

Starting my journey to 90 days

Posted by aryehtahor - 25 Jan 2010 21:36

I have officially begun my 90 day journey. It started on January 19th so I am now on day 6. 84 days until I make it to the Wall of Honor! Will update this thread with my experiences periodically.

=====

Re: Starting my journey to 90 days

Posted by briut - 11 Jun 2010 02:43

[aryehtahor wrote on 11 Jun 2010 00:40:](#)

I don't really understand what's going on, but I know that I'm out of control and impulses are ruling my life. I no longer have the strength to say "no" and I almost impulsively say "yes" every time.

[aryehtahor wrote on 11 Jun 2010 02:11:](#)

I don't yet feel the urgency of the struggle, but the more I put it off, the less urgent it seems until it's too late.

1. Out of control; impulses ruining your life.
2. Don't yet feel the urgency of the struggle.

Huhhh? Or in other words, I'm glad you made Elya's call and that you're feeling committed to working the steps. But I hope the disconnect between #1 and #2 gets resolved soon - it sounds like a tough place to be.

Have a great Shabbos.

=====
=====

Re: Starting my journey to 90 days
Posted by Ineedhelp!! - 11 Jun 2010 03:31

[aryehtahor wrote on 11 Jun 2010 00:40:](#)

I'm really down in the dumps. I can't see out into the world, I'm just so dominated by my addiction. It's all centered around my ex-girlfriend who I started seeing again (in order to sate my lust) and I'm totally obsessed with her now, although it's not really "her" it's more how she makes me feel. I tried to stop talking to her but I craved the rush, adrenaline, whatever of talking or being with her.

Theres definitely an element of self-flagellation in this too, which I wonder if anyone else experiences. I want her to find me disgusting, because that's how I see myself. I want her to look down on me and insult me, but at the same time I want her to be there for my lust. I just need to cut her off but I find that extremely difficult right now. In fact, I've started messaging her almost desperately after not contacting her for a couple days. It's hard for me to see her as a person. I project all sorts of ridiculous things onto her and use her for my fantasies, be they sexual or self-lacerating.

I don't really understand what's going on, but I know that I'm out of control and impulses are ruling my life. I no longer have the strength to say "no" and I almost impulsively say "yes" every time. Just a few hours ago I was z"l. I'm starting to hate myself more and more and I'm sucking everyone and everything I have down with me.

Hey Aryeh,

This sounds a lot like step 1 of the 12 steps: *We admitted we were powerless over addictive sexual behavior - that our lives had become unmanageable.*

Sounds to me like you are **powerless** and your life seems **unmanageable**...

What do you think?

-Yiddle

=====
=====

Re: Starting my journey to 90 days
Posted by aryehtahor - 11 Jun 2010 13:18

Hi Yiddle,

Yes I am powerless and my life is unmanageable. I would like to be in touch with you, if you are interested. Can you message me with an email or phone number?

Thanks

=====
=====

Re: Starting my journey to 90 days
Posted by aryehtahor - 11 Jun 2010 20:23

Still wallowing in the muck, but I got a sponsor and am ready to start working the steps!

=====
=====

Re: Starting my journey to 90 days

Posted by aryehtahor - 14 Jun 2010 02:52

Shabbos was a major lift. B"H I feel so much more together and ready to fight for my life against the Y"H. Motzei Shabbos I couldn't sleep till 3 am and I battled all night not to contact her...and won! Today I told her we can't speak anymore and I'm going strong. Just gotta make sure I don't stop at her house tomorrow when I'm passing by!

=====

=====

Re: Starting my journey to 90 days

Posted by aryehtahor - 14 Jun 2010 17:01

Yes! I'm back home and didn't visit her on my way. May hkbh enable me to go from strength to strength.

=====

=====

Re: Starting my journey to 90 days

Posted by silentbattle - 01 Jul 2010 18:54

Hey, it's been a while - how are you doing?

=====

=====

Re: Starting my journey to 90 days

Posted by aryehtahor - 19 Jul 2010 01:49

Hi Everyone,

My posting has been very sporadic, something I've wanted to change but somehow I get really caught up in things and we all know the YH likes isolation.

I've had some victories lately. I've been clean (no porn, masturbation, or actual sex) for I think 4

days. This is actually a big achievement for me and it's been hard. I said goodbye to the gentile woman I had been having relations with. That was easy but the hard part is not getting lustful and calling her. So far so good, and I've been davening a lot to Hashem, speaking in my own words. I'm reading "The Garden of Emuna" and almost finished it, which really encourages talking to Hashem frequently in one's own words. Although Arush is a Breslover and Breslover's are into that, I feel that it has helped me a lot even as a stam Jew.

