

90 days and beyond-Rising Up To The Great ChallengePosted by Rising Up - 23 Jan 2011 04:31

I am a yeshiva guy who is extremely smart and comes from a very prestigious family. When I was 11 years old I discovered through the touching of my body, what masturbation is. After about two years of strictly masturbation, I discovered what pornography is. I started to look at it on almost a weekly basis. I had to sneak a great deal more than the average person in order to be able access this type of material, yet at that age I never thought about the negative consequences of my actions. Throughout the years I progressed to understand more and more about how to access this type of material. At one point my father found out what I had been doing through someone else who chose to never reveal himself to me and instead told my father about it so he could speak to me about it. When my father told me that he knew that I had been doing these actions he told me how he understood what sort of temptations I was having and told me that I must stop doing these things for the sake of my neshamah. As one could imagine this did not stop me from continuing to access this material and I resorted to staying up entire nights for the opportunity to access this stuff. I even started to be mechalel Shabbos to access pornography without the fear of being caught by anyone.

At this point I am going to hold off on the rest of my story and interject with why I am posting my story. At this point (many thousands of so far unwritten words later) I am trying to break free. I have discovered this site and am committing myself to break free. I would like to set my goal for 90 days (as I write these words I can literally feel energy surging through my fingers and onto the screen before me) which would set the mark for the fifth day of Pesach. The Bnei Yisroel crossed the Yam Suf on the seventh day, I would love to do the same this year!!

I know that I need an incentive of sorts to help me through this and as such I have decide to continually add more to my story as I progress through these 90 days. I ask that you comment and give encouragement to me as each day passes, so that I can know that I am opening up and have someone whom is empathizing with my struggles. The story will only get worse as will the difficulty of progressing through the 90 days. I will also post daily or update for each day if I will be unable to access this site for any period of time. [Post Day 1 18-Shvat/Jan-23]

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Re: 90 days and beyond-Rising Up To The Great ChallengePosted by Rising Up - 07 Feb 2011 18:45

Congratulations to GYE on 25,000 posts!!!!

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Re: 90 days and beyond-Rising Up To The Great Challenge

Posted by Yosef Hatzadik - 07 Feb 2011 18:53

[RisingUp wrote on 07 Feb 2011 18:45:](#)

Congratulations to GYE on 25,000 posts!!!!

Whatcha talkin about?

Forum Stats

90318 Posts in 2366 Topics by 1172 Members.

Latest Post: "Re: Naftali's log" By: **RisingUp** (February 07, 2011, 01:46:47 PM)

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Re: 90 days and beyond-Rising Up To The Great Challenge

Posted by Rising Up - 07 Feb 2011 19:10

[Yosef Hatzadik wrote on 07 Feb 2011 18:53:](#)

[RisingUp wrote on 07 Feb 2011 18:45:](#)

Congratulations to GYE on 25,000 posts!!!!

Whatcha talkin about?

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Latest Post: "Re: Naftali's log" By: RisingUp (February 07, 2011, 01:46:47 PM)

I meant specifically for the "Wall of Honor".

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 08 Feb 2011 04:26

Here I am, victorious after a four day battle. Thank you Hashem. Many lessons have been learned over the past four days. I have to give thanks to all those that supported me throughout the battle from the preparation to the battle to the final day. Those that gave me their phone numbers should be expecting a call sometime soon. Those that provided encouragement will receive it doubly in their own time of need. Those that clicked on my thread will also have their threads clicked on (I try to read every single new post, so I got you covered).

It was truly amazing to watch MYSELF grow over the course of a weekend. It came with the help of so many people here at GYE. My ability to conquer the Y"H in a test which I can say I had probably only beaten maybe 1-2 other times in the past out of at least a dozen times, was truly astounding to myself. This was something that is and will be directly attributed to the support that I had, have and will receive here on GYE. I can only say that what made the

difference this time, was that I was not alone as I spent these four days by myself. Alone in presence yes, in character, no. The ability to withstand any temptation, to throw my hands up in front of my face when the Y"H came knocking, to lock that door and say, scream, YELL AT THE TOP OF MY LUNGS: "I WILL NOT LET YOU IN, I WILL NOT FALL!!!" This is something that I never had the ability to do, and now, thanks to everyone here at GYE, I have done it. Thank You!

