

Shlomo's Shlep to 90

Posted by teenagehelp - 04 Jan 2010 22:30

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 ocured. 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 - 10 Mar 2010 16:51

Glad to hear! That's not no news...that's wonderful news! Focus on growing - becoming the Shlomo that you can truly be!

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Re: Shlomo's Shlep to 90

Posted by teenagehelp - 14 Mar 2010 20:12

long time, no post. but things are still good here. the past couple days have been good and i'm working harder and harder on shmiras einayim, especially while at school, the toughest place in my life. but everything's been solid thus far.

last night, it took me about an hour and a half to fall asleep (too long of a shabbos nap :-\) and my y"h kept trying to push these thoughts into my mind. i tried just ignoring them but to no avail. so then i tried using a technique that i learned in the Tanya, essentially berating the y'h with insults and thinking about how lowly it is that he needs to try and attack me at such a time....but i guess those are his tactics....

well, i hope everyone else's shabbos went well.

day 7: snowball effect is getting things going.

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Re: Shlomo's Shlep to 90
Posted by Chazak Amenu - 14 Mar 2010 21:32

I also took too long of a shabbos nap besides for email trouble but hey that is nature of the beast. keep strong! and more importantly "use the force" ;D

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Re: Shlomo's Shlep to 90
Posted by silentbattle - 15 Mar 2010 14:59

Glad to hear that you're doing well - we should have a whole bunch of tools at our disposal to use against the y"h. It's good that you found the one that worked for you when you needed it!

Keep up your incredible work!

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Re: Shlomo's Shlep to 90

Posted by teenagehelp - 15 Mar 2010 23:57

i feel like i've entered a vicious cycle. i can go increasingly longer stretches (though not much longer than a week), only to fall again into the hands of my y"h. right now, i'm not sure what to do. i've been on the forum for more than 2 months, i feel internal changes happening and i feel like every time that i fall, someone else has taken control. i feel like i've reached an impasse. i'm changing, but the results still aren't coming.

i don't know where to go from here. in terms of more things that i could be doing, a few options jump out. As for joining SA or DC's Phone Group, my schedule with school simply doesn't allow for them. I think my biggest area for improvement is still with regards to time management. even with my filter and time constraints, i still manage to waste too much time on the computer. not that it impacts my homework or time with friends and family, it just takes away from my time studying torah, my sleep and my overall discipline. (the latter needing much, much work)

i am by no means giving up, as doing so would be comparable to suicide in my eyes. this struggle is worth it and heck, (not trying to be arrogant) i'm worth it. **everyone who fights this battle is absolutely worth it.**

as for tonight, i plan to redouble my efforts in terms of torah study and hopefully by studying torah at the same time every night in the same topic, this will be one way i can combat my lack of discipline and also get on the right path to fighting this y"h.

if anyone has any tips to get over the first weeks, please, please post a reply.

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Re: Shlomo's Shlep to 90

Posted by Chazak Amenu - 16 Mar 2010 02:30

i deal with the same problems like way too much wasting time on the computer which impacts my studies, and time management but i am going to try writing what i should be doing every day at that specific time and stick to it and i can use some of the similar techniques that GYE says to abide by.

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Re: Shlomo's Shlep to 90
Posted by silentbattle - 17 Mar 2010 00:07

Sounds like chazak has a good idea - and as far as the computer, we've already discussed the idea of going on the computer to accomplish specific things only. It's like going to a store in a bad neighborhood; you might need to get something, but after you're done, you get out as soon as possible, because it's not a safe place.

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Re: Shlomo's Shlep to 90
Posted by teenagehelp - 21 Mar 2010 02:50

shavuah tov everyone.

shabbos went well here. i just started my spring break (two weeks 8)) so things were extra relaxed here. i'm now on day 5 and although i had a post-shabbos slip, i came here to end it so hopefully things will resume like normal.

with spring and allergies getting into full swing, i had a realization. i've heard analogies between this struggle and allergies before, but i think i've found one that really relates to me. my allergies arent terrible but basically, if i begin to itch my eyes, they just get worse and worse. if i itch 'em, they just get more itchy. seems oddly similar to the phrase "*There is a small organ in a man, if you feed it - it is hungry, if you starve it - it is satiated*". so i've been thinking about this concept more and more, and its making sense now in more than one area.

day 5: getting the ball rolling.

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Re: Shlomo's Shlep to 90
Posted by silentbattle - 21 Mar 2010 15:38

Glad to hear! Keep on rocking - being relaxed is great, just make sure to be careful with ll that extra time, and enjoy it in ways that will keep you smiling!

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Re: Shlomo's Shlep to 90
Posted by teenagehelp - 24 Mar 2010 03:52

i fell. hard. the worst part about it is that when the thought entered my mind, i (or my y"h) thought that it wouldnt be so bad just to take a quick peek. once again, it proved to be wrong. this fall was somewhat due to complacency. chazak amenu and i were supposed to chat but we rescheduled, though i should've tried to chat, because it would have saved this fall.

but at least for the next week until pesach, i just need to buckle down. its my spring break now (including pesach) and with virtually no homework and tennis very late in the afternoon, i have fallen into my old trap of just being lazy. with my spare time, i'll do nothing. and when i want to go to bed, i figure that i can just take a nap tomorrow, so i stay up late just wasting my time doing nothing. again this deals with time management. :-\

my tactic to fight failed time management? making schedules. it has been successful in the past but has fizzled out as my time management skills seemed to improve, only to dip back down. so now, i will simply make the schedules and maintain them.

i know that because this fall happened, it happened for a reason. i know now (more than ever) i need to work on time management and implement tactics to use my time effectively and hopefully this is the key to fighting this battle. in my life, i feel like aside from time management, i have taken virtually every precaution possible to fight this battle, aside from literally reprogramming my brain (though in a sense, i'm workin' on it). so now, if i keep fighting, with Hashems help, it is only a matter of time until the tide swings in my favor and i can begin to make this trek

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Re: Shlomo's Shlep to 90
Posted by Chazak Amenu - 24 Mar 2010 04:06

Holy cow i feel so bad! you should have contacted me! I am so sorry! i don't even know what to say... we have to make a set time every night to chat no matter what even if there is nothing to say! (but to tell you the truth i am a pretty big talker!) PLEASE CONTACT ME we can figure out the best time to chat every night! speak to you very soon!

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Re: Shlomo's Shlep to 90
Posted by teenagehelp - 25 Mar 2010 15:32

good morning/afternoon everyone.

things have been good for me since two days ago. yesterday went really well and today should go the same. tomorrow, i have my first varsity match in tennis so i'm really excited. and then on shabbos i'll be leining (its my bar mitzvah parsha), which i'm even more excited for.

hope all is well with everyone else and i hope pesach preparations are going well and stress-free.

day 2: looking to start strong.

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Re: Shlomo's Shlep to 90
Posted by silentbattle - 25 Mar 2010 16:44

Fantastic - Reading your thread always makes me smile! I'm glad to hear that you're up, moving forward, and making plans!

Keep it up!

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Re: Shlomo's Shlep to 90

Posted by teenagehelp - 29 Mar 2010 04:21

. all's good here. a thought entered my mind today, as i was feeling a little uninspired and seemed to have lost some of that initial fire, but i just brushed it off and focused on spending some time with my parents and siblings. the leining went well (it was my bar mitzvah parsha) and it was an all around delightful shabbos. hopefully the same was true for everyone else.

with pesach at our doorstep, i wish everyone a Chag Kasher v'Sameach!

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back to report no news