

90 Days - Bring it on!

Posted by Gabe - 04 Jan 2010 02:18

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Hi everyone,

This is my introductory post to the forum and beginning of my 90 day journey to sobriety and freedom from this terrible aveirah which has controlled me for far too long.

I first stumbled upon this site just two days ago. I was reading this (<http://www.vosizneias.com/45949/2009/12/31/new-york-the-roving-eye>) article on vosizneias about how a husband's porn addiction was tormenting his wife and happened to notice that someone mentioned this website in one of the comments at the bottom of the story. I googled it and have to say that I was amazed by the amount of content and tools available. I was further amazed by this fabulous community which is full of caring ovdei Hashem who support one another and are committed to overcoming their y"h and becoming better people and Jews. It really is an inspiration.

I have personally been struggling with this for quite some time now. I love being on the internet but I regularly fall into the trap of reading erotica and visiting pornographic websites, which I'm ashamed to say has led to regular episodes of shichvas zera (1-2 times per week!). I know this has to stop. When I was in yeshiva in Israel I had far greater control over this addiction, and at my best was able to go for a stretch of half a year without mishap. I knew that when I eventually left for home it was going to be far more difficult to remain clean. I cried and prayed at the kotel that I should have the strength to overcome it. Unfortunately, I have failed time and time again and that's why I am here, ready to turn the tables.

I have downloaded both manuals and have already almost completed my first reading of the handbook. I have also signed up for the daily chizuk emails and just requested a license for the filter from the filter gabbai. I am a little afraid about how much the filter will block out because I don't want it to interfere too greatly with my internet use - just the bad stuff! I also feel some of the handbook is probably not for me because I'm no "sex addict". Apart from the odd handshake during interviews, I've remained shomer negiyah my entire life (I'm now 22) and have never had a sexual episode.

At the moment I'm not prepared to go to the opposite extreme. I love my movies and my music and I like working out in the gym, but I know that this addiction of masturbation and porn has to end.

Thank you all for reading this post and G-d bless. May we all benefit to succeed in our endeavours.

Yours,

Halevi.

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Re: 90 Days - Bring it on!  
Posted by Gabe - 08 Jan 2010 05:58

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B"H today is the 6th day clean and shabbos is on its way.

Thought for the day:

"The entire purpose of our existence is to overcome our negative habits." - Vilna Gaon,  
Commentary to Mishlei 4:13

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Re: 90 Days - Bring it on!  
Posted by imtrying25 - 08 Jan 2010 13:11

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keep it up halevi. And thanks for sharing that quote from the Vilna gaon. Good Shabbos.

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Re: 90 Days - Bring it on!

Posted by Steve - 08 Jan 2010 18:41

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have a GREAT SHABBOS!!!

And if you're gonna make a kid happy by throwing him into the air, make sure you catch him, too....

Don't quite know where THAT came from, but experienced maggiddim say one should mention what pops into his head.

now i'm poppin' outa here...

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Re: 90 Days - Bring it on!

Posted by Gabe - 09 Jan 2010 11:19

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[Steve wrote on 08 Jan 2010 18:41:](#)

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Don't quite know where THAT came from, but experienced maggiddim say one should mention what pops into his head.

now i'm poppin' outa here...

Sound advice.

Hope you guys are having a great shabbos.

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Re: 90 Days - Bring it on!

Posted by the.guard - 09 Jan 2010 17:28

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[Halevi wrote on 06 Jan 2010 08:44:](#)

Just listened to a 30 minute hypnosis track on overcoming porn addiction. I haven't been tempted since I started on my 90-day journey but I figure I can use all the help I can get. Not sure if it will make a difference but it sure was relaxing...

Did you find it on our site? If not, can you share the link?

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Re: 90 Days - Bring it on!

Posted by Gabe - 09 Jan 2010 22:10

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Someone posted the one from [hypnosisdownloads.com](http://hypnosisdownloads.com) on the interwebs and I happened to "borrow" it. Not sure how halachically acceptable that is, but this is it:

**Overcome Porn Addiction +AUDIO**

## Product Details

- \* Language: English
- \* Type: Audio Book
- \* Format: MP3 @ 64 Kbps
- \* Publisher: Uncommon Knowledge

## Product Description

Pornography addiction can make you feel bad about yourself, unbalance your attitude to sex, damage relationships and waste your time and money. Like many compulsive behaviors, porn addiction is usually a secret addiction.

