

Need your opinion.

Posted by InternalControl - 09 Aug 2013 00:56

Hi, guys.

This is my first post on this forum and even though I don't have much to add, I decided to start posting from time to time as a recovery tool.

My story is as follows: I have been addicted to internet p*** videos for a number of years. Many times, I promised myself that I will stop watching it, but time and time again I returned to it. After discovering GYE, I put WebChaver on my internet, started exercising, and reading daily chizuk emails. I stopped looking at inappropriate material completely for about 8 months. Then I fell. I did not have a good reason to fall. I was not particularly stressed or depressed, just bored. Once it happened, I started falling constantly for a few months again. I am now starting another serious attempt at stopping. I have now been clean for 17 days.

I have a question. It appears that the majority of people on GYE are not the hardcore s** addicts (I am not spelling completely so that my K9 doesn't block this page) that are involved with other people, but are simply addicted to internet p***, without other people involved. It appears that for these people SA meetings are not the way to go at all - on the contrary, there is a great potential for furthering the severity of one's addiction by getting new ideas and seeing other from people who actually did crazy stuff, that you can't even come close to. Why are the live SA meetings being so much promoted by the veteran GYE addicts?

There are people out there, like me, who are addicted to internet p***, without other people involved. I bothers us and we want to stop. Wouldn't a live SA meeting introduce and take us into a whole different world of crazy stuff?

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Re: Need your opinion.

Posted by chesky - 15 Aug 2013 02:12

Oh, and just to avoid any confusion.

There is nothing heilig about "connecting with HaShem". It is just plain and simple relating to him at least like I would to my father. And, of course genuinely believing that HE CAN help me even if I am completely convinced that nothing in the world can.

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Re: Need your opinion.

Posted by cordnoy - 15 Aug 2013 07:53

[chesky wrote:](#)

Nu. Everything you say is correct! I had and have similar issues

But today I live with one difference.

TODAY I KNOW THAT G-D LOVES ME UNCONDITIONALLY.

And I can talk to Him whenever, whatever and however. I know that G-d loves me whether I got up for Shacharis on time this morning, whether I learnt with my chavrusa, even if I yelled at my wife and kids and even if I masturbated and watched porn the whole night. He is my Abba. A father may get angry with a son, but he ALWAYS loves him.

Please forgive me and understand that I am asking, for I want to understand. I am somewhat jealous of your level of emunah and bitachon, but I am not chapping on a practical level.

He loves me unconditionally, no matter what I do. I just want to live today. So what prevents me from falling? He will love me anyway!? The answer I say to myself is I want to live, and acting out is simply not a way to live. It must be stopped at all costs. You seem to have another answer. Please help me understand.

thank you

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Re: Need your opinion.

Posted by InternalControl - 15 Aug 2013 08:10

[sonoftheking wrote:](#)

This is the question that lots of people including myself have, I keep on trying to succeed and it seems elusive. How can that be? If i try all I can (at least thats what I may feel)how come it doesnt work, and what is the purpose of the struggle if I feel like I am going in circles? R. Tzvi Meir from yerushalayim explains: The point of it all is not always to succeed. To the contrary, Hashem has more pleasure from the person that in spite of his repeat "failures" he dusts himself off and tries yet again and again and again more than the pleasure that he derives from a person that is "succeeding". Hashem wants it exactly like so. He likes to see how a yid can continue toiling in this struggle, while continuously falling, and not even feel ANY personal reward psychologically/emotionally, and in the face of all this torment, continues fighting. Theres no greater pleasure to him that that of this pure SELFLESS yid. This fundamental concept, inevitably will with time push the yid up to the greatest heights in this battle. It has bh worked wonders for me and lots of others.

I hear you and this vort is very applicable AFTER one falls and needs to get up again.

However, let's not forget that our ultimate goal here is ZERO falls. Let's focus and work on that. It is entirely possible even for someone who is already at the rock-bottom.Please see Chizuk e-mail #441 on this page for more on this vital concept (scroll down):

www.guardureyes.com/GUE/GUEList/GUEList9.asp

Hit the Rock-bottom, while still on top!

