

Ano Nymous Update thread

Posted by Ano Nymous - 23 Nov 2008 21:01

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Today was a hard day for me. I almost fell three times, but I'm still going. I will update in this thread.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 03 Dec 2008 05:43

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Somehow I made it through the last couple days, despite some really hard tests. Today I will be starting my third week. For this week I would like to not touch myself at all, but to just push the thoughts out right after they come into my head. I know that when I allow the thoughts in, I make it 10 times harder for myself in the long run.

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Re: Ano Nymous Update thread

Posted by battleworn - 03 Dec 2008 11:46

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You are a tremendous source of chizuk to me.

When the thoughts try to get in, try singing "jack's niggun" to yourself, for me it works wonders!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 03 Dec 2008 21:06

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Hey guardureyes!

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Re: Ano Nymous Update thread

Posted by the.guard - 03 Dec 2008 21:41

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You got it Tzadik!! You have earned the "Gibor Hakovesh Yitzro" Crown. Hashem gave you this struggle because he wants to take you to a new level in Avodas Hashem. All the Malachim are dancing. You are doing what you came down to the world to do!

And I started this whole Chart after reading your story, it's your zechus!!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 04 Dec 2008 20:30

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It's Thursday night now. So far I've kept my deal with myself since Wednesday morning. It's amazing how the YH retreats when he sees he's beat. But I know this trick and won't fall for it again. He makes you think he's surrendered, but then when your guard is down, he POUNCES on you. So I realize that he hasn't given up. He's just retreated for now. I must keep my guard up, and I will. on the chabad website they have a page where you can pledge a mitzvah in honor of those killed. I pledged to finish my 90 days. This is the most liberating feeling imaginable! I've been a slave to the YH for seven YEARS and I'm breaking new ground now every SECOND I restrain myself. Each moment pushes me further away from the last time I've masturbated than I've ever been in my life (since I started). :D

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Re: Ano Nymous Update thread

Posted by the.guard - 04 Dec 2008 21:33

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You're so inspiring Ano! I want to share your progress with everyone. Tomorrow's chizuk e-mail will be about you bl"n. Where's this chabad URL? maybe others will follow in your footsteps!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 05 Dec 2008 11:09

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It's on the front page of Chabad.org.

EDIT: I see that you found it yourself because the link made it into the chizuk email. Keep up the awesome work GUE!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 06 Dec 2008 19:01

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It's me again. I wasn't able to keep my commitment to go this whole week without starting, because I slipped late Friday. But the amazing thing is how much strength I felt when I went so far and was still able to hold back. I'm still going to try to keep my commitment for the rest of this, my third, week (until Wednesday). I realize that if I go down this road (starting and stopping) I will fall. I'm glad that it is now a battle not to start! Before, I would start and finish without even the slightest bit of guilt. Now I can't even allow myself to finish and I usually am able to resist starting. I can't wait for 'the less you feed it the less you need it' to kick in. This is certainly the hardest thing I've ever done in my life. Harder than scoring well on the SATs or getting good grades on tests. I'm starting to understand what pirkei avos means when it says the strong person is the one who defeats his yetzer. I can pick up 200 pounds, but that doesn't make me strong. I'm doing something that the bodybuilders who lift 500 pounds can't do! I'm going against my nature. I have never smoked or done drugs, but I feel like this addiction is probably harder to beat than any other. Tomorrow (Sunday) is day number 18 (chai) for me!!

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Re: Ano Nymous Update thread

Posted by the.guard - 06 Dec 2008 19:16

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Ashrecha Ano!

Remember though, starting and stopping is not healthy. Tell the Yetzer Hara that he is destorying your body. Even HE can relate to THAT :D

Next time you are feeling weak, read [this holy Jew's story](#), begining to end. He is also a Bachur

and - wow! he's doing great and writes some very inspirational things! It was just posted a few days ago...

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 07 Dec 2008 18:13

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Today (day 18 I think, check my math guardureyes) was easy. I wonder what tomorrow will bring...

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 08 Dec 2008 10:36

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I've come to realize something. The reason why I feel like I'm sorely missing out by not being married is not because I 'need' a sexual outlet. While it is true that I have a drive for sex, I can restrain it just like I can other drives that threaten to get in the way of my life goals. The reason why it is not so easy for me to just put it out of mind is because of the way society pushes sex into our faces. In the past, when the Jews were isolated or the non-jews moral, I would see a man walking with his wife and maybe only feel a twinge of jealousy at what I'm missing, or maybe feel nothing at all. But in today's world, our minds are so polluted that every attractive woman on the street brings out these feelings again, and they are much stronger than they should be due to the promiscuity of society. Similar to how no one felt a desire for an ipod or a laptop 500 years ago because there was no such thing, the sex drive was not as powerful because it wasn't abused. Now, every day I feel as if I'm missing out. Internalizing this should help me weaken those feelings of lack.

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Re: Ano Nymous Update thread

Posted by the.guard - 08 Dec 2008 10:54

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Wow. THAT is truly a deep and inspiring insight! It never ceases to amaze me how through the power of this forum and website, new Chiddushim in Avodas hashem and new chizuk is constantly being brought down to the world!

1000 Brachos on your head Tzadik! I will share that with people.

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Re: Ano Nymous Update thread

Posted by Mevakesh Hashem - 08 Dec 2008 14:32

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Yes, there is no question that the filth and "Prikas Ol" of today's society makes it much tougher for us to remain tre Avdei Hashem....BUT, the schar for succeeding is 1000% greater as well!

When mashiach comes, YOU will be in the front row to greet him, while all the people that succumbed to the "sexual revolution": will be nowhere in sight!

The "Guard your eyes revolution" is based on Toras Emes! And that has staying power, NITZCHYOS staying power!

Chazak V'Ematz!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 08 Dec 2008 18:25

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I almost screwed up today, but I just barely made it through. Day 19 is over. Day 20 begins :D

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