

I just don't know anymore...

Posted by Amlsrael - 27 May 2016 13:41

I fall and feel bad and a week later I fall again and then feel bad and try not to do it and then I fall a week later and feel bad and this cycle just keeps going and going and going and every time I find a shiur or talk to someone to help me and I get motivated and not do it but once again i fall a week later. I'm at the point where I just don't know what to do anymore. I have no plan to stop because I feel like I've gone through every plan and I just don't know what to do...

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Re: I just don't know anymore...

Posted by cordnoy - 27 May 2016 14:21

Welcome,

Sorry to hear that.

Please list the plans you have tried already, so we know which ones not to suggest.

B'hatzlachah

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Re: I just don't know anymore...

Posted by mggsbms - 27 May 2016 14:22

Welcome ! there are many people here with similar histories and have found relief, stick around and wait for the veterans, they have lots to offer.

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Re: I just don't know anymore...

Posted by Amlsrael - 27 May 2016 15:19

[cordnoy wrote:](#)

Welcome,

Sorry to hear that.

Please list the plans you have tried already, so we know which ones not to suggest.

B'hatzlachah

I've tried filters but I just turn them off when I'm gonna do it. I've tried just not doing it but then when I'm thinking about it I say to myself "you shouldn't do it, just don't do it..." But I do it anyway... Which I really don't understand. I've tried talking to friends about it and my Rav. I've tried studying material about it. And everything I've done has helped me but only for a little while and then when I have the opportunity I just basically don't care about everything I know and learned and do it anyway.

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Re: I just don't know anymore...

Posted by cordnoy - 27 May 2016 16:14

What did you tell your rav?

What was his response?

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Re: I just don't know anymore...

Posted by dovb - 27 May 2016 18:21

If you keep feeling bad, that is a positive sign. It shows you have gas in the tank.

Use VCF (gye's filter) it works pretty well, and you don't have the ability to disable it.

Hatzlacha!

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Re: I just don't know anymore...

Posted by markz - 27 May 2016 18:25

Welcome

And hey - I don't use filters (yet) although I use reporting software like webchaver which is great

Does your Rav know about GYE?

(I told mine about it ;-)

Do you know how to navigate GYE?

Gye caters to all types

Depressed people

GyeFilter lovers (you saw the vid?)

Rabbi wanna be's

And many more

Try the GPS shown below and join us on the Trucking highway!!!

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Re: I just don't know anymore...

Posted by inastruggle - 27 May 2016 20:11

The good news is that the plans you'll get from gye are very different than the ones you tried. Filters and talking to rabbonim are parts of the plan but nowhere near a complete one.

Keep posting, and share what your plan will be and ask how it can be improved.

Hatzlacha.

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Re: I just don't know anymore...

Posted by Amlsrael - 28 May 2016 20:01

[cordnoy wrote:](#)

What did you tell your rav?

What was his response?

I told him that I was doing this and that I don't know what to do about it. And he said it's hard that you have a girl friend and you try to be shomer negiah with her and on top of that not waste seed by yourself so you should think about getting married. Which I actually want to be with university it's a little tough. He also told me that the mouth and the Brit are connected and if I guard my mouth from speaking bad or saying bad words it can help guard the brit. And of course he gave me words of comfort to keep pushing and it's okay Hashem forgives you but really tell yourself that you won't do it again and whenever you have the urge, learn some Torah or get up and go for a walk or take a cold shower.

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Re: I just don't know anymore...

Posted by Amlsrael - 28 May 2016 20:03

[inastruggle wrote:](#)

The good news is that the plans you'll get from gye are very different than the ones you tried. Filters and talking to rabbonim are parts of the plan but nowhere near a complete one.

Keep posting, and share what your plan will be and ask how it can be improved.

Hatzlacha.

I watched some shiurim on the topic and it helped me see the different things chazal has said about it and the severity of it and also the way to make teshuvah for it, which really helped me be a lot more motivated. I'm wondering if there are any good books on the subject...

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Re: I just don't know anymore...

Posted by inastruggle - 29 May 2016 03:43

That's not at all what I mean.

I don't know of anyone that managed to stop just by learning what chazal says about it and how to do teshuva.

It may make you want to stop but when push comes to shove and the urge hits and you're two clicks away from porn, you're probably going to fall. You need to have a plan in place to not get to the stage where you're almost definitely going to fall.

First thing you should probably deal with is access, try to make it harder for yourself to access porn. A filter is a good idea (I know it isn't foolproof, that isn't the point), accountability software is even better.

You need to learn the times that it's harder for you. Usually when we're under stress, tired, hungry, lonely, or angry we're a lot more vulnerable.

Then figure out what you're going to do when the urge hits. You need a replacement activity such as exercise or learning like your rox suggested. The best option though is to reach out to others and share your struggle. Most of us find it the most helpful thing to do. Post on the forum, chat, or call someone.

If you're really having a hard time then it might be worth your while to become active on the forum and post everyday. There's a lot of good things to be learnt here.

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