

Starting Again...

Posted by Lou - 21 Dec 2020 22:15

Hi, I have posted in other threads but just wanted to start this new one to get this of my chest. I guess i am venting more than anything else. To make a long story short, I have been a struggler for years with these issues. This includes watching and also chatting with online relationships etc. BH over the past few years due a variety of reasons things have ~~greatly~~ improved in this area. Don't get me wrong. It wasn't fixed but the issues were less serious (trying to avoid triggering {embarrassing} details. As it still was certainly an issue eventually I recently joined GYE and working on the 90 days etc. I have started and failed more than once but I understand that is part of the process. What is really getting to me and is actually confusing to me is that my most recent fall was to a level worse than I have had in a few years! In other words, when I was working on the issues less officially i was staying away from that level. Now that I am working on really cleaning up my act I have stooped back to my really low levels Why?? It definitely was some Hashgacha Pratis in this as I was faced with a nisayon I have avoided in the past. Is Hashem telling me that now that I am stronger I should be able to deal with nisayon?? Well, I didn't...

Any feedback is welcome!

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Re: Starting Again...

Posted by Hashem Help Me - 08 Feb 2021 10:27

[Lou wrote on 04 Feb 2021 02:53:](#)

BH, it is going well, but sometimes I feel like I am just replacing the garbage with kosher garbage. (I have mentioned this in the past). Included in this could be Taivas Achila, Jewish music videos, Even too much time on GYE.

We all go through the "too much time on GYE" issue. Just a request. When and if you decide to limit your involvement in GYE, please stop by from time to time to help someone new here. Guys who "went through the system" have an advantage in helping others in a way almost no therapist can. Continued hatzlocha.

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Re: Starting Again...

Posted by wilnevergiveup - 08 Feb 2021 12:40

[Lou wrote on 08 Feb 2021 06:45:](#)

I just want to share a non important item that is bothering me a bit...One of the downsides of doing inappropriate things on a computer (or I guess in general) is always having to cover your tracks. Always looking over your back to make sure you are not caught... I always dreamed that one day I would be clean and that intense stress would be gone. However, it is not quite like that. I still don't want others to see I am on GYE. True, the consequences of being seen on GYE don't compare to being seen doing the terrible stuff. But none the less, I still would rather not be seen on here. So although, I am doing great as far as being clean, I still have to watch my back and my internet history. Frustrating.

It's interesting you say this because on the flipside, I believe that there are many, many more people who need help and are not getting it than people who are currently using GYE and I therefore am a little proud that I am here!

I obviously wouldn't want anyone to see GYE open on my screen or for anyone to know my username, but I would actually be delighted if someone goes through by history and stumble on GYE (okay, not really, but if they did it would be great if that's how they found GYE) and maybe even get the help they need.

If it's your wife that you are worried about, does she actually check up on you? Has she caught you in the past? If so, her seeing GYE should be awesome!

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Re: Starting Again...

Posted by Bigmoish - 08 Feb 2021 16:07

[wilnevergiveup wrote on 08 Feb 2021 12:40:](#)

If it's your wife that you are worried about, does she actually check up on you? Has she caught you in the past? If so, her seeing GYE should be awesome!

Sadly, it doesn't really work like that.

Many wives (especially those who catch their husbands) are not interested in having husbands who are "involved" in recovery, or are "recovering."

They only want husbands who are "**recovered**," and any reminder that their husband may not be the perfect tzaddik they thought he was when they got engaged will bother them to no end.

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Re: Starting Again...

Posted by Bigmoish - 08 Feb 2021 16:08

[wilnevergiveup wrote on 08 Feb 2021 12:40:](#)

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Re: Starting Again...

Posted by Lou - 09 Feb 2021 04:41

[Hashem Help Me wrote on 08 Feb 2021 10:27:](#)

[Lou wrote on 04 Feb 2021 02:53:](#)

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Amen!

To clarify, I am not "leaving" anytime soon. I am not foolish enough to think I don't still need the support system on here. I do. Just looking for a way to curb that feeling that I **need** to check who posted and what was reaction to my posts etc. In a certain way it is the same draw that I had probably had to chatting inappropriately in the past as well. That "connection". I would like to work on it,however as I have been advised it is probably good to just enjoy it and let it run it's course and it will calm down on it's own. It certainly has many extremely beneficial aspects as well.

However, i will keep your words in mind for whenever I do really feel like I am ready to move on.

Thank you

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Re: Starting Again...

Posted by Lou - 09 Feb 2021 19:25

www.thelakewoodscoop.com/news/2021/02/rav-avigdor-miller-on-prescription-for-pure-thoughts.html#more-262794

Check out the link to see what R Miller's advice for clean thoughts. He obviously does not need

my Haskama but every word he said was a jewel.

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Re: Starting Again...

Posted by EvedHashem1836 - 09 Feb 2021 20:10

[Lou wrote on 09 Feb 2021 19:25:](#)

www.thelakewoodscoop.com/news/2021/02/rav-avigdor-miller-on-prescription-for-pure-thoughts.html#more-262794

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Great article - thanks for sharing

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Re: Starting Again...

