

90 days??(gulp) What's the big deal?

Posted by Luria - 26 Oct 2009 19:30

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So I decided to start this log to keep track of where I am holding in my new goal of 90 clean days. I've had a tough but rewarding time since I've started and thought my sharing how I'm doing could help others in the same boat as myself. Meanwhile, everyone's feedback can definitely help me. I figured I'd wait about a week in before starting to post. I started writing this and just checked - Im only up to **2 days**!! :( :( My previous best is 75 so I definitely got a long way to go.

But the "advantage" of having started and then fallen so many times is that I know how difficult these first few days are. Otherwise I don't know how I wouldve lasted until now. But this time is gonna be different!! I got all the GYE tools and tips - and this whole awesome community right here so I'm banking on that to help me make it!!

Day 1 was surprisingly easy but Day 2 was a perfect example of where I would have fallen before finding this website. Throughout the day, from doing work to lying in bed my whole body was just screaming for release. There were a few times it got so bad I couldn't focus at all anymore - I really felt like I was drugged.

And thats when my good old friend (the y"h) started speaking -

"Come on, you aren't even 2 full days in. You picked a bad time to start being clean - your body can't physically do it right now. Its not any fault of your own. You can start clean tomorrow."

"Look at what this staying clean is doing to you. Hashem knows you can't fight this. This is obviously a test you weren't meant to pass."

"Look at yourself. You're a wreck. You know the Possuk says V'chai Bo'hem. Hashem wants you to live a normal and enjoyable life - not to be in pain like this. "

This is the point that I have always fallen before. I am a fighter and I always will be. Its just my nature. But I've always lost the fight when the lust gets this bad - when I can't focus or get

anything done. And the only way is just to give in to my taaivos "just one last time".

So I did something I have never done before and it actually worked!! When I first read the GYE handbooks and joined the forum I saw this strategy and said "Lame. Not for me. Giving up and admitting you're too weak to fight? That's for wimps. Nothing can control anyone so much that they can't beat it." But there were a few times yesterday that I was literally tearing out my hair to stop myself from sinning. So what did I do?

I just closed my eyes and said "Hashem, I can't do this on my own any more. You know that I have tried fighting in these type of situations and lost time and time again. Please! I need You to help me through this."

I did this at the four or five times during the day when my taaivos felt unbeatable and Hashem was really there for me!!

Its funny because I am not the type of person that "talks" to Hashem outside of davening. Interestingly, I don't think I ever would have reached that level of feeling close to Hashem if it wasn't for reaching that low level of having nowhere else to turn.

And this is after 72 hours clean!!

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Re: 90 days??(gulp) What's the big deal?  
Posted by the.guard - 29 Oct 2009 14:20

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As addicts, we used the addiction to self-sooth any feelings of uncomfort. So it is understandable that after a long hard day where you're "bombed out", your mind craves a little "soothing" - even without the arousal per-se. It is just the way we programmed ourselves over so many years. We need to learn to start living *real* life. And real life is not always easy, but it's so much more fulfilling.

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 30 Oct 2009 17:21

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I did it!!!!

Ok this probably doesn't seem like a big deal but I finally got the courage to get a friend to install a filter on my computer and put in the password!

So I realize that right now I am not at the stage where I can trust myself with the password and I don't know if I ever will. Ok, so I wont be able to watch youtube, even the kosher videos that people send around- I guess I'll have to live without seeing videos of cute kittens playing the piano. And no more videos of those adorable talking hamsters. Ok, even no more of those awesome youtube sports highlights - and I love sports. But I think that is a small price to pay.

But I think I may have offended someone in the process.. the Y'h is cursing me out and calling me all kinds of names.

Good Shabbos

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Re: 90 days??(gulp) What's the big deal?  
Posted by Kedusha - 30 Oct 2009 19:45

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Great Move!!!

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Re: 90 days??(gulp) What's the big deal?  
Posted by imtrying25 - 31 Oct 2009 18:01

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Hey luria wats up? Im so happy to hear that youve got the courage to put on the filter. I went through the exact same thing when i put my filter on. No more youtube etc etc. Although \*\*\*\* still works and thats good cuz im a yankees fan and i wouldnt want to miss the ws. Btw why havent ive heard from you lately. Ive been sending you emails with no response. A gut voch.

