

Just Starting

Posted by humanbeing - 04 Jan 2010 17:34

Hello fellow brothers,

I can't begin to describe my feelings of love and gratitude to all you kind Yidden. Kal Yisrael Araivim etc. and now I can truly see I'm not alone...

A little about me - I'm 32 years old with 4 B"H beautiful children and a very wise wife whom I truly love and cherish.

I have been struggling with remaining clean since I'm 15/16 years old...I fall once or twice a week since then.

When I got married (8 years ago) I was able to control myself for quite some time. However, the pressures of Parnossoh and the pitfalls of the high speed internet. R"L... Due to technical difficulties (I marked 1/1/2009 instead of 1/1/2010 as my first day) mistakenly my wall of honor post shows a previous streak of 364. I am now clean for 4 days since the Goyishe New Year and I hope to make that 364 days clean (and beyond) a reality.

I hope to find a sponsor or at very least a partner to whom I can entrust my internet filter/Accountability software. I will need that person to spend time in the beginning to tweak the settings since I have to use the internet extensively as part of my job. Unfortunately, I spend many hours alone in my office...I pray that this accountability and sense of community will help me attain a daily victory over my Yetzer Horah and desires for many years.

I also hope to find a Phone Group that would work with my schedule...I'm in the West Coast

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Re: Just Starting

Posted by humanbeing - 12 Jan 2010 17:51

I'm not really in the mood for posting today....Thanks Sci for the reminder...I am grateful for the

fact that in the past my falling (I'm still waiting for Guard to rpasken....thank you Steve...Your posting was a lifesaver as was SB and Halevi- ...STEVE; I'm still waiting for a description of the Ritva's taanis) would have been all the way to the ground complete with a 1/2 hour binge and M....B"H it stopped quickly ...thanks to this support system...

It's just so painful to face the facts that me, the Chashover Yid, Fun-loving Father, understanding Husband...Has to deal with such infantile behavior...However dealing with it is the only way...the alternative I've been playing out for the past 17 years and is way less pretty. Thank you for listening.

I just got the Pickup joke..

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Re: Just Starting

Posted by humanbeing - 12 Jan 2010 17:52

Hey Bards...can i get a KOT!!!!...I'm feeling deprived...

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Re: Just Starting

Posted by silentbattle - 12 Jan 2010 18:37

It's always hard when we have to realize that all the things that make us good, sincere, wonderful people have been living side-by-side with this ugly part of our lives. But we need to face it, bring it out into the light, to let it heal.

Glad we could be here for you (and since Bards hasn't shown yet, I'll give you a **KOT** in the meantime, just to hold you till he gets here!)

I hope Steve won't mind - I'll give the basics (though I can't put it as well as he did, so you might want to go through his posts and find the one where he talks about it- worth the time) - the Ritva's taanis is that at the end of you meal, you leave over a little bit of food, instead of eating

everything. It's a way to constantly work on your taivah.

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Re: Just Starting

Posted by Steve - 12 Jan 2010 19:03

Thanx for the plug, SB. But you still won't get a b-day present from ol' cheapo here...

This taanis's point is that you are denying fulfillment of satisfying your teivah to the last drop, in Honor of your Creator, in his words, "l'tzoraich Borei". You are basically recognizing that by NOT honoring yourself, by actively doing something while thinking "I do not have to satisfy my teivah", then thinking "I am doing this to Honor Hashem more than me" you are building new pathways of ingrained behaviour to break the hold your passions have on you. And because it's l'zoraich, it's NOT baal tashlich (sic intended).

I've told people who are not frum, that if they don't believe there's such a thing as a yetzer hara, they can meet him face to face. Simply sit down to your favorite meal, for me it's BBQ steak, and when you get to that last, juicy piece, put it aside and don't eat it. Don't remove it in the beginning of the meal - keep it attached to that which you're planning on eating, and then try to hold yourself back at the end. Then, tell me if you met him, and tell me what he was wearing.

They come back & tell me that not only did they met him, but he was wearing their clothes.

We have met the Enemy, and he is us!!!

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Re: Just Starting

Posted by bardichev - 12 Jan 2010 23:39

Human!!!

GEVALDIGGGGGGGG

KEEP ON TRUCKIN!!

No matter what

Now more than ever

As Rage says the front lines are everywhere!!

If you ever need a KOT

Please PM me!!

Bbbbbbaaaarrrdddzzz

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Re: Just Starting

Posted by Gabe - 12 Jan 2010 23:50

I still refuse to believe HB has to restart his count.

You're going strong till Guard says otherwise.

I'M NOT LETTING YOU FALL!!!!!!!!!!!!

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Re: Just Starting

Posted by humanbeing - 12 Jan 2010 23:53

I'm about to slip again....This is not good

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Re: Just Starting

Posted by humanbeing - 12 Jan 2010 23:56

Help tell me I can do this....So many of you have withstood so much more...

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Re: Just Starting

Posted by silentbattle - 12 Jan 2010 23:58

Your struggle is real - but what you need to remember is that it's an illusion!

Think of how happy you'll be 10 minutes later, if you walk away now!

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Re: Just Starting

Posted by humanbeing - 12 Jan 2010 23:59

Giving in to a taiva feels so good....I'm getting away from the computer.

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Re: Just Starting

Posted by silentbattle - 13 Jan 2010 00:02

And by the way, Steve - We grow up in a selfish society - everything is about **ME**, *I*m great! So on **MY** birthday, everyone should show their appreciation for **ME** since *I* came into the world today, and aren't you all lucky?!

When you think about it, birthdays are should be a time we we show appreciation to everyone else for helping us - it's the day when we thank everyone else, when we reconsider how much we've been given!

So I'll tell you what - maybe on my birthday, *I'll* give *you* something!

Don't get me wrong, I'm plenty cheap, too, so it won't be much :D...but just a thought, there...

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Re: Just Starting

Posted by silentbattle - 13 Jan 2010 00:03

You are awesome, man! I'm grinning from ear to ear at your victory!

And although it's hard to do, don't you feel great about it?!

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Re: Just Starting

Posted by Gabe - 13 Jan 2010 00:07

You're wrong - IT DOESN'T FEEL GOOD!

If it felt good then you wouldn't be a member of this website. You wouldn't be so distraught over the fact that you are a respectable member of the community, a good husband and father, and yet your addiction has a hold of you and is responsible for this unhealthy double life which you lead. It is holding you back! Every second of every day in which you resist this temptation you are taking control **BACK**. You are edging that little bit closer to being the person you truly **WANT** to be! Don't settle for second best, HB, you're better than that and you know it.

Don't let me down, HB. As your status says, "Chazak Chazak".

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Re: Just Starting

Posted by Gabe - 13 Jan 2010 00:19

Try repeating this affirmation when you feel the Y"H creeping up on you: "I **NEVER** watch porn or masturbate **NOW**!"

I've read that this can be particularly effective. The words "never" and "now" have a strong effect on the Y"H.

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