

Lomed's Thread

Posted by lomed - 25 Feb 2015 16:44

I am starting the 90 days. I hope to be bezras hashem this year in miron for lag beomer.
although I don't feel much will power now to overcome this struggle, I decided to start a 90 day
journey to try to get clean. I will need much chizuk. but even one day is worth. I hope in zchus of
the rashb"ee I will get closer to become clean.

???? ??? ????? ????? ???? ???? ???? ???? ?

=====

=====

Re: started 90 days as a prepararion of lag beomer!

Posted by Bigmoish - 25 Feb 2015 16:47

Hatzlocha!

Please continue to share your journey with us.

Hopefully it will help to be a preparation for your whole life, not just lag beomer.

=====

=====

Re: started 90 days as a prepararion of lag beomer!

Posted by lomed - 25 Feb 2015 16:49

what I meant is, that lag beomer was an incentive to start already.

=====

=====

Re: started 90 days as a prepararion of lag beomer!

Posted by lomed - 25 Feb 2015 17:44

when all have hisoreros from many things. some it will be a zman like Shabbos or yom tov.
another will it be a yeshuah that he needs. people grow from all these hisoreros.

we take any hisoreros as min hashomayim, regardless of what was the cause.

=====

=====

Re: started 90 days as a prepararion of lag beomer!

Posted by Bigmoish - 25 Feb 2015 17:46

Amen. Why don't you share a little of your struggle with us?

What works for you?

=====

=====

Re: started 90 days as a prepararion of lag beomer!

Posted by lomed - 25 Feb 2015 18:01

to be honest I haven't tried lately much. I can say that in the last 2 years didn't put much effort to get clean.

I have struggles with fantasies and acting out. also shmiras einayim.

although I have a desire for porn and watched a few times, I don't have the challenge on a daily basis. that is because the filters that are installed on my devices. but I watched many love movies on the web.

I had month that this was less often, like 2-3 times a month. but lately it is more like 2- times a week.

I am married with many lechtige kinderlach b"h.

so what more?

=====

=====

Re: started 90 days as a prepararion of lag beomer!

Posted by cordnoy - 26 Feb 2015 05:05

welcome,

"What more?"

what have you tried in the past in order to recover?

What worked? What didn't?

Is your life unmanageable because of this 'issue'?

b'hatzlachah

don't be a stranger.

=====

Re: started 90 days as a prepararion of lag beomer!

Posted by lomed - 26 Feb 2015 15:59

hi,

day one is over. I felt like a cloud around me. I don't know why. like something telling me don't don't don't all day. I don't usually think about this much till now. but this day was like in a fear!!

but bh it is over. today things are calming down. and be"h I will try to take a day at a time or an even an hour at a time.

cordnoy, you asked if my life is unmanageable? well bh it is manageable. and don't foresee that this issue should cause my life to become unmanageable.

=====

=====

Re: started 90 days as a prepararion of lag beomer!
Posted by reallygettingthere - 26 Feb 2015 16:09

Hi Lomed,

If your issues with lust are sporadic and infrequent, perhaps the hisoirerus a Meron etc. will help. If your struggle is more frequent and regular, one hisoirerus even a big one isn't likely to change you life. when we run to feed our lust regularly we need to investigate what is driving us there. There usually is a much deeper answer than, "I like hot women"

Eli

=====

=====

Re: started 90 days as a prepararion of lag beomer!
Posted by lomed - 26 Feb 2015 16:18

what do you have in mind by much deeper answer?

=====

=====

Re: started 90 days as a prepararion of lag beomer!
Posted by reallygettingthere - 26 Feb 2015 16:24

Every one has different issues. For me, I had unfortunately developed the habit of running to porn as a way of self medicating to deal with stress. If I didn't/don't (still working on it and probably always will be) learn to deal with stress I will have a much harder time dealing with the addiction (in my case it's an addiction). It's not just a matter of filters. Filter don't solve the problem they treat a symptom

(Disclaimer: Filters are great and should be used, but if the root problem is not addressed, the filter will not stop you from lusting)

=====

Re: started 90 days as a prepararion of lag beomer!
Posted by lomed - 26 Feb 2015 16:28

the message that I am getting from the rabonim is that without a filter no one can be trusted. ur saying that is for someone that is not an addict. but for someone that is an addict a filter will not help. right?

=====

Re: started 90 days as a prepararion of lag beomer!
Posted by reallygettingthere - 26 Feb 2015 16:33

Correct

Ha boteiach b'libo k'sil yikarei if there is another path and one goes past a house of immorality one is a rasha. The definition of darka achrina is a question.

When it come to an addict although gedarim can help they don't treat the root issue. Making too many gedarim often goes together with ignoring the real issue.

=====

Re: started 90 days as a prepararion of lag beomer!
Posted by lomed - 02 Mar 2015 20:31

bh I m at day 5 and still clean.

however I am somewhat in this fear of fall area. meaning that some kind of obsession (that I

never have) is telling me all day, watch watch don't fall don't fall.

it is a bit annoying.

=====

Re: started 90 days as a prepararion of lag beomer!

Posted by Bigmoish - 02 Mar 2015 20:33

Isn't that better than the obsession that tells you "Fall! Fall!"?

=====