejew - 07 Jan 2022 09:39

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Take it one day at a time and stand strong!

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Re: Giving a Genuine Try

Posted by jackthejew - 07 Jan 2022 09:49

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In terms of completely clean Non-Jewish books on Torah Umesora's Chinuch.org website there is a list of 4400 secular books that have been reviewed and graded based on content (last updated 2017, so if you're into following the latest series you're out of luck) there's an elementary/middle school list and a high school list. Both are downloadable as PDFs or Excel spreadsheets but you need to have a Chinuch.org account. The 2012 version of the list can be viewed and downloaded

here

[rebeccaklempner.files.wordpress.com/2013/08/4552d\\_a\\_00663\\_booklist\\_comments\\_all\\_cover\\_2012.pdf](https://rebeccaklempner.files.wordpress.com/2013/08/4552d_a_00663_booklist_comments_all_cover_2012.pdf)

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Re: Giving a Genuine Try

Posted by jackthejew - 07 Jan 2022 09:53

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The authors of the list have a website Kosherbooks.org. However all books give (at least some) of the reason for the ratings, so beware of possible triggers.

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Re: Giving a Genuine Try

Posted by omekhadavar - 17 Jan 2022 04:39

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Finally made it out of my rut and to day #7. I updated my filter, but I still need to get a new WebChaver, I don't think my current one checks the reports often. I think I entered the "pink cloud" that the Flight for Freedom talks about. It's nice to have minimal urges, but it's a little annoying that I have to wait a few weeks till I can utilize the tools from the program.

Signing off for the night,

-Dvar Ha'emek

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