

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 - 14 Jul 2010 03:58

Well tonight was good as I kept myself busy and didn't fall like the last 3 nights! Bad thing is that I fell twice during the day. At least I'm going into tomorrow with a little bit of a victory of winning the night. You got to start somewhere and hopefully tonight was that time!

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Re: It starts with one

Posted by oneday - 15 Jul 2010 02:44

Hashem helped me keep the y"ch away all day and then at 9 tonight it all came crashing down. Unlike these past days, I didn't fall early but at the end of the day. I was so close today! Oh well. Tomorrow is another day and hopefully I will be successful!

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Re: It starts with one

Posted by briut - 15 Jul 2010 03:19

wow. what a gibbur you are. someone who can fall 7(000?) times and keep on ticking. you're gonna make it. definitely. wow.

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Re: It starts with one

Posted by Chaim - 15 Jul 2010 16:20

one day!

It sounds like you have a plan!

How does it all come crashing down? What's **it**?

More importantly - how does it feel - just before the crash?

Keep strong!

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Re: It starts with one

Posted by oneday - 16 Jul 2010 02:38

So I fell twice today, but I have a new method that will b'ezras Hashem not give me the opportunity to fall! Starting today I have 5 minutes on the internet. This inhibits even most of the normal stuff that I do, but they say you sometimes have to make sacrifices and this is something that I surely could to prevent continuing a horrible sin! If I don't fall, I'll be allowed on 10 minutes tomorrow and so on. Each day clean equals 5 more minutes for the next day. I hope to do this until I get to 60 minutes and then will review and see what I should do next. If I fall, I lose 10 minutes for the next day. Hopefully this new method will bring out the good in me and can put this disastrous week behind. By having this disastrous week, I have finally thought of a system that might actually help me in winning, so this could be the best week in my battle! Who

knows!

Also, the more I fall only makes me want to win even more. The day I quit this battle is the day

Also to the question about what I think about before I fall is this. "You know you enjoy this... start your 90 days tomorrow just enjoy yourself one last time". Hopefully the y'h would be right this time... this is my last time and he won't be able to use it against me anymore!

I hope that everyone here on gye has a Good Shabbos and everyone is successful in their own battle!
that I die. I know I'll win someday... just hope it's soon!

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Re: It starts with one

Posted by oneday - 16 Jul 2010 22:46

Even with the system I'm not perfect. I fell, but didn't see any actual p* only what you would see if you were at a beach or such, so at least it wasn't a full fall, but nevertheless it was a fall as this caused me to do the other. Overall the system protected me from viewing the actual stuff so it didn't fully fail! Tomorrow I have 0 minutes on the internet , so I should get day one in tomorrow!

Have a good Shabbos!

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Re: It starts with one

Posted by oneday - 20 Jul 2010 00:49

Saturday: Check! clean!

Sunday: FALL FALL FALL

Tuesday: FALL FALL FALL

Wednesday: TBD

It's been pretty bad recently. My new system didn't full work, so got rid of it. Truth be told, I only fell once in two days with it. I'm going to start the system again, but this time start with 30

minutes, so it will be more manageable. Hopefully I will be successful!

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Re: It starts with one

Posted by oneday - 21 Jul 2010 04:04

Today= day one!

Something I just realized is that the reason today was easy was because as soon as I told my y'h 'no not today it's tisha ba'v!' he would leave me alone. Hashem saw that I took the first step by saying no and Hashem finished it off!

With the 'system' I created last week, I'm going to get rid of it. I need to start living life and constantly worrying about this isn't going to help. When I go out and just 'live', I never have the issue. Hopefully I will start living and just tell the y'h again 'no not today let me enjoy life and start living' and let Hashem let everything else fall into place the way it should be.

Again today is/was day one of... I don't care anymore. My goal isn't 90 anymore. Today, my goal was one and I was successful. Tomorrow, my goal will be two and I can reach my goal again. 90 is far away and I think I've been trying so hard to get there, but totally forgetting about days 2-89 and was not taking it one day at a time.

Good luck to all!

