

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 - 24 Apr 2011 03:27

Yup one day at a time.

Tonight was tough, but deep down I told myself I don't want it, it only messes my life up and Hashem helped me tonight!

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Re: It starts with one

Posted by oneday - 29 Apr 2011 22:47

Why do I have to do this... I don't want to do it anymore. This addiction is draining me, how do I stop??????

Boruch Hashem Shabbos is coming and I get a break... why can't it be Shabbos everyday in my mind and not do this nonsense.

Please Hashem help me and all the people who keep trying and trying to become closer to you, but just feel so far away.

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Re: It starts with one
Posted by Dov - 01 May 2011 03:07

Dear Oneday,

I have posted about this before. But now you said it yourself.

If you are serious about what you wrote and wasn't just varfing melitzos, then I know that there is hope:

[oneday wrote on 29 Apr 2011 22:47:](#)

Why do I have to do this... I don't want to do it anymore. This addiction is draining me, how do I stop?????

If you really believe that you have to do this, then there is always the 12 steps waiting for you. If you still believe that you can fight and beat it if you would only try hard enough, then that is always waiting for you. And you may have the willpower, seichel, kedusha, call it what you like.

I am not saying you are addicted and are in fact powerless. I could not ever decide that for you or anybody. But if you determine that you have lost and that you are a chronic loser to lust and do not have what it takes to win, then I have a derech for you that you can climb.

But as far as I can yell, it only works for those who know they are beaten and are not just waiting for the day that they "finally have the power" on their own. If you are truly ready to accept that G-d does for you what you cannot do for yourself (no matter what you think the sforim or your rov or anybody else says you **should** think), then I believe it can work.

If you keep talking of "Phew! Made it through today!", yet never really giving up the fight to Hashem and agreeing never to *intentionally* pick the contest up again, it will be just more bubkess and more nonsense like whining for kedusha.

Hatzlocha.

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Re: It starts with one
Posted by oneday - 05 May 2011 03:40

Dov, today I think everything fell into place.

I woke up this morning and asked Hashem to help me TODAY in my battle. Tonight wasn't a very happy night (but I didn't even get mad) and use to go to lust, but Hakadosh Boruch Hu saved me, kept me happy and I was busy doing other stuff.

I don't know why, but I feel complete today. I didn't start thinking I can control if I only do this. I let Hashem battle for me today, and Hashem won for me!

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Re: It starts with one
Posted by Dov - 05 May 2011 03:43

That's awesome!! Hodu laShem ki Tov, ki l'Olam Chasdo! Good night. Tomorrow is day one again, and it is worth it just for itself, too. Do not count any days or I will break both your legs. Thank you.

Love,

Dov

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Re: It starts with one

Posted by heuni memass - 05 May 2011 18:35

Today is day 1.. oh no i mean day 16 ..

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Re: It starts with one

Posted by Dov - 05 May 2011 22:09

Funny, I wonder if there is some OCD-ish frum sex addicts somewhere who counts his clean time that way:

It must be hard to count sfirah

"*Yesterday* I was sober for a week and two days, that was...ummmm....nine days of sobriety. Yippeee!"

Silly, but cute.

Boy, do I miss bards at times like this. :'(

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Re: It starts with one

Posted by heuni memass - 06 May 2011 16:30

I got my night vision, pistol and map and i am going out to look for Bards out in the hills. Hopefully we will have him back before Yesod Sh'beyesod so he can give us some uplifting press conference.

Will you guys get out here and come help the search team?

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Re: It starts with one
Posted by ZemirosShabbos - 06 May 2011 16:35

just get a bloodhound and let him sniff some Woodford...

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Re: It starts with one
Posted by Dov - 06 May 2011 18:57

Who, the bloodhound, or bards?

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Re: It starts with one
Posted by oneday - 09 May 2011 02:52

Not gonna lie, today was tough. Sunday is always a day where I have a lot of free time on my hands and the y'h comes out in full force.

Tomorrow I am going to b'eh wake up smell the coffee and forget about everything except letting Hashem win the battle for me for monday and nothing else!

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Re: It starts with one

Posted by heuni memass - 09 May 2011 17:47

Tomorrow tomorrow I love you tomorrow... How about now... five minutes- NOW?

How is Monday going my friend?

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Re: It starts with one

Posted by Dov - 10 May 2011 21:37

They caught bards! He was in a mansion and was using an ice cream man as a human shield...but they got him in the kishkas with a half a bowl of p'cha. He sat down and ate the other half and that's when they caught him.

I am desolate....

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Re: It starts with one

Posted by oneday - 12 May 2011 03:08

Last night I wasn't home, so I was clean. Yes, it felt good, but there wasn't really a test!

Tonight wasn't very good. I thought I had my night figured out so I wouldn't fall, but I was a little over my head and didn't just let go and ask Hashem when I needed the help.

Ready to continue and my current focus is right now, this second, which I am clean.

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