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Re: Need your opinion.

Posted by InternalControl - 15 Aug 2013 08:14

[cordnoy wrote:](#)

[chesky wrote:](#)

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thank you

What prevents you from falling? Have you read these horror stories:
www.guardureyes.com/GUE/Stories/womStory.asp

If you don't stop you WILL end up as one of these stories. Don't do this for Hashem, do it for yourself. If you don't stop, it will only get worse and worse until you are one of these guys in the stories.

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Re: Need your opinion.

Posted by cordnoy - 15 Aug 2013 08:24

I.C.

That is the point I was making. Stop because it is not a life.

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Re: Need your opinion.

Posted by chesky - 15 Aug 2013 11:42

[cordnoy wrote:](#)

Please forgive me and understand that I am asking, for I want to understand. I am somewhat jealous of your level of emunah and bitachon, but I am not chapping on a practical level.

I wrote a long post for this on the "returning" thread.

But about chapping on the practical level?

I am sorry to have to tell you that neither was I able to apply any of this in practice. It took sitting at meetings with other addicts and sharing with them for me to be able to apply it practically.

I am not saying that it is the only way, just what works for me just for today.

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Re: Need your opinion.

Posted by sonoftheking - 15 Aug 2013 20:57

Hi. This vort is Toras Hashem, Toras hachasidus, and as all Torah, not unlike oxygen, and much more than oxygen, is applicable at all times. Before, during, and after a fall.

At the same time while we study all these fundamentals of yiddishkeit and Torah, we strive to never fall of course. The 2 go hand in hand. These are the tools that hashem provides us so as to help us in our mission. As the seforim say, as we get closer to Moshiachs times, the tool of Ahavas Hashem to us and vice versa, (with yiras hashem following it) is the primary tool that will be our final push to the redemption and to success in all endeavors. This was revealed to the baal shem tov in his day. It only intensifies with every passing day.

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Re: Need your opinion.

Posted by cordnoy - 15 Aug 2013 21:01

please explain what it is you are talking about; thanks

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Re: Need your opinion.

Posted by InternalControl - 15 Aug 2013 21:25

Dear fellow GYE-chassidim (that's a good name for everyone on here even if you are not chassidically inclined), today is my day 24. BARUCH HASHEM!!!

Absence of p*** in my daily life creates somewhat of a vacuum inside of me. I feel that I am missing something. Instead of a harem of hundreds and thousands of fake, flavor-of-the-day, over the top, imaginary girls, I have only one beautiful, but real woman in my life. This creates

some sort of a bitter regret inside of me that constantly tells me: "If you go back to p***, all these girls are always waiting there for you. They find no fault with you, they expect nothing from you - they are just waiting there for your pleasure."

But this is a lie. They are not real. P*** is all fake - 100% of it - appearances are all fake, moods are fake, sounds are all fake, everything that goes on is 100% falseness and an act. There is not 1% of reality in it. It is a business built on people's own imaginations and brain chemistry. They know how to push your buttons by slipping falseness to you, which you willingly interpret as reality (willingly making yourself into a brainless, salivating idiot). P*** is like science fiction. I can sit here all day and say to myself: "I am definitely missing not having access to a time machine," and feel all this regret and emptiness inside of me. But in reality, going and watching science fiction gives you pleasure only to the extent that you want to believe that presented falseness could be real.

So, at the end of the day, the imaginary waiting thousands of girls in p***, would not have any effect on you without you wanting to believe in their realness.

We all know that p*** is fake, but we know that the way to get pleasure out of it, is by imagining that it's real. And we got addicted to this imagining.

NO MORE P*** - no fakeness for me, thank you. I am gonna go ahead with real life.

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Re: Need your opinion.

Posted by ZemirosShabbos - 15 Aug 2013 21:39

[InternalControl wrote:](#)

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great moshol!

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Re: Need your opinion.

Posted by cordnoy - 06 Dec 2015 03:47

[ZemirosShabbos wrote:](#)

and may the force be with you

[InternalControl wrote:](#)

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great moshol!

One of Zemmy's best lines.....evah!

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