

My progress for all to see

Posted by kosher\_vision - 29 Jun 2009 14:13

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I am new to the site, and my story is as follows (in brief).

Growing up, I was lead to believe that masturbation was a normal thing. From age 13 i started doing this, not so regularly, and gradually starting associating this with lustfull images, introduced by some of my friends, and then unfortunately from exposure to TV and the internet. During university this became worse, until a point where I couldn't seem to stop. It was a kind of escape, and I have become aware in the last year, that one of the main reasons why I act out is due to stress.

I was always brought up traditional, and I became fully religious around 6 years ago, and so my behaviour became a huge problem. I became very depressed every time I did slip, because I knew this was an aveirah. Due to my familly situation, which i wont go into all the details, I actually had to go through an Orthodox conversion a few years ago to make my Jewish status fully halachic. I was a sincere convert, and I live a full shomer mitzvot lifestyle, in which I place a great deal of importance on torah learning. I was so determined to break away from this behaviour, that I managed to be completely sober for 6 months at the time of my conversion. Unfortunately I did slip, and failed considerably for some time, having good periods and bad periods, but I really wanted to keep to a sin free path. I have come to the realisation that this does not invalidate the sincerity of my conversion, because even the greatest Tzadikim have sinned, but it motivates me even more to become fully sober.

I thought that marriage would put an end to this problem, but after just a few months, I slipped again. My wife is aware of my problems, and is trying to support me. I managed to stay sober for 36 days before last slipping. I have now blocked the worst sites I used using our router, that only my wife has the password for. I also have Covenant Eyes installed, so that my wife can keep me accountable. I snapped a DVD in two the other day and wiped my PC clean of all innappropriate files. I have now reached 5 clean days, and I would like this count to keep increasing.

With Hashem's help, I can protect myself from these temptations. I will use this board to report back on my successes. I promise to be honest.

All I can say is, I wish this site had existed a few years ago. I had a similar idea, but am glad someone else has set this for all to benefit from. May your site be blessed to help bring

kedushah into the lives of all those who seek your help.

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Re: My progress for all to see

Posted by battleworn - 29 Jun 2009 14:53

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Welcome home! This is the place to be! Stick with us and be'H you'll succeed!! With each additional member, we keep getting stronger and stronger!

Did you study the handbooks yet? That's clearly the first step!

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Re: My progress for all to see

Posted by kosher\_vision - 29 Jun 2009 15:39

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I am working through the handbook - will let you know if I have any questions!

Many thanks for your encouragement.

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Re: My progress for all to see

Posted by kosher\_vision - 01 Jul 2009 17:33

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Thank G-d, now on 7 clean days! Have read through handbook and attitude book, and things are really seeming better. I even see myself trying to avoid looking around on public transport and avoiding second looks! We should strengthen one another!

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Re: My progress for all to see

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Posted by Efshar Letaken - 01 Jul 2009 17:56

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Dear Kosher Eye's,

Welcome! You have come to the right place!

When you are on GYE You are looking at success right in front of you.

There are things that have to be done in groups with full time support, and this addiction is one of them.

So hold on tight for you are on the ride of your life, and the GYE family train will get you there.

Efshar Letaken

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Re: My progress for all to see

Posted by the.guard - 01 Jul 2009 20:25

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Kosher\_Eyes,

Congrats on reading the handbooks! That alone shows how serious you are taking this.... But be aware, some people read the handbooks and think they are all set. Remember, it can only help us if we USE the ideas in the handbooks in our daily struggles :D So advisable to go back and start again from the beginning, reading slowly through each tool and see what we have tried and what we haven't tried yet...

Keep up the great work!

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Re: My progress for all to see

Posted by bardichev - 01 Jul 2009 22:58

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HELLO KOSHER EYES

WELCOME TO THE ONLY WEBSITE ON THE INTERNET THAT IS KOSHER

HERE YOU WILL KICK THE HABIT AND HAVE SOME FUN TOO

BUT... BUT... YOU NEED TO STAY HERE ATLEAST 2 WEEKS TO "CHAP THE MEHALICH"

AND TRY 90 DAYS OF COUSRE ONE DAY AT A TIME

CHAZK CHAZAK

bardichev

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Re: My progress for all to see

Posted by Noorah BAmram - 02 Jul 2009 12:08

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Dearest Kosher Eyes,

Shalom Aliechem!

I'm touched to the point of tears by your determination for Holiness that oozes from every word you wrote!!

The holy seforim write that the inner core of a persons essence can be seen and measured according to what he admires and praises " a man according to his praises". Your choice of name "kosher eyes" SHOUTS volumes of who you truly are and I'm humbled to stand next to

Promise us that you won't leave us till u get to 90 days!! Promise??

With all the love in the world for a fellow Yid

Noorah from the house of Amram the lowliest of the chasidim of the honorable and holy Bardichiver :D :D

you on the wall of Honor  
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Re: My progress for all to see

Posted by kosher\_vision - 02 Jul 2009 16:03

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You are all very kind, and I really appreciate you being there for me - it is giving me lots of Chizuk!

I promise I will stay with you till I reach 90 days. I am now on 8 clean days. Tomorrow I am working at home alone, but will be extra careful to avoid all temptations. The filter is in place. Will try to reply before or just after Shabbos to let you know how I am doing.

I recommend people sign up to the Chizuk list - read a couple of them now, and the stories are quite inspiring.

Still looking for people to form group 3 in the accountability groups - if you have not signed up, please put yourself forward and join the next group.

Have a good day!

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Re: My progress for all to see

Posted by rashkebehag - 02 Jul 2009 22:19

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Its great to hear about people like you. i admire you that you have a wife with whom you can share this with and i hope you will succeed together with all of us

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Re: My progress for all to see

Posted by kosher\_vision - 03 Jul 2009 16:02

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Another clean day, baruch Hashem!

Wishing everyone a kedushah filled Shabbos!

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Re: My progress for all to see

Posted by bardichev - 05 Jul 2009 15:06

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WOWWWWWWWWWW

WE GOT ANOTHER HEILGER YIID OUT OF THE NASTY ONE BAG!!!

KEEP ON FIGHTING TOOTH AND NAIL

BESIMCHA BESIMCHA BESIMCHA!!!!!!!!!!!! 2MID

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Re: My progress for all to see

Posted by kosher\_vision - 06 Jul 2009 18:10

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Hope everyone had a great Shabbos! I am now on 12 days, and I will try very hard when I work at home tomorrow, not to slip. Thank you for encouraging me.

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Re: My progress for all to see

Posted by Noorah BAmram - 06 Jul 2009 21:42

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holy kosher eyes,

What i found as the **the 2 most important things** that keeps me going is,

installing a no-nonsense filter (meaning one that I haven't figured out all the *chochmalach* [yiddish for smart-aleck workarounds] and ways to defeat the filter and most importantly I gave the password to my wife with strict instructions to change it immediately should i ever ask for it)

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Holy Tzaddik KOSHER EYES we are all rooting for you

Re: My progress for all to see

Posted by battleworn - 07 Jul 2009 12:01

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Kosher Eyes (what a great name) I'm really happy that you're working through the handbook.

Please also see "The Torah Approach" over here: [rehab-my-](#)

[site.com/guardureyes/forum/index.php?topic=602.0](http://site.com/guardureyes/forum/index.php?topic=602.0)

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