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Yosef Hatzadik - 09 Feb 2011 00:00

I am making a mathematical equation. I am taking the amount of Happiness I feel now upon hearing this great news and multiplying it manifold. I think that I am getting close to the tremendous Simcha you must be experiencing!

REMEMBER THIS DAY! REMEMBER HOW GOOD IT FELT TO BE ABLE TO WRITE SUCH A BEAUTIFUL POST.

The next time the the Yetzer Horah comes a'knocking just recall the pleasure of today. It will help outshine the imaginary enjoyment of HIS indulgences!

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by bardichev - 09 Feb 2011 05:20

Keep on trucking

From strength to strength!!

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 09 Feb 2011 06:24

Today I was once again back at it. Working hard, learning, and studying for college.

Something that I faced today, that might be of interest. The question is: What is one supposed to do in such a case? The case I am referring to is this: I have a very close friend who is being treated abusively by one of his close friends, someone who has been close with him for many more years than I have. This friend of his calls him and texts him whenever they are not together, asking him to hang out even after repeated attempts by my friend to tell this person that he is unable to. After my friend refuses he then goes ahead and blames my friend for any mishaps that he experiences that day. This happens quite often when they are not together in Yeshiva (and mind you, they spend A LOT of time together in yeshiva). I spoke to my friend and told him to speak with his friends Rebbe about the situation rather than speaking to his own Rebbe. The logic behind this is to allow him to get on the same page as this other guy. I however, feel that if I get too involved, this other guy will attempt to shut me out completely from any ability to interact with my close friend. Maybe, on the other hand I should let it play out that way so that in the end I will be able to vindicate my own friendship as a result of taking action against this guy in the event he tries to shut me out. (such action would be to have him "removed" from the situation) On the other hand am I just feeling this way because I am jealous of this guy? Let me know your opinion.

I also posted a new post on the accountability group forum, so if anyone would like to take a look they can do so [right here](#).

Guys, keep up the encouragement. Remember the book "Mike Mulligan and his Steam shovel"? That is the way things work. I think that book is a perfect metaphor for how things work on this website. read it through very carefully.

[Day 18 5-Adar 1/Feb 9]

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Re: 90 days and beyond-Rising Up To The Great Challenge

Posted by ToAdd - 09 Feb 2011 08:54

My own opinion (and I'm no expert in any way) of your situation with the two friends is that if you interfere too much you will be shunned.

You can not change the way one person relates to another.

If your friend asks you for advice on the situation, then your advice will be welcome; but if not, you may stumble across something that hurts him that he's not ready to deal with.

(here I'm actually speaking about a situation I was in and maybe it doesn't apply to your situation, but it's worth thinking about).

I would suggest trying to see what part of your feelings there are based on fact and what part are based on perception. You can ask yourself the following questions:

Are you insecure about losing your friend because of the time he spends with the other guy? This is the very definition of jealousy. Here You need to realise that your relationship with your friend is entirely between you and your friend. If you are a good friend to him, no one else will be able to change that.

How does taking action against the other guy vindicate your friendship for your friend? It may work in movies but I've never seen it in real life.

Perhaps your friend doesn't really mind the way he's being abused?

Some people are outraged by traffic, others see the same traffic as time to listen to a shiur. Some people complain about it just to vent and that helps them deal with it. You most likely feel like reacting because you would not like to be in that situation yourself.

Does it bug you that your friend does not speak up for himself? Is he afraid to?

Is he in danger?

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Smart and dumb - 10 Feb 2011 01:15

First "Rising Up" Congratulations on rising up the levels, your posts give me loads of
needed chizuk. Thank you:-)

Second I am sure that your friend asked you for help on this matter, (you should not initiate this
type of conversations unless asked) He may need to simply grow up, there is no need to talk to
any Rebbe (unless the situation worsens),

your job is to be there for him, explaining that he has a right of refusal (by saying No), a true
friendship does not end because of a No, let him nicely tell this other person that he loves him
very much, but this doesn't mean he can blame him for any mishaps that he experiences, he
has a life of his own.

now it will depend on how close that other person really is to your friend if the friendship is real
he will understand and will start behaving differently, and if not then its up him.