Posted by Lou - 09 Feb 2021 21:14

[Bigmoish wrote on 08 Feb 2021 16:07:](#)

[wilnevergiveup wrote on 08 Feb 2021 12:40:](#)

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This is very true!

@Willnevergiveup I would be happy if someone would somehow be inspired to join GYE through me,however not through knowing who I am or seeing me posting etc...

It would not be the worst thing if my wife saw I was on here as that can be explained,but I certainly would not want her to see my posts!

To explain my situation a bit without going into detail...

My wife found me a few years ago on an inappropriate website. (I actually fell asleep at the computer!). It was a very difficult situation and we worked hard together to fix things. The only catch was that I ended up back in the muck soon after. She doesn't know that... As I have mentioned earlier as of when I joined GYE around 2 months ago I was BH in a pretty good spot. I wasn't failing as often or nearly as badly as in the past. However, I joined to finally really work on this issue and BH it is going well! I am leaving out many details but that is just a backdrop to what I was saying about being "caught" on GYE.

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Re: Starting Again...

Posted by Lou - 11 Feb 2021 03:01

This goes back a bunch of years but just wanted to share this. When I was in the thick of my quest to find Shmutz,I came across a clip of a frum man that I guess was doing the same thing as me. Obviously,the female he was chatting with decided to post the video of him online for whatever reason. Seeing the guy looking like such a dope (excuse my language,but trying to bring out a point) with this giddy look on his face was enough to make me want to throw up. As he excitedly got more involved he just looked stupider and stupider. I think that a video like that should be required viewing for those on here without any SSA issues. It brings home how utterly stupid and silly this behavior really is. There has been some talk on some threads about looking at yourself in the mirror in a positive way. That is a great idea. I want to suggest sometimes give a look at yourself in the mirror when you are in a bad state. Seeing yourself look like such an idiot may be enough to shock you awake.Unfortunately,it didn't have a strong enough effect on me back then,but looking back it certainly is one way to boost myself above the garbage.

We are so much better than that! We are a holy people that can do amazing things!

Lou

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Re: Starting Again...

Posted by Ish MiGrodno - 11 Feb 2021 05:31

What an important thought; As we shteig in shmiras habris, these hearos become commonplace and obvious!

While I was doing bedtime with my cuties tonight, I had the following similar hearas (which I NEVER HAD BEFORE):

?I now feel sorry for every person involved in the porn industry. For the followers and for the leaders. The actors and the consumers. Why? Cuz they will never ever (ever!) experience pleasure.

I could have SAID this 10 years ago, but I was jealous of them...so I clearly did not truly BELIEVE it.

But today everything is different. And the 83 days that HKBH helped me attain - changed my outlook on all aspects of life. On issues ranging from love to loyalty. Sacrifice and self worth.

Life is still challenging, but it is a completely new game.

From Grodno with deep feelings of "how lucky I am..." ~ IMG

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Re: Starting Again...

Posted by Lou - 11 Feb 2021 05:48

But today everything is different. And the 83 days that HKBH helped me attain - changed my outlook on all aspects of life. On issues ranging from love to loyalty. Sacrifice and self worth.

OMG! IMG!!!

You just said 83 days!! Wow That is getting really close to the magic number...

Hatzlocha!

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Re: Starting Again...

Posted by wilnevergiveup - 11 Feb 2021 07:26

[Lou wrote on 11 Feb 2021 03:01:](#)

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Lou

Mirrors in the bathroom?

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Re: Starting Again...

Posted by starting - 11 Feb 2021 09:04

[wilnevergiveup wrote on 11 Feb 2021 07:26:](#)

[Lou wrote on 11 Feb 2021 03:01:](#)

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Lou

Mirrors in the bathroom?

So before a fall get out of the bathroom

Warning: Spoiler!

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Re: Starting Again...

Posted by Lou - 11 Feb 2021 22:17

I think I was trying to say the opposite... The mirror can be beneficial so you see how silly you look.

But if it will just trigger you more than avoid that.

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Re: Starting Again...

Posted by Lou - 12 Feb 2021 05:23

[Ish MiGrodno wrote on 11 Feb 2021 05:31:](#)

What an important thought; As we shteig in shmiras habris, these hearos become commonplace and obvious!

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I could have SAID this 10 years ago, but I was jealous of them...so I clearly did not truly BELIEVE it.

Rabeinu ISH,

Something you said reminded me of a similar idea. This predates the advent of chatting Apps etc. I was a member of a phone chat line for quite some time. It's a little complicated to explain how it worked and probably not all that important. One can listen to others and one could leave messages for others. There were conversations going on but it was in the form of leaving a message. Sometimes I would be on there with family members within earshot (I know I was pretty bad). I would listen to others and then quickly dart into a private place to say my piece and then come back out to listen to responses. I would sometimes say to myself "I am so jealous of these people comfortably sitting on their couch and having this (usually not very clean) conversation. For me it is so complicated. Looking back with a bit more of a clear vision I realize I was totally out of my mind! Those people literally have no life. No real happiness. I had it all! BH I still do have it all! and what did I do? I sneaked into a corner to join their world! Truly a Ruach Shtus! Hashem have Rachmanus and save us all from such shtusim. literally Shtusim.

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