

Shlomo's Shlep to 90

Posted by teenagehelp - 04 Jan 2010 22:30

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I guess i'll give a little background about me. I'm in high school (i'm 17) but i go to a secular, private school and i am more observant than the rest of my family. I've been making the transition over the past 5 or so years to living a more observant lifestyle, and after finding out that my family used to be chasidic, I find a deep connection with Chassidus, mainly through Chabad.  
Hey everyone.

However, like many other people on this site, I have slip-ups when it comes to shmiras aynayim. boruch hashem, its not to a point where its unmanageable, but the fact that these slip ups occur is enough cause for worry at least in my own life. I like to think its something normal for a teenager to do, but i still know its something that needs to stop.

i've tried taking measures but i find that the time i'm most inspired to do so is only **after** the fact or a slip up has occured. i've installed filters and i'm reading through (and trying to live out) the packets from GuardYourEyes, all of which are helpful.

but at the same time, the results aren't 100% and i would love to say that i see the end of the  
any tips?

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Re: Shlomo's Shlep to 90

Posted by silentbattle - 03 Mar 2010 00:16

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Yashar koach on donating blood! Huge mitzvah!

When we turn things over to hashem, there's another aspect there as well - I feel like I'm handing control of my body over to hashem, and I try to fill myself completely with ratzon hashem. And I believe that that brings me closer to hashem in general! So that's always a good thing.

I agree with yiddle on this one - don't take the weight off your shoulders, but it's good to remind yourself that...Well, what do we say when we feel these urges?

We say, "I want this so badly! I need this!" But the truth is, that it's not us - it's the yetzer hora, speaking in our voice! Now, it's hard to remember that all the time, but it's good to remind ourselves of it every once in a while - I don't really want that at all!

I think it's healthy and normal to WANT to take drastic measures - but now use that energy and focus it into slow and steady growth and progress!

Shlomo, I think I speak for all of us, as I say once again - reading your thread gives us chizuk, and you're a constant inspiration to us all!

And, of course - Rock on!

(speaking of which - anything happen with the guitar?)

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Re: Shlomo's Shlep to 90

Posted by teenagehelp - 03 Mar 2010 00:51

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i'm still trying to work things out with the guitar. my friend who i plan to buy it from wants to figure out pricing so hopefully things will get taken care of tomorrow or by the end of the week.

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Re: Shlomo's Shlep to 90

Posted by teenagehelp - 04 Mar 2010 03:13

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well, its been a long day with school so the update will be short for tonight. i'm still going strong and i'm feeling changes in my daily living, as i have been over the last two months. i'm grateful for GUE everyday and i daven that everyone on the forum (and all yidden facing this issue) are helped by Hashem.

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Re: Shlomo's Shlep to 90  
Posted by silentbattle - 04 Mar 2010 03:28

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Yar, matey!

day 2: the wind is starting to fill the sails. now i just gotta maintain my course.

BTW - did you get my PM?

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Re: Shlomo's Shlep to 90  
Posted by Ineedhelp!! - 04 Mar 2010 05:42

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[Shlomo wrote on 02 Mar 2010 23:06:](#)

yiddle2- i contemplated writing that my y"h was the one pushing those thoughts in my mind and while i recognize it to be true, in my case, i feel like it would just be me just taking some of the weight off of my shoulders. i'm not trying to burden myself with these thoughts, but i want to be honest with myself. and even though i may do so, i by no means want to lessen my fight with (and hatred towards) my y"h. i completely agree that i simply need to stop listening to these "rationalizations" of my y"h/me and thats certainly one area where i will work hard. thanks for

I didnt say that you didnt do it, I just said(or meant) your Yetzer Hara talked you into it. A dog is trained to chase the ball when its thrown. If the owner throws the ball into the street and the dog gets hit by a car, its the dog's fault, but the owner something to do with it...

-Yiddle

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Re: Shlomo's Shlep to 90

Posted by teenagehelp - 05 Mar 2010 03:34

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day 3: still going strong.

hopefully i'll have a longer weekend update. starting the tennis season is wearing me down

(early) Good Shabbos, Good Shabbos.

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Re: Shlomo's Shlep to 90

Posted by silentbattle - 05 Mar 2010 16:41

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have a great shabbos, enjoy getting back into shape!

