

Work in progress

Posted by Vehkam - 02 Jan 2022 18:43

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Trying to post here on a somewhat regular basis so that I stay on course. I have to rewire my thinking patterns of over thirty years! I set the counter to the last date that I fell in masturbation. I have been able to stay away from other things for longer. I thank hashem for his kindness in helping me to this point.

this shabbos I was in Florida. Obviously there are a lot more nisyonos. I definitely was more successful than other times in not following my eyes and gazing with the help of GYE. (Not to say that I was successful in every instance- at some point my feet just took me in the wrong direction even though my mind was saying- STOP!)

One thing that helped me alot was a shiur I heard recently that describes the power of a tefila that one has immediately after he withstands a nisayon. When I feel a possible weakness to a temptation, I quickly resolve to turn away and then I immediately daven for something that is very important to me. Each small victory is another tefila. I don't want these nisyonos, but if they are coming anyway at least I have the opportunity to use them for something very meaningful.

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Re: Work in progress

Posted by Vehkam - 17 May 2023 07:14

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Today's sefira is yesod sheb'yesod. Before I started this journey that would have been meaningless to me. Today I feel like it is a yomtov. Bh I am planning to finish the last pages of The Battle of the Generation today for the eighth time. I will iyh start again tomorrow. Thank you hashem for continuing to carry me on this journey and for putting so many wonderful people into my life.

best wishes

vehkam

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Re: Work in progress

Posted by chaimoigen - 25 May 2023 01:27

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Vekam,

I have learned many Mussar seforim, but this one....

This is my second time through your thread.

Many tears and emotions. You can have no idea what you are doing for me.

Actually, you probably can.

Hashem should betnch you !

Please daven for me and all of us.

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Re: Work in progress

Posted by Vehkam - 25 May 2023 04:01

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Thank you for your kind words. They mean a lot to me. It is gratifying that people are still inspired by what I wrote. I feel bad that I haven't been able to write recently but bh I am in a good place and busy with good things.

wishing you continued success

vehkam

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Re: Work in progress

Posted by Vehkam - 20 Aug 2023 13:43

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[Vehkam wrote on 30 Aug 2022 19:24:](#)

When I first started my journey ten months ago I had one goal. To stop viewing pornography and to stop acting out my fantasies. I just wanted to clear my head so that I could think straight.

I did not intend to stop listening to the radio, something that I had always done for background noise. Or to stop watching football. Or Law and Order. Or American idol. Or romantic movies that made me cry.

I had no intention of stopping to eat the free krispy kreme donut (one a day!) that I got by showing my covid card. Nor any of the other non cholov Yisroel snacks that I became accustomed to eating (and making sure to dispose of the wrappers lest I be found out)

I did not think my davening habits would change; I thought they would be as sporadic as they had been for the last few decades.

I did not think that I would ever go over to a gadol and ask for a bracha for help with shmiras einayim and shmiras habris.

I did not think I would ever want to get married again

I certainly did not think there was anything about me that could possibly inspire anyone

I did not even intend to stop masturbation!

I just wanted to be able to think straight.

So I made one change. I committed to myself to be clean of pornography for at least six months. And I was given a gift from hashem. A new lease on life. Slowly but surely the obstacles disappeared. And all that I did not originally intend has come to be.

Now Elul is here. The King is in the field! And I just want to connect. Should I be fearful? There is much to regret. But I cannot think about that. My tears are tears of excitement. Of eager anticipation. My king please listen to the beating of my heart. Hear my desire to be close to you. Another year of growth. Please hold onto me for another year. I beseech you. Let me remain close. The king is in the field!

Wow! This was Elul one year ago. The bracha I have seen this past year is extraordinary. I am excited for another Elul. I remain fully committed to stay on this path and I daven to hashem for another year of growth and bracha. If I can be of any help please don't hesitate to reach out via pm or email.

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Re: Work in progress

Posted by Vehkam - 28 Aug 2023 19:08

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Just checking in to mark my progress. It took way longer than usual to finish the Battle of the Generation this time. Lots going on and different responsibilities meant that i had way less time to read each night. BH i finished the book again this week and have begun again for the 10th time. I am also reading Living Emunah each night with my wife and we find that helps for keeping a general positive perspective for everything that happens during the course of the day.