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Re: It starts with one

Posted by oneday - 22 Jul 2010 03:47

Well today I fell twice, but I'm pretty excited that Hashem gave me enough strength to stop and prevent a total third fall! Hashem helped me stop in the middle! Both falls came in a 1 hour . B'eZRas Hashem tomorrow I will get 24 hours!

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Re: It starts with one

Posted by oneday - 23 Jul 2010 04:26

I might have lost today again twice, but the fire in me is growing and growing and I ain't goin' to give up. I have come too far just to say whatever. Before the sunlight begins to come it is the darkest. It might be dark now, but I'm still going to come every day and hope that I can see the early morning light!

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Re: It starts with one

Posted by ToAdd - 23 Jul 2010 06:59

Hey OneDay

It sounds like you're driving yourself crazy.

I personally don't think you're going to win by focusing on winning.

If I tell you not to think about your favourite song, the one with that catchy tune - Whatever you do, don't think about it, for one minute, no make it two minutes that you mustn't think about that song, your favourite song, the one with the catchy tune.

I'm guessing you've now got that song stuck in your head. And the longer you think about getting it out your head, the longer it will stay.

It sounds like you're trying to fight the Yetzer Hara face to face.

I don't think anyone can win that way.

When do you fall more often? When you are busy with something you really enjoy or when you are bored, trying not to do the wrong thing?

Our bodies, the Yetzer Hara, really enjoys falling.

The trick is to have something else to do that is better than falling.

The problem is that there isn't any physical pleasure available to us that's better than falling.

Do you play chess or computer games?

This is like a game, but the enemy has a few more men than us and those men are stronger than our men.

So we have to beat him with strategy.

What are his strongest weapons? Pleasure, addiction.

First move: weaken his weapons, reduce the pleasure.

Make it uncomfortable for yourself, open the curtains, open the windows.

Move two: Give yourself some ammo, try the following:

Think of the worst day, the worst moment of your life. Close your eyes, remember that moment, remember the sounds, the sights, the pain.

Focus on it, make the pain worse in your mind, make the image bigger.

Now, if you feel an urge coming on, focus on this memory, focus on how bad it is. Tell yourself that this urge causes pain.

Did you know that you can actually break your organ, you can cause physical damage to yourself if you over-do it?

Move Three: Have a plan B.

When the enemy attacks with more powerful forces, flee to save yourself, to regroup.

You don't actually have to beat him, you just have to survive the attack.

Do you currently have a plan B, something else to do when you feel an urge?

Keep a list of things that needs doing – for you it may be tidying your room, for me it may doing the laundry.

The more rewarding the job the better – think now of something you did in the past that made you happy – was it helping someone else?

When you feel an urge, go to plan B, do something useful.

Teach yourself to speed-read: How fast can you read a page of something, anything? Read it again, forcing yourself to do it faster.

Teach yourself to play chess – play yourself, thinking of every possible move you could make, thinking of better ways to win.

Do push-ups. I'm sure there are hundreds of things you can do that are fun and benefit you.

You are not alone in this game, I'm here too, on your side.

I want you to post some plan B ideas here – they may help other people too.

And every time you start slipping, I'm behind you, saying "Captain, The Enemy's taken the bait, It's time to shift to plan B!"

ToAdd.

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Re: It starts with one
Posted by yehoshua - 23 Jul 2010 08:09

Thank you Oneday, your good will is something divine. So divine that it made ToAdd write this beautiful post, that helped me today. Write more on those plans B please!

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Re: It starts with one
Posted by oneday - 23 Jul 2010 15:48

[ToAdd wrote on 23 Jul 2010 06:59:](#)

Hey OneDay

It sounds like you're driving yourself crazy.

I personally don't think you're going to win by focusing on winning.

I'm actually trying just to forget about it and just to live 'normally'. I thought I was doing that but maybe I wasn't...

If I tell you not to think about your favourite song, the one with that catchy tune - Whatever you do, don't think about it, for one minute, no make it two minutes that you mustn't think about that song, your favourite song, the one with the catchy tune.

