

It starts with one

Posted by oneday - 12 May 2010 15:39

Hi. I'm 14 years old and I'm determined to stop all this nonsense. If anyone has any tips feel free to let me know!

Edit:

I don't really have a story but what I do I'll say. In eighth grade my Rabbi talked to us about the prohibition of shichvat zerah, I already knew about it and had no inclination of ever doing it. I happen to go to a modern orthodox school and one of my friends said after that "ya right, like I'm going to stop". This truly bothered me, how can he be messing up his life and he is going to be killed and go to h*** I thought. I don't exactly know how much later, but some time after this my yetzer hara got me. I felt horrible after I did it. I literally cried out to Hashem that night and promised I would never do it again. About two weeks later I did it again and again and again and here I am now. When I lose a battle which b'ezras Hashem will not happen again I say to myself two things "He won a battle, but the war I shall win" and "The die I die, is the die I give up" this encourage me that I can't give up and must continue to my eventual goal of being free from this disease. I've also started learning on my own at night, usually every day, a perek in chumash. This gives me something to think about torah wise and is always a good thing.

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Re: It starts with one

Posted by oneday - 08 Sep 2010 20:55

[quote="Yiddle2" link=topic=2319.msg78142#msg78142 date=1283962281

What is your current recovery plan??

[/quote]

Current plan is not really there... My plan at the moment is to take it easy and to keep myself busy. When school started last week it was really easy. These past couple of days have had falls when I didn't have school. I think I have to try to keep myself busy and I should be good to go.

I should have some time clean as thursday + friday is Rosh Hashana so no computer then. Saturday night is usually easy, but I still have to be careful. Sunday is a fast, so my mind always tells me body not to fall today (as in fast day). Monday and Tuesday I will be away with no computer access. The future is looking good. These few days off might be what I really need to get back on track!

I want to wish everyone a Gmar Vchasima Tova and that we all should have the merit for next year to be a clean, prosperous and great year!

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Re: It starts with one

Posted by oneday - 13 Sep 2010 03:50

Well maybe my mindset of thinking these last two days were 'gimme days' and I wouldn't fall didn't really help. The next two days I won't internet where I would have a chance to fall!

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Re: It starts with one

Posted by oneday - 15 Sep 2010 03:02

I'm back now and just had a good clean two days. B'ezras Hashem I will keep trucking and finally make the list of being 3 days clean!

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Re: It starts with one

Posted by Yosef Hatzadik - 15 Sep 2010 14:20

GEVALDIG!

Being on the list is *encouraging*; being clean is even **more encouraging**! :D

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Re: It starts with one

Posted by oneday - 17 Sep 2010 03:30

Well I might have fallen again, but the fire in me is just getting stronger and I know that I can be clean! What has been bothering me is that I have been falling through the means of facebook again. I decided tonight that it is enough and I will take 14 days off from the site and block it and see where it takes me. I might be battered, but I feel each time I'm getting up stronger even if the results don't necessarily show!

I would like to ask forgiveness from anyone on this site who I hurt ignored or have done anything else wrong to! Next year will be b'ezras Hashem when I reach records in this battle!

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Re: It starts with one
Posted by Dov - 17 Sep 2010 05:31

[oneday wrote on 08 Sep 2010 03:36:](#)

Thanks for the words Dov. I think that although from your perspective it might look bad to do the day thing it works unless I fall. It helps me hold back from that first fall, but after that it becomes free fall. There have been many times where I just wanted to do it, but this 'game' to get to 90 gave me that extra strength.

For now... I'm going to continue the 'game'. In a few weeks if I STILL am not making much progress I will come up with a new approach. Recently, I have been more successful and hopefully I can continue that!

Well, all I can say is good for you that you are sticking to your guns! Alei vHatzlach!

I think the problem is, I don't have an emergency plan! I would appreciate if anyone had any ideas!

Now yer talking! A few suggestions based solely on what works for me and others I know:

1- ***Am I more ashamed of the truth about myself than I am of messing up?*** Or am I really

ready to get the help I really need to give it up? What is more important to me: holding onto my shame and pride - or my sobriety? So....

Having a few understanding and safe people to call when I feel a temptation is essential. I have a list of about 30. They are all in serious recovery and I can call someone any time and just say something like, "I was sober as heck 5 minutes ago, and just finished giving a chaburah on hilchos Shabbos.....and yet right now, after seeing a very beautiful woman at the supermarket, it brought back memories for me and **all** I really want to do right now is go to a porn website as soon as I get home, and masturbate a few times." And they will not spend a second trying to convince me to stop! Cuz they know that'd be silly - they can't keep *themselves* sober, so how would they have the power to keep *me* sober?! They know they are sober because they have recruited G-d's help to surrender their right to lust, use fantasy, and act on it. And they know that being open and honest about it is the key that opens that door. We might daven together, or separately, or just talk till I get back to reality. Then we might end up laughing hard at how crazy we can get! This has happened to me dozens of times, be"H, and it is wonderful.