It is not uncommon for a respectable member of the community to have time, self esteem and potential sapped by hours viewing porn. Friends, family and colleagues may be very disappointed if they knew, but you know and afterwards you can feel empty and worthless.

## The nature of porn addiction

Porn addiction is a dim reflection real passion and intimacy, and while it sometimes replaces these needs it does not fulfil them. Pornography addiction isn't always primarily to do with sex! Feelings of loneliness, boredom, insecurity or just having the opportunity can all result in porn addiction.

Porn is a fraud because it promises something it doesn't deliver. People use it to escape reality but it actually worsens the very reality you are trying to escape from. Pornography addiction blunts the senses and stops you appreciating the subtleties of life.

However like any addiction it never ultimately delivers what it seems to promise because the more you view the more you want to view, and the more extreme the pornography that you seek out.

Porn addiction locks your attention

Pornography addiction has a kind of negative hypnotic effect, grabbing then locking your attention until you 'wake up' from the porn trance feeling exhausted and miserable. The fact is you may go for days, weeks or months without using porn and then almost without you knowing it you're back into it again.

Maybe you'd kidded yourself that you're not really hooked or you'd just view porn for a few minutes but then you become entranced again and find yourself back in the life-destroying cycle.

Download Overcome Pornography Addiction and take back control

[http://uploading.com/files/33K0064R/Overcome\\_Porn\\_Addiction.mp3.html](http://uploading.com/files/33K0064R/Overcome_Porn_Addiction.mp3.html)

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Re: 90 Days - Bring it on!

Posted by Gabe - 09 Jan 2010 22:41

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I've been working really hard on chasing away impure thoughts but unfortunately last night I was ba'al keri. Should I just ignore it and move on or should I do something more?

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Re: 90 Days - Bring it on!

Posted by humanbeing - 10 Jan 2010 04:36

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Ignore it...However, the way to ignore thoughts (this wise advice is posted in many places on the forum) is by acknowledging what happened....and then letting go of the thoughts...The more you concentrate on the actual thoughts of Lust etc. the less your NOT thinking of them...For a more spiritual remedy ..You can also go to the Mikvah....

However, the main ingredient in success over that old foolish king (Y"H) is by being B'simcha....You can do it...You have great Courage and Sincerity!!!

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Re: 90 Days - Bring it on!

Posted by Gabe - 10 Jan 2010 05:01

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Thanks, human. That's great advice.

On a not so related note, I've stumbled upon an **incredible** book which reinforces all the tools and advice mentioned on this website and adds to it in a lucid, informative way. It really is quite brilliant. I've messaged the download link to guard so he can look over it and hopefully use it to improve the handbooks.

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Re: 90 Days - Bring it on!

Posted by Gabe - 10 Jan 2010 05:06

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Thought of the day (this is one of my own):

Lust Addiction is roshei teivos LA

LA = Las Angeles (Hollywood)

Lust addiction is synonymous with the pritzus of Hollywood and everything it represents. We need to distance ourselves from the ideology of today - which is best represented by Hollywood - which places an emphasis on lust, objectification, greed, selfishness, and the distortion of sex.

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Re: 90 Days - Bring it on!

Posted by humanbeing - 10 Jan 2010 05:09

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Yo -- You got to concentrarte on other things ...Like Hashem, friendships...even those anonymous one's you find here.....

Don't concentrarte on the Lust...That's how that Bastard Y"H Gets you...(Unfortantely that Bastard is a part of each of us)

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Re: 90 Days - Bring it on!

Posted by Steve - 10 Jan 2010 05:55

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Now that you mention Hollywood, 'ja know who their Guardian Malach is?

Why the MALACH MAMOOVIES of course.

If you don't get it, ask Bards to pronounce it for ya...

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Re: 90 Days - Bring it on!

Posted by Gabe - 11 Jan 2010 06:31

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Today's my 9th day clean. Sitting pretty on level 2, B"H.

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Re: 90 Days - Bring it on!

Posted by humanbeing - 11 Jan 2010 07:13

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What great news. Congrats...Now comes Dayb #10 ...One at a time u will do it.

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