I'm guessing you've now got that song stuck in your head. And the longer you think about getting it out your head, the longer it will stay.

It sounds like you're trying to fight the Yetzer Hara face to face.

I don't think anyone can win that way.

That's the problem. I can be sitting at the computer fighting for 30 minutes and be successful and then when 'm exiting off I lose. I need to stop trying to fight it and instead just run!

When do you fall more often? When you are busy with something you really enjoy or when you are bored, trying not to do the wrong thing?

Whenever I have nothing to do... I will be going away next week for 3 days, so I can already look forward to that and Shabbos is coming up, so in the next few days I will be pretty busy.

Our bodies, the Yetzer Hara, really enjoys falling.

The trick is to have something else to do that is better than falling.

The problem is that there isn't any physical pleasure available to us that's better than falling.

I'm still young and my mind set doesn't tell me that it's something so pleasurable. I never m (maybe twice ever) without an external source i.e. p***. Once the p*** is gone b'ezras Hashem the problem will be behind me!**

Do you play chess or computer games?

This is like a game, but the enemy has a few more men than us and those men are stronger than our men.

So we have to beat him with strategy.

What are his strongest weapons? Pleasure, addiction.

Believe it or not I think right now it is boredom. His weapons are you have nothing better to do and this will past an hour.

First move: weaken his weapons, reduce the pleasure.

Make it uncomfortable for yourself, open the curtains, open the windows.

His big weapon is one site that k9 doesn't block. I have e-mailed the person with my code for it, but he hasn't responded. Once that site is blocked it will be a big blow for him!

Move two: Give yourself some ammo, try the following:

Think of the worst day, the worst moment of your life. Close your eyes, remember that moment, remember the sounds, the sights, the pain.

Focus on it, make the pain worse in your mind, make the image bigger.

Now, if you feel an urge coming on, focus on this memory, focus on how bad it is. Tell yourself that this urge causes pain.

Did you know that you can actually break your organ, you can cause physical damage to

yourself if you over-do it?

Sometimes in the middle everything comes crashing down. I start thinking about how my time in jail will be for doing this because it is illegal for me not just spiritually but also regularly. I tell myself how am I supposed to get myself a wife in 10 years or whatever if they are never going to be as good as the ones I see online. This has been getting to me lately and sometimes it really takes a toll on me (in a positive way). The y''h is out of options when I reach this, so hopefully I can reach this more often!

Move Three: Have a plan B.

When the enemy attacks with more powerful forces, flee to save yourself, to regroup.

You don't actually have to beat him, you just have to survive the attack.

Do you currently have a plan B, something else to do when you feel an urge?

Keep a list of things that needs doing – for you it may be tidying your room, for me it may doing the laundry.

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Teach yourself to play chess – play yourself, thinking of every possible move you could make, thinking of better ways to win.

Do push-ups. I'm sure there are hundreds of things you can do that are fun and benefit you.

I plan on just hanging out with my friends more and talking more with them. The less free time equals the less time y''h has to attack. Also when I have an urge, I think I should shut down the computer and not go on for like 15 minutes or such until the urge passes.

You are not alone in this game, I'm here too, on your side.

I want you to post some plan B ideas here – they may help other people too.

And every time you start slipping, I'm behind you, saying "Captain, The Enemy's taken the bait, It's time to shift to plan B!"

When I'm falling I sometimes even think about this website and I know that I will have to post if for everyone to see and I will not only be letting myself down, but all my other comrades who are in this fight with me!

ToAdd.

Thank you so much for all your help! It made me come back to the ABC's and b'ezras Hashem I now have the tools to be successful and do what the South failed. I don't need to win the battle I just can't lose!

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Re: It starts with one
Posted by oneday - 23 Jul 2010 15:49

[yehoshua wrote on 23 Jul 2010 08:09:](#)

Thank you Oneday, your good will is something divine. So divine that it made ToAdd write this beautiful post, that helped me today. Write more on those plans B please!

Plan B's are hard to think of! It is sometimes hard to think of Plan A! If I think of anything else, I will for sure post it on the thread!

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