We are only as sick as our secrets.

2- Talking to Hashem about exactly what I feel like doing is essential. Am I even too ashamed to be honest before **Him**? True, it is not nearly as powerful as being open with a person, but if I am not open with Him, what hope is there that any of my t'fillos are going to be sincere and really '**me**'? Zero, I think. So I talk to Him freely and fully, all day long.

It used to be that if you saw a guy walking in the street and yakking loudly, you knew he was cracked. But in the age of bluetooth, we can *all* walk around anywhere schmoozing with our Best Eternal Friend with no concern of a chillul Hashem, or any shame at all! Ha! (Within bounds of reason, of course...)

3- My life in recovery boils down to one thing: Practicing focusing on living a really *useful and fun* life, rather than living locked in a wrestling embrace with lust - even l'Shem Shomayim! *Fighting* it all the time is almost as stupid a derech as giving-in to it is! Really. It is not a '**life**' - just something that looks a lot like 'living'. For me it was a very insane - but frum - life....and slowly dying (and torture for my poor wife and kids). Hashem has no better way for us? The misery we all know, living in that hopeless torturous cycle...is *that* the best Hashem has to offer His beloved child?

Giving the entire mess to Hashem to save me from it rather than keeping it (to 'win'), is the derech I was m'kabel from my sponsor and recovery buddies. Learning how to admit squarely in the mirror and to another person that I am not normal nor healthy, but abnormal and subject to lusting, lying, and losing control of myself - once I take the first little drink. *And* that I do not naturally possess the power to stay away from even the *first* drink. Then giving my life - *not* just my lust issue, but my entire life for that day - to Hashem as best I can for today. And then going out and living!

Neither lust - nor the struggle against it - deserve real estate in my brain! That tangled obsession has twisted me up enough already! And paradoxically, the way to make that happen is by admitting the full truth about myself and keeping that awareness. It works for me.

.....You asked. Hatzlocha!

Gmar Chasima Tova! :-*

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Re: It starts with one

Posted by ToAdd - 17 Sep 2010 07:56

Thank you for the great post Dov, lots to think about.

I've come to realise that I've been missing a big part of the picture to life.

It's right there in the Adam and Eve story, part of Adam's 'curse' was to earn his bread from the sweat of his brow. It's not a curse, it's a cure!

We're not meant to sit around, waiting to be entertained and entertaining ourselves.

We're supposed to be working - chasing after life, actively seeking the things that make us grow. That's the cure to falling.

Oneday, you said you do not fall when you're kept busy - so find something to keep yourself busy with.

Find your passion, I really enjoyed lego and building models when I was young and now I write computer software. That's my passion: creating new things.

We all have a passion and there are tons of things in each field that can keep us busy.

If we have nothing better to do, it's obvious what we'll end up doing...

Whishing everyone well over the fast.

ToAdd

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Re: It starts with one

Posted by oneday - 19 Sep 2010 02:48

New clean slate... clean day two! Friday the two messages really helped me through that day and the thought of Yom Kippur coming really helped me. I want to thank you guys!

Tomorrow, I go for 3 straight days again. Even though I haven't gotten 3 straight I feel pretty good knowing that I'm attempting 3 pretty fast now and not once in a blue moon. Yes, the holidays have been helping, but they are the days that are going to help turn the tables of this battle!

New year, new me and with Hashem's help I will be the REAL me.

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Re: It starts with one

Posted by silentbattle - 19 Sep 2010 19:14

Remember that every day, every *hour*, is a reason to celebrate!

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Re: It starts with one

Posted by oneday - 20 Sep 2010 02:51

Guys Hashem gave me the strength and I finally got to 3 days clean! It might have taken 3 months to finally make the list, but that is the past. Hopefully the time that I get off the list is when I reach 90 days clean!

For now, the new milestone is 4!

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Re: It starts with one

Posted by desperate_teddybear - 20 Sep 2010 02:55

[oneday wrote on 20 Sep 2010 02:51:](#)

the new milestone is 4!

love that

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Re: It starts with one

Posted by bardichev - 20 Sep 2010 06:30

Keep on trucking

Day four here we come!!!

Yes we can!!!!

Yes we can!!

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Re: It starts with one

Posted by oneday - 21 Sep 2010 02:52

[bardichev wrote on 20 Sep 2010 06:30:](#)

Day four here we come!!!

Day four done! Day FIVE!! here we come! Although I have been clean these past few days, I have been really busy and have not had as much time on my hands. I think that that is the reason by limiting free and computer time and Hashem has been helping me through these days!

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Re: It starts with one

Posted by oneday - 22 Sep 2010 03:11

Oh well I fell today... twice! I know what triggered me, I think I got rid of it and b'ezras Hashem

I'll get back onto my next streak right away. I still feel really good about having 4 days clean and now I KNOW that I can do it again!

It might be a new streak, but my progress will not be lost!

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I WILL keep on trucking