

Installed's Thread

Posted by installed - 09 Aug 2010 01:29

Have been on the site for almost two months and I stayed clean for 43 days and then fell. I'm having a hard time starting the climb again so I decided to start writing.

Day 3.

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Re: Installed's Thread

Posted by installed - 09 Aug 2011 23:01

Surfed some p right now :-[, I knew that I wouldn't fall and I didn't but these slips are as bad or even worse than a fall (in terms of kedusha). Anyway, I formatted my comp and it's open so I better get it tracked again.

I'm 10 days clean (easy to count as I'm clean since the 1st).

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Re: Installed's Thread

Posted by installed - 11 Aug 2011 06:47

No real triggers yesterday 8). I spent several hours installing my spy program. I hate the fact that it takes so long to install and configure but I guess it is a good investment as I'll waste less time and it will protect me from myself. I love the fact that I'm "clean" since the first as my clean streak is right in front of me whenever I see the date.

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Re: Installed's Thread

Posted by installed - 13 Aug 2011 17:54

Day 13. I had some triggers this shabbos (books) and I fell for them but I'm still okay. I know that it won't work if I continue this way and will try to keep away from triggering myself with H help. I also read a book call The 9 Questions People Ask About Judaism and it was interesting, I was able to connect a lot of the content to my GYE struggle...

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Re: Installed's Thread

Posted by JackAbbey - 14 Aug 2011 09:58

its an issur the surf p***, even if it wont do anything, ??? ????? ???? ????? ????? ??????

so lets keep away from looking at all, this is our duty on cmmand, only for todattommorow will be a seperate battle

hashem is on our side

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Re: Installed's Thread

Posted by shteighecher - 15 Aug 2011 20:55

When we start slipping, we are in danger of falling, we may fall immidiately and some times we extend the slip for 2-3 weeks till we get the real fall. However, we have a good survival chance too. Its a dangreous time now, Keep on tracking, you need to guard yourself even more now.

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Re: Installed's Thread

Posted by installed - 15 Aug 2011 21:54

Day 15. Last two days were a breeze. I was extremely busy and didn't have much time to think about this struggle. I guess hashem "knew" that I wouldn't be strong enough and spared me from a strong nisayon (I don't think this jives with the 12 steps because we are powerless over this but isn't this what we are supposed to believe?) .

Shteighecher, you definitely have a point and I know it first hand. It is a buildup and even if I

don't fall , it makes it more difficult later on. I'll keep it in mind, thanks.

JIS, you are 100% right but unfortunately knowing that it is an issur hasn't stopped me from doing it in the past. I therefore try to think in practical terms (not related to frumkeit) why I shouldn't be looking (Mitoch Shelo Lishma Ba Lishma). Putting frumkeit aside, porn is the problem not masturbation but since we are frum both are a problem and we need to work on both.

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Re: Installed's Thread

Posted by installed - 17 Aug 2011 07:25

Slipped again :o. I didn't fall but had a bad slip.

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Re: Installed's Thread

Posted by Back on Track - 17 Aug 2011 10:52

Installed I agreee with what you wrote above. Simply knowing and even reminding urself repeatedly that there is an issur of looking @ p* does not help an addct stay away from it. Addiction requitrs that we address the underlying issues fueling it.

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Re: Installed's Thread

Posted by installed - 21 Aug 2011 10:58

Addiction requires that we address the underlying issues fueling it.

For me it is avoidance (a temporary relief from the things I need to be doing) and a natural desire to see/do it.

Day 21... Friday and Shabbos were a breeze. H' must be answering my V'al ti'vi'einu, lidey nisayon prayer.

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Re: Installed's Thread

Posted by Back on Track - 22 Aug 2011 00:51

I also find friday and shabbos easier. Less time to spend in front of the comp.

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Re: Installed's Thread

Posted by installed - 24 Aug 2011 22:55

I fell last night after many hours of battling with this. Problem is that I expected to feel bad but I didn't. I did a lot of thinking the past 24h and I finally am willing to admit to myself that I really don't believe. I always had emunah problems but always tried to convince myself that I really do believe. I feel extremely trapped because I'm expected to lead a frum lifestyle but don't believe in it. I know that there is nothing anyone can do about it (including myself) and that I'll have to live with it. It is just that I feel so trapped!

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Re: Installed's Thread

Posted by gothika - 28 Aug 2011 21:52

Why do you say that there is nothing that you can do about it?

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Re: Installed's Thread

Posted by Gevura Shebyesod - 29 Aug 2011 20:16

[installed wrote on 24 Aug 2011 22:55:](#)

I fell last night after many hours of battling with this. Problem is that I expected to feel bad but I didn't. I did a lot of thinking the past 24h and I finally am willing to admit to myself that I really don't believe. I always had emunah problems but always tried to convince myself that I really do believe. I feel extremely trapped because I'm expected to lead a frum lifestyle but don't believe in it. I know that there is nothing anyone can do about it (including myself) and that I'll have to live with it. It is just that I feel so trapped!

I went through similar times, when I was so deep in the shmutz that I sort of felt that if He's really there he would not be letting me get away with it, so the fact that I do it shows that it's OK so I did it more.

The only thing I can say is that Davening helps. You wrote yourself that you see that Hashem answered your prayers.

I started getting more serious about my davening a couple of years ago for various reasons. Since then, and especially in the period right before and during Pesach of this year, Hashem orchestrated a series of events that shook me up and awakened me to change. A lot of it had to do with davening. As I look back and reflect on what happened during those times, and the exact timing and order in which the events took place, I cannot help but be FORCED to believe that it was all from Hashem, and that my tefillos were the catalyst that brought it about.

So daven hard, try to feel it and think about it. Daven that you should be able to feel it, cry because you can't cry. Hashem is always there to listen, even if we don't notice it right away.

Gevura!

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Re: Installed's Thread

Posted by gibbor120 - 29 Aug 2011 21:18

People think that not beleiving leads to doing aveiros. It is just the opposite, doing aveiros leads to not beleiving.

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