

Chazak Amenu's climb

Posted by Chazak Amenu - 28 Feb 2010 02:09

I am an orthodox 14(turn 15 march 30) years old who home schools, i have come to the conclusion myself that homeschooling has nothing to do with my addiction because I don't have time to view porn during school hours do to homework. I first saw porn when I was nearing the end of 6th grade. I saw it accidentally while doing a book report for class. The character in the book was also the name of the porn star and pictures of her popped up. The first time i saw it I immediately closed down but i was curious and had just hit puberty so i opened it up again and looked. I did not know what s-x was at the time and only looked at nude pictures for a while but then I began looking for videos and could not find any for a while. I contented myself with opening multiple tabs at time viewing hundreds of non clothed females. One day I downloaded a virus thereby forcing my dad to buy a new computer. While at the store he bought me a laptop which until recently I never used because I did not want to betray my parents trust further. I found out the filters password and used it. I recently changed the password so I don't know it but no one knows it so hopefully that does not become a problem. There are still two other computers without filters. No one knows about my addiction not even my twin brother. I don't feel clean and I feel like I need to go to the Mikvah but I don't know how to go by asking without people becoming suspicious. I feel really bad because I have a slight break before learning Gemmara and a few times I have watched porn right before learning. I hope I can stop the addiction early in my life and continue to become a good Jew!

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Re: Chazak Amenu's climb

Posted by Chazak Amenu - 04 Jun 2010 11:21

Its great to know someone else has a similar problem please give your feedback as well so we can both figure out how to stop it!

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Re: Chazak Amenu's climb

Posted by yehoshua - 04 Jun 2010 12:45

Well like now, I would like to work, but I am having second thoughts. Maybe I can try that line: I can't afford procrastination. A thousand times is never enough.

A thousand times of what? I don't know, I understood that it means, that I have to really TRY

and really WILL a thousand times and more. Just stop to focus a thousand times and more.

So, a thousand times is never enough. Here I go back to work.

Tell me, how do you fight it?

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Re: Chazak Amenu's climb

Posted by Chazak Amenu - 04 Jun 2010 12:50

Thats the problem i don't fight it, it kills me every time! I am going to try and set a time where no matter what i have to start and if i don't i will have to punish myself in some way, and DovInIsrael said i should just take it 5 minutes at a time, also maccabee said that if i feel i am going into the cycle i should just say "hold up" stop all i am doing and think about where it will take me and just do that like wait a minute i am getting trapped.

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Re: Chazak Amenu's climb

Posted by yehoshua - 04 Jun 2010 13:25

I tried to punish myself, but it didn't work. So... But probably from your own experience you know, that it doesn't work. Why not? Go figure, it's the same with horrible pictures, Briut is totally right on that one. I think.

The only thing that really worked for me was, that if I had to let's say clean the house or that I had to learn a bit, it would never be a problem if I were to do it for someone and with someone. If someone were near me, someone I trust and love, just in the same room it would do the trick. I would focus. I would feel safe and always have to feel a purpose to what I am doing.

But now, I am a 31 and my parents have passed away. Who should be in the room? So I try this method, just like you said, breath in and breath out, take a bit of a pause, focus and say, I can't go back, I can't afford to be afraid. Here goes my try.

If it is really bad and that doesn't work, I come here and read, learn and read (which would be a

pause longer than 5 min), which is what you do.

Hey man, just today! Don't afford the procrastination just for to day, today you can't afford it. Keep it real!

And thanks for sharing, this is the first time I get to talk about it. Thank you.

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Re: Chazak Amenu's climb

Posted by Chazak Amenu - 04 Jun 2010 14:27

It is certainly not something people talk about which is why i am glad you said something, did you get my PM?

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Re: Chazak Amenu's climb

Posted by Chazak Amenu - 04 Jun 2010 14:28

oh and genreally rewarding nor punishin works for me either i think the only reward is not ruining your life betraying peoples trust and so on.

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Re: Chazak Amenu's climb

Posted by Chazak Amenu - 04 Jun 2010 17:10

to summarize my day, I read on Jamies thread he felt like he was going to fall, I ended up talking to him till 9:20 which is 20 minutes later than i wanted to start, but i still got some good work done almost finished with a math chapter that i have been working on for 3 or more days, but it was worth i to help a friend out. I also learned gemmara in the morning so that was good. I need to focus! I still would like peoples feedback on approaches to procrastination, telling parents (though it will probably wait a while till i absolutely need to or i get enough nerve) and any constructive criticism, thanks all and have a good Shabbos.

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Re: Chazak Amenu's climb
Posted by briut - 04 Jun 2010 21:15

Good Shabbos, good buddy.

You sound sorta down this week, but you'll recover. And your neshama will start shining so brightly that you'll have your own north star for navigation. And life will seem sweet again.

Really. Those of us who've known "down" also known the sweetness of finding "up" again. And I know there's a lot of us here -- it goes with the GYE territory I'm afraid.

Good Shabbos. - Doc

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Re: Chazak Amenu's climb
Posted by Chazak Amenu - 04 Jun 2010 21:45

Yeah I am already doing better today, Thank you a lot Briut and everyone else have a good Shabbos.

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Re: Chazak Amenu's climb
Posted by briut - 06 Jun 2010 02:50

Hope Shabbos was gevaldig.

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Re: Chazak Amenu's climb

Posted by Chazak Amenu - 06 Jun 2010 03:16

It was pretty "gevaldig" I got to read my history book and am more than half way through with it after procrastinating it for a while, which is great because now that i am aware i am focusing and trying to do the things i enjoy so i can feel accomplished. also I learned gammara, listened to a few shiurim so i feel accomplished and that always helps with the stuff this website helps me with though i was having trouble not fantasizing today but overcame it thank Hashem.

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Re: Chazak Amenu's climb

Posted by Chazak Amenu - 06 Jun 2010 21:57

today was pretty good, not smooth but good, when my internet went down, sorry Shlomo!, I started looking up "words" in the dictionary and so on but i did not take it further and stopped so i am glad i did not fall but other wise things going well, congratulations to Briut on reaching 90! and SB on getting engaged!

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Re: Chazak Amenu's climb

Posted by silentbattle - 07 Jun 2010 06:12

Thanks - glad to hear about your good day!

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Re: Chazak Amenu's climb

Posted by yehoshua - 07 Jun 2010 07:17

I read of your good success. Thank you for the good vibe. I am at work now and since I am alone in my office it is always a bit of a danger of procrastination, but it's a new and a new start. So I go: A thousand times is not enough to say: I am doing my effort, help me Hashem.

Rock on! ;D

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