

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 - 07 Mar 2011 04:34

Dov, I believe he is referring to me, not your post!

After I sadly fell again today, I was trying to internalize all the posts people have made and realized I have been doing my own thing all along and not doing what is necessary to be back on the right path.

Fighting the y'h maybe works in the short term, but the y'h has too many tricks and I have come to terms that I no longer can 'fight' him.

It is not fully a question of being clean, but what my intentions are. Sometimes I would say to

myself that I want it, but I can't have it. It just makes everything so much more difficult! I should try harder to avoid those triggers and say 'they aren't for me'. None of this walking into the candy store knowing it all isn't kosher, what's the point!

Boruch Hashem my life has been manageable and I have been getting by alright so hopefully I can do what I have seen around here a lot "hit rock bottom while still on top".

B'ezras Hashem I plan on reading through my whole thread again and see what tidbits have helped me and what more I need to do!

I still really feel good about getting through and the 90th day being only around 90 days away and not months!

Thanks again everyone. You really don't know how much all your guys posts mean to me and I am not even sure what I would be of if it weren't for you guys! May Hashem bless you and your families!

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Re: It starts with one

Posted by Maccabee - 07 Mar 2011 10:51

Oneday, hit me up on gtalk. I'm usually logged in. Let's shmooze. I can try to take -edited-'s place. Give it a try. I'm always looking for more people to chat with. It helps me as much.

maccabee5770@gmail.com

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Re: It starts with one

Posted by oneday - 11 Mar 2011 05:28

Well good news is multiple falls in a day are a thing of the past! It must be a few weeks (to my knowledge) of falling multiple times in one day. Bad news is that I am still having that 1 fall!

I need to do a little more brain work to say I want to be clean as Hashem gave me a smart brain and I can get around the filter. Once the will in me is great enough and I take that first step I hope Hashem can help me finish the job and be clean!

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Re: It starts with one

Posted by ToAdd - 11 Mar 2011 05:37

That's a good step.

Pick battles that you can win.

Maybe the next step is to try every second day or have a particular day of the week that you guard extra well.

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Re: It starts with one

Posted by oneday - 22 Mar 2011 03:41

Finally a day clean. Hope Hashem helps me and tomorrow will be just as great! Hopefully more success posts to come!

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Re: It starts with one

Posted by oneday - 23 Mar 2011 03:34

Another busy clean day. I told myself that I can get something special when I am clean for 14 straight days, so that is also helping me along the way. Hashem is helping me stay clean by staying busy and filling my time with productive stuff and not garbage.

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Re: It starts with one

Posted by oneday - 27 Mar 2011 04:44

Just strung together another couple clean days after a couple bad days. I think I am beginning to realize I don't want to do this and I have been asking Hashem for help to get me where I need to be!

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Re: It starts with one

Posted by ToAdd - 28 Mar 2011 05:57

Sounds like you're making good progress.

It's a good idea asking Hashem to help you not want to do it.

Keep on trucking.

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Re: It starts with one

Posted by oneday - 30 Mar 2011 03:11

After a couple bad days, I decided that it was time to actually do something if I fall. Until the end of the month (including today; something small) if I have a 'long slip', \$2 to tzedakah and \$5 for a fall.

So much of me wanted to fall, but the fear of losing only a few bucks stopped me. My thinking is clearly not all there, but it is a process and hopefully Hashem will continue to help me!

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Re: It starts with one

Posted by ToAdd - 30 Mar 2011 07:10

[oneday wrote on 30 Mar 2011 03:11:](#)

So much of me wanted to fall, but the fear of losing only a few bucks stopped me. My thinking is clearly not all there, but it is a process and hopefully Hashem will continue to help me!

It's interesting how when it's something tangible, it works better.

Keep it up, you're doing well!

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Re: It starts with one

Posted by oneday - 31 Mar 2011 03:02

Thanks for the support toAdd!

I was very busy today, but most important clean! had one little thought, but was quickly distracted by something else!

Hashem please give me the strength to keep going!

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Re: It starts with one

Posted by oneday - 01 Apr 2011 04:04

Boruch Hashem I had another clean day!

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Re: It starts with one

Posted by Rising Up - 01 Apr 2011 04:19

NICEE!!

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Re: It starts with one

Posted by oneday - 18 Apr 2011 22:16

Its been tough, but here comes Pesach and b'ezras Hashem I too will leave tonight from this horrible shmutz.

Want to wish everyone a Chag Kasher V'Sameiach and may we be celebrating next pesach in Yerushalayim.

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