

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 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 jamies - 21 Jun 2010 10:56

so glad to hear it mate!!

your an inspiration...stay off cruise control, and keep a start head, you control your actions!!

theres a chosidic idea (i think), found in sefer bilvavi mishcan evner chelek gimmel, that to get out of cruise control to one act of "holding back" or against your gof, animal instinct a day to regain contrl, rav kellerman taks about it, it really helps you with self control and it very good for middos building etc, for example at the enbd of my meal i always leave a bit of food or i wait a bit beforee i eat, or say i limit myself to 30 min less tv or saty uop 5 mins later... u get th idea!!

keeo on trucking!!!

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Re: Shlomo's Shlep to 90

Posted by teenagehelp - 25 Jun 2010 03:21

so i've been keepin up with the forums but haven't been posting as much. things are still solid here, though i could do a bit more learning during the day (and night). i realized that this is my most recent long streak (probably since my 33 days) and it feels good. and this time, i feel like i am more experienced. by no means am I a completely changed man. by no means am i saying that "this time feels different". but i feel like with the extra time spent with GUE, i'm better prepared for heading into a longer streak. eh, maybe this is just the late-night ramblings of a teenager, though i hope not.

hope everyone's doing well.

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Re: Shlomo's Shlep to 90

Posted by installed - 25 Jun 2010 05:14

Hey Shlomo,

Glad to hear that you are still holding on. Keep strong...

Good shabbos.

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Re: Shlomo's Shlep to 90

Posted by teenagehelp - 28 Jun 2010 01:48

Hey everyone! Just wanted to stop by. I've managed to do pretty well over the past couple of days and happy that i made it through a long stretch of time unscathed when i didn't really have "structured" days (i.e. no work or school). So as i enter this week and start working, hopefully i'll be able to keep a positive attitude and keep on the lookout for signs if things are going bad. Todays Day 18, chai, so maybe now i get to feel whats it's like to **live life!**

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Re: Shlomo's Shlep to 90

Posted by briut - 28 Jun 2010 01:59

Shlomo, I think they once referred to your tatty, Dovid:

"Dovid Melech Yisroel, CHAI V'KAYOM."

18 and keep going.

(Like father, like son, I suppose.)

Day 1 as always

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Re: Shlomo's Shlep to 90
Posted by silentbattle - 28 Jun 2010 16:06

Glad to hear it - keep on rocking!

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Re: Shlomo's Shlep to 90
Posted by teenagehelp - 30 Jun 2010 00:06

Day 20. Alright, its that time again. To be honest, i feel like little has changed over the past 10 days. I've just been trying to focus on staying positive, not taking second looks (or even first looks), and just when using the internet, trying to anticipate where challenges may lie online. summer's gone well so far, especially with shemiras einayim, and i hope the same is true for everyone else!

Day 1 as always

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Re: Shlomo's Shlep to 90
Posted by silentbattle - 30 Jun 2010 16:34

It's not a matter of what changes. It's the fact that you've lived free. Enjoy the continued sensation of freedom, enjoy the feeling of accomplishment!

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Re: Shlomo's Shlep to 90
Posted by teenagehelp - 04 Jul 2010 19:21

the count returns to 0. and as i move on, i would just like to share some thoughts.

as with many times before, this time dealt with trying to take the first look, thinking it would lead nowhere. however, time and again i have seen that the first look is akin to lighting a fuse. this fuse leads to a cannon of many things, including (but not limited to): feelings of dejection, laziness, regret, etc. and its target is the one who lit the fuse. now, i just have to learn to not light that fuse...

for all of my time on GUE, i have looked at the journey to 90 days as an ends. once a person got there, he was virtually free. the old saying of "one day at a time" was the means to get to the ends. after thinking about this, i've realized that the 90 days is also just a means. getting to 90 days should be a journey that brings you closer to Hashem, spiritual cleanliness and living life. if you were to just stop trying after 90 days, you would lose progress in trying to get to these goals. and although its impossible to attain each of these goals perfectly, the point is not to reach them, but to strive for them. i remember listening to a shiur that i found on GUE, which said that being intimate with one's wife should not be looked at as a goal or a prize, but rather something that further bonds husband and wife. for me, now i just have to start loo

king at each day towards 90 as a bond between Hashem and I, and find literally infinite satisfaction and pleasure in the fact that i am getting closer with my Creator.

thanks for readin' this kid's ramblings. i hope everyone is doing well.

day one as always.

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Re: Shlomo's Shlep to 90

Posted by teenagehelp - 07 Jul 2010 03:36

BH things went well today. had a long day babysitting and returned home with none of my siblings home for a few solid hours but managed to control myself, which i'm very proud of. its weird having to think that way, but hey, its the truth. i'll have an even longer day of working tomorrow but this is money for israel so i'm just happy to be able to work. i hope all is well with everyone else.

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Re: Shlomo's Shlep to 90
Posted by silentbattle - 07 Jul 2010 16:27

Your ramblings are always worth listening to.

And one day at a time is life. Every day, in every way - we're just aplying it specifically to this issue.

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Re: Shlomo's Shlep to 90
Posted by teenagehelp - 12 Jul 2010 01:18

its been a rough couple of days. it feels like the reason for the falls have been because i havent been posting that much lately, but also because i haven't been chatting with anyone (used to be with Chazak Amenu often) and i've just become lazy, which is a sad reality. so i know that i need to start trying to connect more, both on and off of the forum, and just need to get out of this summer slump of laziness. but i guess the hard part is actually following through. for me, it seems like i've generally known what i need to do but execution is another story...

Day 1 as always.

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Re: Shlomo's Shlep to 90
Posted by silentbattle - 12 Jul 2010 21:56

There's intellectual knowledge, and actually knowing that you need this. It's a strong drive that we're facing. If you're not sure whether you want to avoid it, there's not really much of a chance - as soon as you start wavering, the yetzer hora will seize the day.

You need to remind yourself just how important it is to you to avoid this problem.

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Re: Shlomo's Shlep to 90

Posted by teenagehelp - 14 Jul 2010 03:48

BH things are good here. one thing i've been working on is just trying to keep my mind active. that means not just going on the computer just for the hell of it. not just doing nothing for even a small period of time. basically, i'm trying to contemplate the concept that one's mind cant just be a vacuum (even if you want it to be), so why not fill it with something useful.

Day 1 as always.

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