

BackToBasics - My battle begins

Posted by yesodos12 - 12 Jul 2009 14:25

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Hi everyone,

I have just joined the group. Writing this brings tears to my eyes because I have never been able to ask for help in this area before. This is the start of breaking an 11 year habit, something that makes me both proud and humble, as well as very, very ashamed. I've always been too embarrassed of my addiction to ever get any help face-to-face, and deep down I've lost the belief that I can make a lasting change in this area.

I saw the website for the first time on shiva asar betammuz, and I was amazed that there was so much help available to me, to get out of my crushing addiction, as well as kindhearted people who are building this site and building the participants along with it. It has kindled the hope inside me that I can face down this challenge, overcome it, and eventually destroy it.

I guess, if I'm honest, my main motivation to break the habit is the fear of somebody finding out about it, especially my wife. I'm scared that it will cause me to lose my job, reputation, marriage and children. I'm even scared that she is somehow going to read this post, find out that it's me writing, and get the shock of her life that she is married to a porn addict. The fact that I would consider losing everything I hold dear for the sake of some stupid, cheap thrill, amazes me. I am amazed at my own stupidity. I guess this proves that I'm an addict - I never thought of myself that way until now, I've just been in denial.

I'm four days clean now. It's been easy so far, but I know what happens. I get overconfident, I get uninspired, I forget everything I've fought for, and

BANG, I'm back in my stupid self imposed prison. How do you instill belief in change after so so many times of falling?? This is especially problematic for me, as I generally don't spend hours on end looking at porn. I just do a 30 minute escape from reality, and then resurface as if nothing ever happened, and get on with my life. I have no problem being a tzaddik for 95% of the time, but it's the 5% of misbehaviour that makes me an addict and a fool.

Every single Rosh Hashana and Yom Kippur has been filled with regret for my addiction, and yet still nothing has changed yet. I've improved in many different areas, but I actually feel that in this area I've sunk in recent years. I would love this year to be different - perhaps you guys can help me ensure that it will be?



Posted by yesodos12 - 18 Sep 2009 06:58

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Hi,

I've stopped posting for a good few days, which was a serious mistake. I fell once about a week ago after about 30 days clean. And after the fall I went on to youtube a few times - not that I saw anything wrong or that I went on to the site lustfully, but for me visiting to youtube is also a fall, because as an addict it is a lust inciter, and it breaks down the gedolim between myself and lust.

I regret my actions, and I'm putting my trust in Hashem and in this group to get me out of my addiction.

I'm trying to make kabolos for the upcoming year. Without a doubt, staying with this group, working the steps, reading the emails, has to be the ikker kabolo and the source of all positive changes that I can hope for this year - iyh.

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Re: BackToBasics - My battle begins  
Posted by Dov - 23 Sep 2009 17:24

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How are you, rebbe yesodos?

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Re: BackToBasics - My battle begins  
Posted by yesodos12 - 24 Sep 2009 20:28

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Thanks for asking, dov. I just was thinking about you this second, as I was rather moved by your post that featured in today's chizuk email. It really hit the nail on the head, although to be honest, if R guard wouldn't have given it the special introduction, I doubt I'd have appreciated the depth of your comment.

How am I? Well, boruch Hashem I'm still fighting, but I feel a little bit uninspired at the moment, addiction wise. Why? I guess I'm coming to terms with the disparity between my former (subconscious) exciting hopes of being clean FOREVER, which I had at the beginning, and the reality which is sinking in that 30 clean days is pretty good going for me at this stage. I have altogether given up hope of making 90 clean days, which is a sad but true reality. I hope I will make it to 90, but I'm no longer aiming for it.

Lust is still there, unfortunately. I know its ridiculous, but I just wish it would go away and pick on someone else. I struggled today, and won, but I don't feel like a winner, I feel like I avoided losing, which is a relief, but an uninspiring relief.

I am wondering how on earth R Guard is able to do this as a FULL TIME OCCUPATION. I know it is invasive and a little rude to ask him how he manages to provide for his family, what his wife thinks, etc, so I won't do that. But the man has my utmost respect, that's for sure.

Dov, how much time a day do you spend helping addicts? Don't you get bored ever?

I regret drifting out of the forum over the last few weeks, and want to become more involved. I had a really strong period, and didn't feel that the forum was really necessary during the 'up', as I didn't have anything to post. I know that I have to avoid overconfidence, but I'm not good at it yet. Any ideas?

Thanks for listening - I really respect you for taking an interest in us 'strugglers'.

Gmar chasima tova.

Also, it just occurs to me that I'd prefer it if the daily emails had the small section on the GYE handbook at the top of the email. I always start the chizuk email, but I don't always finish it because I find it a little long sometimes, so maybe I should suggest this to R Guard. Do other ppl like this suggestion?

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Re: BackToBasics - My battle begins  
Posted by yesodos12 - 24 Sep 2009 20:36

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Also,I'm upset with myself that I'm uninspired by the impending yom kippur. In previous years I used to approach YK by psyching myself up for never lusting EVER again. I am not trying this approach this year. I'm just committing myself to keep connected to GYE in a meaningful way, and hoping that this will keep my lust in check. I know this silly, but I feel demotivated by this change.