I'm surrounded by so many dangers. I literally live in a city of total depravity, surrounded by college kids (read: young women who don't wear anything) and a very weak Jewish community. I daven in a shul of Am Ha'aretzim who aren't at all serious about yiddishkeit, although I thank Hashem that the Rav there is very chashuv and that he and I have a good keshet.

But every day I ask myself why is Hashem putting me through this? I'm 25, unmarried, living alone, surrounded by temptations, in a place void of real Yiddishkeit and all I want is to immerse myself in a Torah environment. It feels impossible for me to take care to eat well, stop smoking, take care of myself, and of course, control my eyes. IYH I will be in Yerushalayim in 5 months, but until then I have to be here to get my degree. I've acted out so terribly and it's caused me great fear and suffering. Please Hashem, help me get through this period without too many stains on my soul!

=====

Re: Starting my journey to 90 days
Posted by silentbattle - 20 Jul 2010 02:18

Inspiration is important - but you need to make sure that you use the period of inspiration to instill real change, change that will ast you through the periods of weakness and desire, and urges.

And you can do that. One day at a time, one hour at a time, one minute at a time. Not just because that'll keep you clean in the long term, but because each minute is incredibly valuable. Remember that. When you feel an urge, remember that *right now*, every second that you wait, every time you turn away and do something else, every time you distance yourself from those behaviors...you're building something beautiful. You're building a life for yourself, you

re building a connection to hashem, you're getting back in touch with your soul.

And what better time of year is there for that, than right now? We have to face the fact that we live in a messed up world. Because of our aveiros, reality has been twisted and shattered. And we're forced to live in that world, grow in that world, and mourn the loss of all that was.

And yet, at the same time, to grow within this world, and to reconnect to hashem. To refocus ourselves.

And that's exactly what you're doing. May our tears be true tears, that speak of a truly understanding of what we've lost, and help us focus on what we need to do, how we need to grow.

=====

Re: Starting my journey to 90 days
Posted by silentbattle - 20 Jul 2010 02:19

By the way - in your shul of am ha'aratzim, is there any way you can give them, help them? Maybe learn with them?

Perhaps that would help you in many ways...

=====

Re: Starting my journey to 90 days
Posted by aryehtahor - 21 Jul 2010 02:42

Dear SB,

It means a lot to me that you still read my pathetic posts on The Wall. I think I've been falling into the trap of blaming my situation in life for my falls. I think I am, in fact, in a difficult place in life. It's transitional; I'm trying to be frum but I'm stuck in an environment inimical to that which was decided I would be in well before being frum was on the horizon. So I can complain that it's hard, that women aren't dressed tznius, that I don't have a proper shul or bais medrash to go to, that I'm not where I want to be, that it's hard for me to break all my bad habits, blah blah blah

blah blah

But none of that is really the point. A stronger man than I would not only survive with his neshama intact, but would flourish with the opportunities available. I'm trying to just get through this period of being isolated from kedusha and my main goal is to make it out the other end without cause for shame, saying I acted erlich and did my best. My work is cut out for me, and no amount of blaming my situation and making excuses is going to help me. I'll only know after 120 how culpable I really am for the falls I've had....

=====
=====

Re: Starting my journey to 90 days
Posted by yehoshua - 21 Jul 2010 09:00

If you are using the word pathetic, than you owe me some money, cos you just used my middle name! Maybe I can buy a day or two of being sober (am on day 9 today) Thank you for your post, its keeping me sober in this moment, right now! Thank you and keep strong! Please write more on how you fight the yh, if you can.

=====
=====

Re: Starting my journey to 90 days
Posted by silentbattle - 21 Jul 2010 13:15

[aryehtahor wrote on 21 Jul 2010 02:42:](#)

A stronger man than I would not only survive with his neshama intact, but would flourish with the opportunities available.

Bull*&^#.

Difficult situations can be almost impossible to surmount, even for the strongest people. And even in better situations, things aren't easy. For years, I gave in to my desires for emotional and physical intimacy, for my need of closeness, even when surrounded by the largest frum community in america. Neediness really is that strong, and it exerts a lot of power over us.

You keep getting up, and that's the important thing. But you need to realize that you don't have to live like this. You do have the capacity to make the decisions necessary for changing the way things are going. Read my recent post on my thread, about things that lead to bad situations. DO you have anything like that in your life?

And by the way...it would be nice to hear from you on my thread, too - you're not the only pathetic person here! :D Drop by, read, comment...not only on my thread, but on other people's, as well. You may find that being more a part of our community, giving support to others, can help you.

=====

=====

Re: Starting my journey to 90 days
Posted by aryehtahor - 21 Jul 2010 23:30

I think posting more on other threads is a good idea. I will try, but it's hard now because I suddenly have a lot of work on my plate (a mixed blessing).

=====

=====