

Please, please G-d may this be the first step...

Posted by jamies - 18 May 2010 14:08

hi,

my name is jamie,

i live in london and became religious when i was about fifteen and it was around that ime when i first found out the true horror of what my sin has bee for the last few years.

i am 18 and just finishing my end of school exams and then i am off to yeshiva!!!

i am just starting this wall because the time has realy come for me to bring about the decisive change i have davened for and wished for, for so long.

i am quite nervoius about this whole community board thing bu t found out about th website in februray when i visited yu and saw posters about it al over the walls (pherhaps that is why Hashem sent me to new york??)

anyway, before i was religious and throught no bad of it i have been badly addicted and in the last 2 years i have been continuously struggling for so so long. all i really want to do is stop but i just find it so hard, and it breaks me but then i get even more week and continue to do it untill i feel to guilty for a week, and the cycle continues, i even said i would give ten pounds to tzedaka and go to the mikva every time a couple of moths ago and since then ive had to give over 100 pounds to charity andnow have a mikva membership itrs so often!!!

i just feel so so low that ive faiked so many times and am so addicited in this awful struggle.

so i have now decided to take the steps in the 90 day log, looking at how close this community are truely inspiores me, so hopefully, with becoming part of the family, in my 90 day runup to leaving for erez yisroel to yeshiva (just realised i go in almost exactly 90 days!) Pleas please HAKADOSH BARUCH HU, will help me to break free finally, with all the help, chizuk and determination he sends my way!

chang samach and hopefully this will now become the start of a very long, but truely meaningful and happening journey

thanks!

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Re: Please, please G-d may this be the first step...

Posted by yechiel - 21 Jun 2010 21:44

Hi Jaime,

Just checking in to see how you are doing. As I see in my own life, I will have to get to recovery eventually, Hashem won't let me continue on my own (un)merry way, so why not now? I hope you're good and I'll let you know when Duvid Chaim is starting his group again as soon as I know.

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Re: Please, please G-d may this be the first step...

Posted by jamies - 23 Jun 2010 09:21

hiya all, and thanks for your comments, im doing good thanks yeichel, hows your end going!

BH IM BACK had a sour spot for a couple of weeks, i was lean but struggling hard and after my fall last friday ive decided to stay dedicated to the sight, i can nly get by with the **brothers** in arms (and 7up!)

im nearing the end of my exam period so leaving school soon, will be beter because will not be boarded at home all day, also im trying to get a job for 3 weeks - if any londers want to offer one im happy to do anything which will give me spending money for yeshivba!

i realisied why i fell and why i fall in general, boardem is a factor but the biggie is shimras enayim and particularly p@&n, the last time i fell was after my maths exam and my eyes were wondering alot in the hot exam hall with alot o inapropriatly dressed girls! i went to the ikva starit away but should have gone later becvacue i was boarded at home aftereward, and got my aircut so was out of mikva shabbos mentallity, then i found my old ipod touch (my new one i gve to my rabbi) whihc i forgot about, convinced myself that i needed to see the updates on my fav p sight (wow thats hard to say, im so familar i hgave my fav sights) and then it was a down hill tumble to devistation, BH shabbos picked me up, with in mind what nguyob told me "if your oiver an avera and you cant get up and daven your not a real chassid" im just a bneri akiva kid, no chasid but were all yidden...

anyway, got only chemisrt left an its on monday so stuck at home today revising redox, transition metals and arenes, fun fun fun,

taking a break later to watch england hopefully not embaress themselves, but generally feeling strong, esapeccilly because last night i found a artneer in nguyob, were gunna talkl atleast once a day by phone, which i think saved me last night as i was browng my ipod whihc i havent given to my rav yet (seeing him tonight thpou)

speak soon, and trhanks for all of your ongoing support, TRULEY APPRECIATED AND LOVED!

DAY 5...

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Re: Please, please G-d may this be the first step...
Posted by sci1977 - 23 Jun 2010 13:06

Keep on going. Every day further is another day of clarity.

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Re: Please, please G-d may this be the first step...
Posted by jamies - 24 Jun 2010 10:08

thanks sci,

yesterday was the first day i properly read the level 1 achivers email, itr said only concerntrate on doing everything yu can to stay clean TODAY, now i truly understand 1 d a a t!

and i BH am trying,

i added an extra 20 pund to mine and dannys bet so its now 120 if you fall, its an amazing deterrent but i still dont feel 100%, pherhaps when i get to shabos ill feel better but am

struggling quite a lot over the past few days,iw atched an provoking interview yesterday and felt awful afterwaRDS, BH only a slip but its a slippery slope and im finding myself using all my enrgy to stay just balanced, i need help to put these stabilisers back on and ensure solid balance once more, because i feel thats the only way to freedome, a trip will eventually make u fall, howver, with support and strength and clarity of mind its alot better, all of whihc im lacking t present....

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Re: Please, please G-d may this be the first step...
Posted by yehoshua - 24 Jun 2010 12:59

All the best to you Jamie. I am also finding it very hard to stay clean and also focused, cos if i understand correctly: it's not enough to avoid lust, ok that would be the first and foremost step, but then also to truly gain a new way of thinking. To give your will over to Him and start really trusting Him. Then we will not be heavy anymore. I think this is what I found in the handbook, hm? Please could you correct me if I am mistaken!!!

Hey, congrats on the win 1:0 to Slovenia, it was a great game!

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Re: Please, please G-d may this be the first step...
Posted by jamies - 28 Jun 2010 13:28

been alot better today...my partner is amazing...the system is so good!!

need to rush off, seeing as ive FINSIHEDDD EXAMSSSS!!!!

got lots to o but BH will be on gye alot more, unless i try and stay away from the internet which looks likely, 1 day at a time... and today is 9!!!1

thanks guys, ill keep on trecking an feel okay at the mo... going bretn cross now, (yeshiva shopping)

fell clean but will need to keep my head DOWNNNNN

ill keep you updated

kol tuv!

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Re: Please, please G-d may this be the first step...

Posted by silentbattle - 30 Jun 2010 17:30

Glad to hear that you're still doing well, and growing!

As an aside, I recently heard a response from Rabbi Zev Leff regarding someone who wanted to know how to do tshuva for aveiros in these areas - Rabbi leff's response was that he should do the same tshuva he'd do for other aveiros - stop doing it, make a firm commitment to not do it again, regret it, and say vidduy.

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