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Re: BackToBasics - My battle begins  
Posted by Kedusha - 24 Sep 2009 21:09

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[yesodos12 wrote on 24 Sep 2009 20:36:](#)

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Dear Yesodos,

While it might need some modification, your committment for this year sounds much more realistic than your past committments. If the y"h is convincing you to feel let down because of that, I have a bridge to sell you!

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Re: BackToBasics - My battle begins  
Posted by the.guard - 24 Sep 2009 23:28

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I am wondering how on earth R Guard is able to do this as a FULL TIME OCCUPATION.

I was just wondering the same thing!

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Re: BackToBasics - My battle begins  
Posted by yesodos12 - 25 Sep 2009 05:56

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Kedusha - re modification, what do you mean?

R Guard - re occupation, I know what YOU mean!

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Re: BackToBasics - My battle begins  
Posted by Kedusha - 25 Sep 2009 13:13

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[yesodos12 wrote on 25 Sep 2009 05:56:](#)

Kedusha - re modification, what do you mean?

Yesodos,

I just meant that, even if you need to tweak your plan for the coming year (e.g. by installing a filter, in addition to working with GYE), it's seems, overall, to be a solid, realistic committment, as opposed to your past committments.

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Re: BackToBasics - My battle begins  
Posted by Dov - 25 Sep 2009 17:02

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Meaning this in love, Yesodos'l, and only in love, please trust me:

Maybe it is finally time to just say "to heck(!!) with whether I am inspired, good, or bad, or whatever. I am doing Yom Kippur in my imperfect way as a gift to the Ribono shel Olam, not to "have a spiritual experience" nor to "get" anything at all in return or as a result. It is a mitzvah. My kiyyum of it is pretty much the only thing I can "give to" or "do for" Hashem. Enough about me."

Can you swallow that one? Perhaps it's be the best "pre-YK seudah" I can have.

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Re: BackToBasics - My battle begins  
Posted by yesodos12 - 27 Sep 2009 06:47

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Saged advice.

Please everyone, help me to remember how much I want to be involved in this community. I want GYE to stay with me the whole year.

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Re: BackToBasics - My battle begins

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Posted by yesodos12 - 03 Oct 2009 21:41

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Hi everyone,

I want to use this post to summarize my battle so far -

I started on shiva assar betammuz, after getting into a habit of falling twice weekly, and was able to stay clean for about 26 days, until I fell in the middle of summer bein hazemanim.

Then a few days later I managed to start another clean stretch of about 28 days, which ended in another fall in the middle of elul.

Again, it took me a few days to start from fresh, but this time round, I didn't look at anything inappropriate before being clean, I just visited youtube - which for me is a definite fall, as it eventually incites my lust. That visit set back the count a few days, though.

I am in the middle of my third clean stretch now, 16 days in.

What have I learnt?

1. That 90 days is a tough goal for an addict. This has taught me the importance of fighting the battle one day at a time. Right now I have 2 goals for this stretch, the official goal and unofficial goal. Officially, I am taking it one day at a time, as I realise that I can't possibly fight tomorrow's yetzer hora now, or as someone on the forum put it, you can't go to the bathroom now, for tomorrow. On the other hand, the whole 90 day business is founded on the fact that each day is very much connected with the surrounding time, and there is a clear danger that my yh will tell me that 'since you're only taking it one day at a time, you can fall today and it won't affect anything more than today'. This is very dangerous, as one little fall ruins a whole streak, and its like taking a kettle off the gas in mid-boil. Therefore, my unofficial goal for now is 40 days, but I have to keep it unofficial to prevent me 1) taking my eye off the ball of TODAY. 2) becoming overconfident. 3) beoming dispondent.



2. The importance of NEVER being in range of unfiltered access. I have my filter at home and it literally saves me on a daily basis (I just got a new laptop and haven't yet successfully fine-tuned my new filter yet, URGENT AtTENTION REQUIRED!). Not all the computers at work have filters yet, but I'm working on it.

3. Youtube and google video is an automatic fall. I'm not saying this for everyone, but for me it is, as it fans the flames of lust.

4. Avoid being a dry drunk. Its not enough to just not act out. Every day must be a chizuk - I need to actively break free by actively involving God in my struggles.

5) The importance of the chizuk emails. This is connected, obviously, with the previous point. A fall is often preceded by a period in which I'm 'too busy' for the chizuk emails'. This 'too busy' is the moment the satan has been waiting for.

I'm sure there is more, but that's all for now.

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Re: BackToBasics - My battle begins  
Posted by Moshebenavraham - 05 Oct 2009 12:39

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I too am finding the 90 day target a big struggle but I can see why it is necessary to have it as a target for the programming of the brain. I actually think that any targets can sometimes put too much pressure on and it is perhaps sometimes better to think just about the moment you're in right now. Whether I will or won't fall tonight or tomorrow or on the 91st day is not my concern at this precise moment. Personally I do not feel that I am yet a Commanding Officer in this battle, with the plans and dates and troop movements and an eye on the big picture. I feel more like a footsoldier in a deadly skirmish and my objective is just to stay alive whilst limiting my enemy's advantage as much as I can. Maybe at some point I'll get promoted to an Officer but for now I'll just get on with this fight.

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