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Re: 90 days??(gulp) What's the big deal?  
Posted by the.guard - 31 Oct 2009 20:30

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I did it!!!!

We don't have a Beis Hamikdash today, but we can still bring Korbonos... **Today's Kurban Tomid was sponsored by Luria!**

Ashrecha!

See [this page](#) for more tips on Guarding the Eyes.... (Make sure to click the links on the page too!)

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 01 Nov 2009 00:03

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[guardureyes wrote on 31 Oct 2009 20:30:](#)

I did it!!!!

Ashrecha!

See [this page](#) for more tips on Guarding the Eyes.... (Make sure to click the links on the page too!)

Reb Guard, thanks - as usual your links are great!!

[imtrying25 wrote on 31 Oct 2009 18:01:](#)

Hey luria wats up? Im so happy to hear that youve got the courage to put on the filter. I went through the exact same thing when i put my filter on. No more youtube etc etc. Although \*\*\*\* still works and thats good cuz im a yankees fan and i wouldnt want to miss the ws. Btw why havent ive heard from you lately. Ive been sending you emails with no response. A gut voch.

Hey Imtrying - that is really strange - I just checked my email and havent gotten any from you these past few days. I'll send you one tonight i"n

Gut voch

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Re: 90 days??(gulp) What's the big deal?  
Posted by Noorah BAmram - 01 Nov 2009 13:27

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[Luria wrote on 30 Oct 2009 17:21:](#)

I did it!!!!

Ok this probably doesn't seem like a big deal but I finally got the courage to get a friend to install a filter on my computer and put in the password!

So I realize that right now I am not at the stage where I can trust myself with the password and I don't know if I ever will.s

Fantastic!!!!

For me putting in a no nonsense filter was when I got serious about recovery.

Just one minor point .....we as frail human beings, made out of mere flesh and blood, are never ever designed to be left alone without a filter. Period!

I'm afraid that my filters are here to stay.....I hope and pray!

With tremendous respect to a hero warrior

Noorah

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Re: 90 days??(gulp) What's the big deal?  
Posted by rashkebehag - 01 Nov 2009 18:42

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I think all agree that one cannot live without a filter even if not addicted. Before I found this site I was hooked and managed to stop after i installed covenant eyes. Then someone showed me youtube for an innocent reason and i lost control all over again.I cursed the day I found Youtube. i also didnt want to use a filter because i didnt know what to do with the password. Now, I have a filter and gave the password to GYE while I made sure not to have it. When there is a leitimate reason I have to open something up I get the Password only if someone is with me and he uses it. Then I blocked Youtube and Google videos. Now I still feel the pull even after 90 days but it is so much easier. Make sure that the filter blocks any possible site. Keep posting, and withHashem's help you will win this horrible scourge. Now I am only addicted to this great site.

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 03 Nov 2009 00:17

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I'm on Day 9. I thank Hashem that in a moment of strength I put the filter in last week. I had a rough day yesterday and definitely would have fallen without it. B'h it has removed a lot of the struggle I have been having every time I use the Internet.

I don't know if it is related to the filter but I have been battling with a whole new problem that has never been an issue before. However, its given me the opportunity to examine my true motives

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 03 Nov 2009 00:23

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And yes, yesterday I was that guy I've always said I would never be - trying my hardest to get

around the filter once it was installed. Luckily I also showed the person that installed the filter that he can check out what websites I visit so that quickly made me stop trying. Yesterday, I was very angry at myself for ever telling him that he could check the log of websites I visited. Today, I realize how lucky I am that I showed him.

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Re: 90 days??(gulp) What's the big deal?  
Posted by 7yipol - 03 Nov 2009 12:38

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[Luria wrote on 03 Nov 2009 00:23:](#)

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A warrior *and* a chacham!

we're rooting for you!

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 03 Nov 2009 14:33

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7Up, thanks for the kind words. One day I hope to be a warrior but I am not a real one yet. I have to come to terms with myself first.

