

90 Days - Bring it on!

Posted by Gabe - 04 Jan 2010 02:18

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"ch 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.

=====
=====

Re: 90 Days - Bring it on!
Posted by humanbeing - 19 Jan 2010 22:44

Halevi,

Thanks for sticking with me in tough times...I appreciate it. KUTGW...Or as the Bardichiver Character says....Keep on Truckin'...That big mean eighteen (Chai) Wheeler.

=====
=====

Re: 90 Days - Bring it on!
Posted by Gabe - 19 Jan 2010 22:47

[silentbattle wrote on 19 Jan 2010 15:46:](#)

First of all, it's good to see that you're being honest with yourself. To be honest, I grappled with your issue, as well - the term "addict" has lots of unpleasant connotations for most people, and no one likes to think of themselves as "powerless," or "out of control."

As the article points out, don't get caught up in the terms. **The way I look at it is, whether or not I'm an addict, the technology of recovery can help me. So I'll use it.**

As an aside, there are different levels of "powerless," but on a basic level, it implies a lack of power, a lack of control. And that's certainly present by all of us. If we had the power we wanted, we wouldn't have a problem.

Keep on rocking!

Great post! I've been thinking the exact same way and really, that's the reason I'm on this website. Whether I qualify as a textbook addict or not, I still think that the tools on this website can assist me.

=====
=====

Re: 90 Days - Bring it on!
Posted by Gabe - 19 Jan 2010 22:48

[Steve wrote on 19 Jan 2010 19:55:](#)

Halevi -

I'm Very Impressed with where you are holding. **KUTGW!!**

Really? I thought you would be disappointed in me to be honest. I've been struggling with the "addict" tag from day 1 when you tried to set me straight.

=====
=====

Re: 90 Days - Bring it on!
Posted by Gabe - 19 Jan 2010 22:52

[humanbeing wrote on 19 Jan 2010 22:44:](#)

Halevi,

Thanks for sticking with me in tough times...I appreciate it. KUTGW...Or as the Bardichiver Character says....Keep on Truckin'!...That big mean eighteen (Chai) Wheeler.

No probs, human. That's what it's all about.

Hey, have you said hello to our now accountability group partner?

=====
=====

Re: 90 Days - Bring it on!
Posted by humanbeing - 19 Jan 2010 22:55

Go - Check it out yourself

=====
=====

Re: 90 Days - Bring it on!
Posted by Gabe - 19 Jan 2010 23:17

Yep, just did.

=====
=====

Re: 90 Days - Bring it on!
Posted by humanbeing - 20 Jan 2010 00:51

I think we should collect the suggestions and then put it to a vote

=====
=====

Re: 90 Days - Bring it on!
Posted by Gabe - 20 Jan 2010 02:21

[humanbeing wrote on 20 Jan 2010 00:51:](#)

I think we should collect the suggestions and then put it to a vote

Why? Everyone can make their own individual penalties which they pledge to keep.

=====
=====

Re: 90 Days - Bring it on!
Posted by silentbattle - 20 Jan 2010 02:55

[Halevi wrote on 19 Jan 2010 22:47:](#)

Great post! I've been thinking the exact same way and really, that's the reason I'm on this website. Whether I qualify as a textbook addict or not, I still think that the tools on this website can assist me.

Kol hakavod! Keep on rocking!

=====
=====

Re: 90 Days - Bring it on!
Posted by humanbeing - 20 Jan 2010 05:42

[humanbeing wrote on 20 Jan 2010 00:51:](#)

I think we should collect the suggestions and then put it to a vote

I guess so...I'm just so lazy ;D

=====
=====

Re: 90 Days - Bring it on!
Posted by habaletaher - 20 Jan 2010 05:57

Hey you guys, I don't know who your new accountability group is, but Mazal Tov on your formation, and may the Good Lord bless you with bountiful success, straight teeth, and good breath!!!

=====
=====

Re: 90 Days - Bring it on!
Posted by Gabe - 20 Jan 2010 06:20

lol thanks haba.

=====
=====

Re: 90 Days - Bring it on!
Posted by silentbattle - 20 Jan 2010 16:52

Hey, halevi - how are you doing today?

=====
=====

Re: 90 Days - Bring it on!
Posted by Gabe - 20 Jan 2010 23:14

Good, mate. Thanks for checking in. How are you?

=====
=====