

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 YeshivaGuy - 24 Dec 2020 21:12

Are you saying that ones age affects their level of taiva?

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Re: Starting Again...

Posted by Lou - 24 Dec 2020 21:27

[YeshivaGuy wrote on 24 Dec 2020 21:12:](#)

Are you saying that ones age affects their level of taiva?

yes, I do believe that is a scientific fact. However, when you are accustomed to negative behaviors it is challenging to stop even when the fire isn't burning quite as fiercely. If I remember correctly one of the Mussar seforim (maybe Orchos Tzadikim) says to do Teshuva

when you are young for this reason. In order for it to be aTeshuva shlaima it has to be that you hold back in the same scenario. However,when you are older it can not be called the same scenario,due to the lower taiva level. I hope and pray that Hashem will accept my teshuva even though it is not at that level.

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Re: Starting Again...

Posted by Grant400 - 24 Dec 2020 21:30

[YeshivaGuy wrote on 24 Dec 2020 21:12:](#)

Are you saying that ones age affects their level of taiva?

Absolutely.

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Re: Starting Again...

Posted by Lou - 25 Dec 2020 02:45

I have been reading through various threads both old and new over the past while. Firstly,there are some real gems in the old ones specifically a thread by someone named "skeptical". I haven't read all of it yet but real good stuff.

The main thing that I noticed throughout the forums is that we all so extremely different! As much as we share a common denominator(obviously!) the details are so amazingly different. In a certain way it is frustrating as I want to identify with the people here and then I see they go and say things that are far removed from the issues I have and I realize there is a huge difference between us. On the other hand and more importantly, I am impressed by the beauty of it. We are all different but brothers united to help each other through these nisyonos and to acheive happiness in Olam hazeh and earn Olam habaah!

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Re: Starting Again...

Posted by Hashem Help Me - 27 Dec 2020 04:45

That's the beauty of the forums. Each newcomer can find some advice which is in synch with his own personality. There is no one way to get better. There are many mehalchim which bh work. Find yours and go with it b'syatta d'shmaya!

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Re: Starting Again...

Posted by Ish MiGrodno - 27 Dec 2020 05:20

[Lou wrote on 25 Dec 2020 02:45:](#)

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Lou,

Your post regarding the diversity on this forum is spot on. And FYI, one of your recent posts struck a chord: There was a gantz-chashuve oilam "taaneh-ing" to daven for women who trigger lust. I accepted that cuz so many eitzos on this chat have been so on target. But something did not sit well for my personal matzav.... So when you chimed in, I rethought my situation - as now another well articulated and thoughtful opinion was posted. Just a small example of great people, different mahalchim...

Stay strong, brother.

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Re: Starting Again...

Posted by Lou - 27 Dec 2020 07:47

[Ish MiGrodno wrote on 27 Dec 2020 05:20:](#)

[Lou wrote on 25 Dec 2020 02:45:](#)

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Stay strong, brother.

Thank you very much!

You have provided much inspiration to me in many your postings as well!

I would say, regarding the Davening that since it depends so much on the details, each case is different. It may even be a different answer for the same person on a different day!

Hatzlocha!

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Re: Starting Again...

Posted by Lou - 27 Dec 2020 17:53

This posting is very embarrassing and difficult for me to write....Hi, I have been struggling with the nisayon for many years. They come in many different forms and I think I have been involved in all of them (you name it-I did it! ok, maybe don't name it). However, I have been thinking through things and I think one particular area is the greatest Nisayon to me. Both, due to my attraction to it and because I believe the negative consequences are huge. I am referring to "chat and online relationships". This can be on the phone, online, apps all different types and stripes. This nisayon is different than the typical P and MB discussed on here.

Although, generally speaking it will include both of those as well. **BH, this is not currently a daily Nisayon for me. In fact it has not been a major issue for a couple of years. I have set myself up in a way that it is nearly impossible to access things like this.** However, I recently had a huge nefillah in this area. This brought to mind that I really still need to work on it. Actually, I feel like the best time to work on it is when it is not an active nisayon for me. In this way I can logically work it through and try to set myself up for success. I think logically, I totally get it and I can convince anyone else why this nisayon makes no sense. However, bringing it Imaaseh is the challenge.

Firstly, Does anyone identify with me on this nisayon or am I the only crazy one? Secondly and more importantly, has anyone worked on this? Any ideas or tips?

Thank you so much, my dear friends

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Re: Starting Again...

Posted by Grant400 - 27 Dec 2020 17:57

[Lou wrote on 27 Dec 2020 17:53:](#)

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Thank you so much, my dear friends

Lust is lust is lust. IMHO it makes no difference which avenue it chooses.

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Re: Starting Again...

Posted by Lou - 27 Dec 2020 18:10

There is definitely truth to that. However, there are specific challenges in this area. I would be curious to hear from others faced with this challenge.

Thanks

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Re: Starting Again...

Posted by YeshivaGuy - 27 Dec 2020 18:48

[Lou wrote on 27 Dec 2020 18:10:](#)

There is definitely truth to that. However,there are specific challenges in this area. i would be curious to hear from others faced with this challenge.

Thanks

Yup! Me, that's my "go to" when I have access, or if I trick someone to unlock the App Store.

Hookup apps, dating apps etc etc.....

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Re: Starting Again...

Posted by Lou - 27 Dec 2020 22:34

[YeshivaGuy wrote on 27 Dec 2020 18:48:](#)

[Lou wrote on 27 Dec 2020 18:10:](#)

There is definitely truth to that. However,there are specific challenges in this area. i would be curious to hear from others faced with this challenge.

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Yup! Me, that's my "go to" when I have access, or if I trick someone to unlock the App Store.

Hookup apps, dating apps etc etc.....

Thank you

My issues probably predate the prevalence of the APP store,but that is the general idea. In my case,there was never any intention whatsoever to actually meet anyone at all. Kinda like a fantasy,I guess. Also many on these sites,apps,phonelines etc are just there for the chat.

As a side note, sadly enough I did come across many who do meet up with each other and that is a whole different level.Though I am sure they could get chizuk here too!

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Re: Starting Again...

Posted by YeshivaGuy - 27 Dec 2020 23:48

Yup same here, for fantasy.

There was actually a girl who mamash wanted to hookup, lived only 30min away, but I couldn't bring myself to do that...

that was before I was zoche to join the chevra here at GYE

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Re: Starting Again...

Posted by mggsbms - 28 Dec 2020 00:07

[Grant400 wrote on 27 Dec 2020 17:57:](#)

[Lou wrote on 27 Dec 2020 17:53:](#)

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Lust is lust is lust. IMHO it makes no difference which avenue it chooses.

The emotional connection is definitely more of a factor with online chatting etc. I also find this to be more of a betrayal to ones spouse, as well as it doing great damage to the sanctity of marriage and to the truthful loving relationship required. I have struggled with this to some degree, the thing that has and is keeping me back is a foolproof filter, not being able to access any of it.

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