One thing that has been bothering me.



Am I really an addict or am I just calling myself that as a desperate push to get better even if it is not accurate. Maybe i have the same lust problems as the avearge joe but I am too weak/lazy to fight it. After all, i've gone fairly long periods clean. Am I being honest with myself?

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Re: 90 days??(gulp) What's the big deal?  
Posted by 7yipol - 03 Nov 2009 16:49

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You can answer that better than anyone else.

Can you stop whenever you want to and not return to it?

Does it control you, or do you control it?

And lets say its true that you are not an addict.

Now what?

How will you break the 'habit'?

The 12 steps, and group support are good tools for beating it regardless of the underlying cause.

The *best* 'tool'?

"Let go, and let G-d" - you can NEVER lose by asking Hashem for help!

7Up, thanks for the kind words. One day I hope to be a warrior but I am not a real one yet. I have to come to terms with myself first.

A warrior is someone willing to enter the battlefield for what he believes is right and important enough to fight for.

So yes; by definition, you, Luria, are a warrior!

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Re: 90 days??(gulp) What's the big deal?  
Posted by Luria - 03 Nov 2009 19:46

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I've been thinking about this a lot recently and discovered the following.

Generally speaking, shmiras einayim for me on the street while not easy by any means, is definitely doable. The big problem is when things quiet down. that is when 99% of my falls have been. I've been busy for weeks at a time when these lust issues rarely arose. Yet the second things quieted down they were there in full force.

I think what leads to my struggles is a **lack of stimulation** - when I am busy doing something, be it doing an errand or keeping busy in any way, these taaivos generally don't come up. When I am sitting and relaxing, even for a moment, they strike in full force. Unfortunately, this could be even during a short break I take from work. Its not from boredom - its when things quiet down and I have a moment to think and say to myself "ok, what next to do" that the y"h strikes.

That is part of what was bothering me about calling this an addiction. If I am busy working at a job or in school, these lust issues rarely arise. So I think that it is misleading and unfair for me to complain about my "addiction". During these moments I feel like an impostor in this forum- my problems are so much less severe than you guys!! I am no lust addict - I barely have

problem at all!

And then an incident like 2 nights ago happens.

I **did** have time to relax - and this led to me trying for the life of me to get around the filter - I needed to see some p\*\*\*. Yes, I know I am anonymous, but I am embarassed as I write this - I started getting all frantic and actually heard myself mutter in this urgent high pitched voice - something like " I need this, I can't go on without it". I can't describe it in words other than that it felt like my whole life was caving in on me - I needed the p\*\*\* and couldnt get to it. I had the .) I have never been frustrated like that in my life - and it really scared the daylights out of me. I'm an easygoing guy who rarely gets worked up about things - life is too precious to be all uptight and serious! Yet here I was ready to go berserk because I couldn't see theses images that I wanted to. I am no expert in addiction but I think that is a safe way to explain my behaviour.

If I was a psychologist maybe I would term this "situational addiction" - I'm fine as long as certain situations dont occur. But I dont think the name is what is important. I have to do something useful with this knowledge and I'm not sure what that is.

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urge to pick up my computer and smash it on the floor (maybe not a bad idea in hindsight  
Re: 90 days??(gulp) What's the big deal?  
Posted by the.guard - 03 Nov 2009 21:14

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Am I really an addict or am I just calling myself that as a desperate push to get better even if it is not accurate.

A couple of months ago, I was browsing through a book by Rav Twerski called "addictive thinking" and was completely blown away. Not only did he "get it", but much more than that - I really felt like he was talking directly to me. I thought this was strange, as the topic was not

relevant to me at all - "addiction"?... (cue: eerie music here) but I never really gave much thought to it (I'm starting to think I understand why).

See [this article](#) where Rabbi Twerski explains how one can get addicted to this from a single use!

I think your idea of "situational addiction" is right on the mark. Just because someone can go without it for a long time, he is still addicted if specific situations make him feel powerless to resist it even though it goes against his morals and inner desires.

See also this page: [www.guardureyes.com/GUE/Tips/Article.asp](http://www.guardureyes.com/GUE/Tips/Article.asp)

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