P.S. remember your friendship does not depend on how close that person is to your friend
rather on how close you are to your friend (maybe your friend needs more then just one friend).

Hope this helps

Thank you again

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 10 Feb 2011 06:12

[ToAdd wrote on 17 Aug 2321 17:20:](#)

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You can not change the way one person relates to another.

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(here I'm actually speaking about a situation I was in and maybe it doesn't apply to your situation, but it's worth thinking about).

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How does taking action against the other guy vindicate your friendship for your friend? It may work in movies but I've never seen it in real life.

This first point is actually the underlying dilemma. And by action, I do not mean like in the movies. I was referring to speaking to a Rebbe or someone in a position of authority within the yeshiva to have him removed from either the room (If I did not mention that we are all roommates) or perhaps in a worst case scenario, the Yeshiva.

[ToAdd wrote on 09 Feb 2011 08:54:](#)

Perhaps your friend doesn't really mind the way he's being abused?

Some people are outraged by traffic, others see the same traffic as time to listen to a shiur. Some people complain about it just to vent and that helps them deal with it. You most likely feel like reacting because you would not like to be in that situation yourself.

Does it bug you that your friend does not speak up for himself? Is he afraid to?

Is he in danger?

This a very poignant observation, one that I did not really consider until you mentioned it here. I will have to consider this as a real possibility.

[Smart and dumb wrote on 10 Feb 2011 01:15:](#)

Second I am sure that your friend asked you for help on this matter, (you should not initiate this type of conversations unless asked)

Yes, he did come over to me. In fact he just plain old complained about it to me for about 5 minutes. The whole time he seemed to be switching between aggravation and justification. So that is why I am in this conundrum. But that is a point that should have been made.

[Smart and dumb wrote on 10 Feb 2011 01:15:](#)

P.S. remember your friendship does not depend on how close that person is to your friend rather on how close you are to your friend (maybe your friend needs more then just one friend).

Hope this helps

Thank you again

This is very a very helpful insight. Thanks!!

I truly appreciate the advice, guys. The only reason that I did not respond sooner was because I was actually implementing these ideas in my mind and thinking about how they may play out. I'll let you know of any future developments.

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 10 Feb 2011 06:19

This is my daily post. It is very short because I need to get to bed and I have been having too much fun playing around with the dates on the forum posts, and inserting hyperlinks. Good night!! [Post Day 19 6-Adar 1/Feb-10]

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Smart and dumb - 10 Feb 2011 16:24

I missed two important points from chazal.

- 1) the Mishna says, "Knai Lcho Chover" (Aovas 1,6)
- 2) "Kamaiyim Ponin el Ponin" as much as you like your friend, he will eventually like you.

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Re: 90 days and beyond-Rising Up To The Great Challenge
Posted by Rising Up - 11 Feb 2011 19:46

I have to say that I did experience a slight slip yesterday when a youtube video that my

professor assigned to my class contained some questionable material. It wasn't really bad images (otherwise youtube would've banned the video) it was just something that is unacceptable. I didn't feel any lust or stimulation from it so I don't think i need to worry about it all that much.

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Re: 90 days and beyond-Rising Up To The Great Challenge

Posted by Rising Up - 11 Feb 2011 20:07

I feel that the effort that I put into posting my comments and thoughts on this website are vital to my recovery. Although I had a very difficult time over the past 5 or so years, I never felt the type of connection to anything in the way that I do to GYE. It is something for me to look forward to, a place that I can joke around, where previous conceptions and acute assumptions of personalities do not apply. It is important to me that this remains a part of the recovery process. So much so, that I have factored in the time that I spend reading the posts into my daily schedule. Thanks to all those on this website, I am able to share my thoughts without the fear of being ridiculed or shunned. The mind of an addict is filled with many different misconceptions, greatest perhaps of all is the perceived notion that one is unable to create a true bond with a reciprocal being. Seeing the way that each one of us contributes to the well being of each other is truly an asset to the recovering addict.

For this I am truly thankful.

Have a Wonderful Shabbos!!!!!!!!!!!!!!

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