I am happy to report that alot of the triggers and thoughts that were a seemingly impossible battle for so many years have now b'ezras hashem dulled. i am not letting down my guard and i am trying hard to maintain all of the things that i put in place to ensure that i continue to move forward. I am looking forward to having more time to write after sukkos iyh.

best wishes

vehkam

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Re: Work in progress

Posted by shmira101 - 28 Aug 2023 19:29

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[Vehkam wrote on 28 Aug 2023 19:08:](#)

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forward. I am looking forward to having more time to write after sukkos iyh.

best wishes

vehkam

Mazel Tov on both Simcha's! May you have continued Hatzlacha in your new life in both ways!!

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Re: Work in progress

Posted by Captain - 29 Aug 2023 00:51

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Mazel tov!!!!!!!

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Re: Work in progress

Posted by chaimoigen - 30 Aug 2023 13:22

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Mazal Tov!

Vehkam: The "things you have put in place" are not "things".

They are spiritual edifices of greatness, painstakingly built. Towering, magnificent structures of Avodas Hashem. Of Tahara and Yiras Shamayim and Ahavas Hashem and Chasidus. Breathtakingly beautiful artworks that are also feats of painstaking engineering, tremendous persistence, and ongoing inspired growth.

You are the inspiration for so many. And for me.

Yehi Ratzon that Hashem should bless you- May your special qualities and strengths flourish and find new growth and expression in your new Bayis. May you find Simcha, Menucha, Shalom , joy and fulfillment in all areas. ????? ????? ?? ????????? ????? ????? ????? ????? ????? ????? ????? ????? ?? ????? ?????

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Re: Work in progress

Posted by Vehkam - 15 Oct 2023 21:21

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I just realized that it has been quite a while since I posted on my thread. Bh things are going well with lots of siyaata dshmaya.

Something that I have not written about in the past, but may be helpful to some others - I don't allow my phone to be private. My wife has access to my phone and can look through it at any time. She is not my mashgiach. That is not her job. However it is a huge deterrent when the phone is treated as shared property. If I started to act possessive about my phone, at this point, it would be obvious that I am hiding some secret.

There is tremendous menuchas hanefesh in not having secrets....

wishing everyone tremendous hatzlocha

vehkam

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Re: Work in progress

Posted by adam2014 - 16 Oct 2023 10:37

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I did the same thing awhile back and it really helped. I used to be horrified if I left my phone alone or if she asked to use it. It is a HUGE relief not to have to worry about that anymore.

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Re: Work in progress

Posted by Hashem Help Me - 16 Oct 2023 11:20

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Great idea - but how do you deal with the GYE texts etc staying confidential with other guys info?

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Re: Work in progress

Posted by eerie - 16 Oct 2023 19:04

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[Hashem Help Me wrote on 16 Oct 2023 11:20:](#)

Great idea - but how do you deal with the GYE texts etc staying confidential with other guys info?

This problem forced me to make my phone ultra-private. Some guys can text really private stuff, and my wife and kids definitely shouldn't see any of it. I BH have a kosher phone, but it is true that I lose out on having my wife as my shomeress. To be honest though, she rarely ever checked my phone even before I put a password on it

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Re: Work in progress

Posted by Vehkam - 16 Oct 2023 19:32

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i generally don't have anyone's identifying info on my phone. the text are under a phone number or a name that is not identifying. my phone is still password protected, so noone else is looking at it besides for my wife. it really is a non issue for us. she is not a private investigator! I don't see her as my shomeress, but it still another level of protection against the yetzer hara.

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Re: Work in progress

Posted by redfaced - 16 Oct 2023 20:55

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[eerie wrote on 16 Oct 2023 19:04:](#)

[Hashem Help Me wrote on 16 Oct 2023 11:20:](#)

Great idea - but how do you deal with the GYE texts etc staying confidential with other guys info?

This problem forced me to make my phone ultra-private. Some guys can text really private stuff, and my wife and kids definitely shouldn't see any of it. I BH have a kosher phone, but it is true that I lose out on having my wife as my shomer. To be honest though, she rarely ever checked my phone even before I put a password on it

I wish i had such an option - my phone is too dumb. Instead im busy all day erasing texts messages from gimpelovitch and his cronies.

This is something that I sincerely wish that I didnt have to hide from my wife - unfortunately I do

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