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Re: Shlomo's Shlep to 90

Posted by teenagehelp - 08 Mar 2010 00:45

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this is not the weekend update i had in mind. :'(

physically. boy, do i have to get in shape 8)

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i fell this afternoon. i'll leave it at that. now i know that i cannot trust myself with any computer. period.

i realized that at least one of the sources of this problem is that i haven't been posting daily. i've been checking GUE every day, but not updating. this is something i'll work on so i'm not constantly posting the bad stuff. :-\

i've also realized that i still have a load of work to do regarding time management, especially in regards to torah study. if i spent less time on homework and other things by *wasting* less time, i would have more free time in general, especially to study torah, and to hopefully catch up on sleep. also, if i spent more of my free time studying torah, my life would be that much fuller.

after reading through my entire thread, i've noticed that after a fall, i always post a disappointed message. my resolve then returns for a few days and then (typically because of a lack of posting on my part) it appears that this resolve fizzles out. at least for now, i want to focus on keeping my mind focused and staying b'simcha.

day 0.

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Re: Shlomo's Shlep to 90

Posted by silentbattle - 08 Mar 2010 01:42

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Good - keep focused, and keep on trucking!

But as always, we (I) ask - what are you going to do differently? OK, you've identified the fact that you don't want to trust yourself with the computer. A good step - you're admitting powerlessness, saying that you don't want to put yourself into a situation where you'll HAVE to be powerful.

So what are you going to do? Are there any other safeguards you can put into place?

Time management is important.

Another thing, that I'm trying to work on now, is not going online unless I have something specific to do - and having clear goals, and not doing anything else online.

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Re: Shlomo's Shlep to 90  
Posted by humanbeing - 08 Mar 2010 18:51

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I know that Rollercoaster feeling my good man...Keep at it. Perhaps try SA meeting in your area since th forum etc. not working...I myself joined SA through DuvidChaim's group...those that went through the program (i.e. Steve and others) have been sober from Lust addictions from when they "graduated" - It give me hope.

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Re: Shlomo's Shlep to 90  
Posted by teenagehelp - 09 Mar 2010 00:26

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i think the biggest safeguard and fence that i can put up for now is just time management. there's nothing as useful as well-spent time but nothing as dangerous as wasting it. every so often, i'll go into a phase where my learning is extremely rewarding and focused and at least for now, this is my biggest area to focus on. and, SB, i've already started to use your idea of only using the internet when i have a purpose. its working ;D. its so simple, yet so brilliant!!

as for SA meetings or the DC phonecall, i just dont know if they're for me. i'm only about to turn 18 (yikes :o) and i dont want to say that i am strongly addicted, if addicted at all. i think that given my past of growing up in a rather secular family and being exposed to all things untznius for virtually my entire life, this is something that virtually everyone is telling me is okay. despite the absolute falsehood in this idea, i still dont know if i need to take this step yet. and actually HB, i feel like the forum is working. my mindset has done a complete 180 since joining two months ago and although the results aren't there yet, its been pretty trial-n-error up to this point but i feel like i'm starting to get over a big hill.

well, once again, i'm pretty beat from tennis but things today have gone great, especially in regards to shmiras einayim while at school. i'll work to keep it up.

day 1: startin' strong.

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Re: Shlomo's Shlep to 90

Posted by silentbattle - 09 Mar 2010 00:52

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Great to hear that, man! You rock!

Yes, it does seem so simple. Isn't always so easy, but it's a major step in the right direction - and I'm working on it!

As far as the DC calls - if you can do it, might be a good idea. Don't know how'd you'd work it with your school schedule, but if you could...the way I see it, you don't have to be an addict to benefit from the phone calls. The meetings the calls - they teach skills, they teach a change in perspective that can work for both an addict and a non-addict.

To some degree, are you powerless? Yes. Has your life become unmanageable? Certainly not - but maybe it has? To some small degree, have you lost the ability to manage parts of your life in the way you'd like to?

Then you can use the technology of the 12 steps to help you improve yourself.

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Re: Shlomo's Shlep to 90

Posted by teenagehelp - 09 Mar 2010 01:10

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wow. after reading my post, i feel like i came off in a weird manner. i didnt mean to be so hard-nosed against doing a program, especially the DC call. the reality is that i know that i would  
( ), my lunch doesnt start until 1240 at the earliest. at the same time, i dunno if there's any way to hear a recording of the call? i know it'd be a lot of work and most likely not possible, but i feel like that might help people who cant be on the call...

and SB i agree that to a certain degree i'm powerless. hopefully the forum is enough to help me, slowly but surely, change this. i've looked into using the 12-steps but thus far, i havent gotten benefit unimaginably from the calls. but at the same time (pun intended)  
very far.

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Re: Shlomo's Shlep to 90  
Posted by silentbattle - 09 Mar 2010 01:14

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You didn't come off badly at all - i can totally understand where you're coming from - and I also guessed that timing might be an issue. Don't know about getting a recording.

I think that you are growing tremendously. And you'll continue to do so!

Rock on, bro!

~~thanks for your post. it really helped!~~

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