

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 gibbor120 - 23 Nov 2011 14:47

Thank you. Your courage and maturity is inspiring.

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Re: Chazak Amenu's climb

Posted by Chazak Amenu - 24 Nov 2011 02:47

Thank you. I completed day 82. I am gonna be going to New York for Thanksgiving weekend so I am hoping that will help me get through my final eight days! I am not going to be able to post until Saturday night or Sunday morning but I hope things are still going to be good for me. Thank you all.

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Re: Chazak Amenu's climb

Posted by Chazak Amenu - 29 Nov 2011 01:07

So the weekend went well and I am currently trying to complete my 88th day clean. I did slip today while watching a movie on a novel we read but it was very brief and I am doing just fine. I really hope that next time I post it will be because I am 90 days clean and I would like to put up a few tips and pieces of advice (some thank yous too ;D).

Im Yirtza Hashem update coming in 3 days.

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Re: Chazak Amenu's climb

Posted by Chazak Amenu - 01 Dec 2011 05:23

I am officially 90 days clean. I want to say thank you to those who have replied to my posts. I would like to especially thank Dov, 7up, The Guard, Shlomo, Jamie, One Day, DovinIsrael, Britt, Maccabee, my parents and Hashem who is the only ONE who I really owe my 90 days to. I know my journey is FAR from over but this was a necessary milestone. I can't describe how good I feel right now. I know however that I must continue to take this one day at a time. I hope I did not miss any thank yous and if I did know that I have you in mind. Thank you.

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Re: Chazak Amenu's climb

Posted by Dov - 01 Dec 2011 05:41

You are a sweet yid and Mazel Tov! Now one day at a time is more needed than ever, sir. It really is *one* day today, not *two* days. Hatzlocha today.

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Re: Chazak Amenu's climb

Posted by Gevura Shebyesod - 01 Dec 2011 14:57

Mazel Tov!!!!

KUTGW!!!!

Gevura!

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Re: Chazak Amenu's climb

Posted by ZemirosShabbos - 01 Dec 2011 16:03

Mazel Tov!

mechayil el chayil

wishing you much hatzlocha

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Re: Chazak Amenu's climb

Posted by gibbor120 - 01 Dec 2011 17:01

Chazak, Chazak, V'nischazek!

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Re: Chazak Amenu's climb

Posted by Chazak Amenu - 02 Dec 2011 17:17

Thank you all! I plan on staying on the site but being fairly uninvolved with an update every week or two weeks at a time. I have seen quite a few people on this site who have said they fell even after reaching 90 days and I want to make sure I continue to take it one day at a time and

stay accountable. I haven't decided whether I should put up my advice because I didnt do it exactly like GYE endorses. Have a good Shabbos!

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Re: Chazak Amenu's climb
Posted by Dov - 02 Dec 2011 18:49

Why remain silent indeterminately? Why not wait till you are given six months, and then put up all your experience (you call it "advice"). You are in this for the long haul, right? Six months more out of your life of many more decades is not that much. Wait calmly and take it easy, chabibi. Hashem will help you to all *kinds* of better places and chiddushim in yourself and your life, and you will iy"H have much more valuable stuff to share, too. Your perspective will grow with you.

Continued hatzlocha!

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Re: Chazak Amenu's climb
Posted by chaimyakov - 02 Dec 2011 18:52

Why not? It might help someone. If it is a problem they will pull it down and you will only be out the time spent typing. Which, in my humble opinion, is not time wasted. In fact it counts for a lot if indeed your intention is to try to help others.

Have a Great Shabbos,

chaimyakov

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Re: Chazak Amenu's climb
Posted by Chazak Amenu - 02 Dec 2011 20:11

Ok, so here is my experience (definitely a better way of saying it). First of all I really do not try and think too much about it at all, I ignore it. I don't get angry at myself when I look at a girl to see if she is pretty. I know this sounds weird but I am not looking at the girl "sexually" (as in I did

not fantasize about the girl or anything).

If I ever started to fantasize with out realizing it I would never go crazy with davening (I know that any day I stayed clean was from Hashem and if shaking my head helped that was the tool Hashem gave me too help with this struggle) or freaking out I would simply shake my head almost like a dog shakes its body after getting wet. Then I moved on and continued with my life. This was really helpful, The Satan seems to feed off the fear and anxiety.

I did want to stay accountable though so I updated GYE about once a week. If my life centered around staying clean I never would be able to stay clean. At the end of each day I updated my print out 90 day chart and checked off that day. I would mark down if I slipped or had a wet dream. I would also make sure to write if I had a particularly hard day and did not give in. On these days I wrote that I had a major victory. I feel giving myself positive feedback is important as well. Listening to meaningful music was also very helpful for example I listened to the Maccabeats quite a bit, I think this is another simple thing to do to feel inspired and to keep bad thoughts out of your head.

I don't know If I am forgetting anything but if I do I will make sure to add it. Hopefully someone found this helpful.

Have a great Shabbos!

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chazak ameinu's climb

Posted by Dov - 04 Dec 2011 05:13

You are describing Keep On Trucking, I think.

I have accepted for many years that one of the worst michsholim to staying clean is the guilt and going nuts over messing up a bit - and even over just seeing a schmutzy woman in the street or having a lust desire. What gayvoh it takes for me to be so stupid to expect anything near perfection for myself! What an insult to Hashem is it for me to assume that he is c"v *oblivious* enough to expect me not to have lust desires, give my attention to half-naked women that I pass in the street, and screw up a bit once in a while! Hashem is very, very smart.

He knows I am a guy who tends to porn my brains out and masturbate. That it is ingrained in me and that every day that I am free of it is a miracle and wonderful thing.

Sadly, all it takes is for a real good frum guy (with a masturbation habit) to go berserk inside over having seen a very pretty woman or one dressed half-naked, to get all focused on it and eventually *guarantee* that he'll need to resort to some sex with self.

Add to that a little broken 'kedusha' and 'tahara' fantasy, and you have a recipe for unbearable guilt that will keep the poor guy focused on his lust for hours and days.

Add to that shame, and you have a guy who can't even bring himself to admit it - being such a shanda! - and will not let it go!

And paradoxically, it is absolutely clear that the **first** drink is the one that always got me in the toilet, not the drink I took that brought me to orgasm! So that first drink is the one I need to avoid. The guys who are always struggling (and continuously 'falling' as a result hear this and **get even worse**, because they become *convinced* that super-vigilance is the power by which they will *finally* smash this yetzer hora! Of course, nothing could be further from the truth.

As you point out so simply, your main inner hanhogah with respect to lust is 1- **ignoring it** and 2- not getting angry at yourself for noticing she's pretty!

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Re: Chazak Amenu's climb

Posted by Chazak Amenu - 09 Dec 2011 02:17

Yes, that is similar to what I was trying to say. So this is my weekly update. I am now 97 days clean :D.

It feels good I almost succumbed a few days ago but I managed to pass it by. Have a great Shabbos!

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