

Falling hard, nonstop

Posted by TheSicarioWarrior - 28 Jan 2021 00:46

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I am a 20 year old bochur from a perfectly normal Frum family living in the States. B"H, I never had any exposure to pornography or any sort of sexual material whatsoever growing up, but I did find myself lusting and fantasizing with increased frequency as I matured into my teenage years. I would even sometimes peek through the shutters at the windows of the neighbor's house at night (when nobody else was around, obviously) to try to get a glimpse of the woman next door undressed (I never saw anything, thank God).

When I was 17, during the summer, I found myself at home alone for a week and a half (working at a local camp) when my family was away. This meant being at home alone with an unfiltered laptop. At the time, I thought nothing of it whatsoever. It had never occurred to me what I could access over it. However, one night about a couple of days in, I found myself wondering what I could search for on it (you see where this is going). It started off with images (that weren't even that graphic), then led to "softcore" videos. After a few nights of this, I was so disgusted with myself that I closed the laptop and resolved never to do it again. However, a month later (during Tishrei Bein Hazmanim), I found myself at it again-but this time, I clicked a link that led to a full-on pornography site where I watched a fully graphic pornography video. It's impossible to describe how low I felt. I locked myself in my room and sobbed, begged Hashem to forgive me, tried desperately to get the images out of my mind, and felt better again. And yet, less than a month later, I was back at it again. And so began my struggle with pornography.

It's been two and a half years since then. I have never gone more than 2 months without watching porn (my record is 52 days), and I feel like I've tried almost everything-filters, therapy, TaPHSiC, the whole shebang. Thank God, I've never been caught, but there have been multiple close calls. The only two people who know are those I see for therapy. It's never progressed beyond pornography, but it's not for lack of lusting. It's a cycle-I'll do well for a couple of weeks, perhaps even a month, then fall, struggle for a bit, then get back up, do well for another couple of weeks, then fall again.

I find myself questioning my own commitment to beat it. I know I'm not doing everything I can, but I'm really running out of ideas-I've convinced my parents to filter this computer without telling them my problem, but even with the filter (which does it's job well, completely blocking porn sites, and with reporting, which B"H I found out about before I could try to get past it), I go on sites that aren't specifically for porn but contain pornographic material (youtube, amazon, etc.), and sometimes manage to get my hands on one of the unfiltered devices around the house (which I'm thought to not have access to, but do). I find myself constantly lusting for real, actual sex, even when I'm not watching porn. I feel unspeakably torn, conflicted, and quite helpless. Anybody who can relate and give help/advice of any kind would be much appreciated. Hashem should bless us all with Hatzlacha in overcoming all of our problems.

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Re: Falling hard, nonstop

Posted by TheSicarioWarrior - 01 Mar 2021 04:37

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Bad news...

I fell. Hard. Unfiltered device was sitting out all day. I resisted for a few hours, but then crashed.

Need to rebound quickly with strength. Need to remember

??? ?????? ????? ???. He's a ????? BECAUSE OF ???. You Fall Down You Get Back Up. Time to start a new streak.

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Re: Falling hard, nonstop

Posted by Zedj - 01 Mar 2021 05:28

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Every minute you fight gives tremendous pleasure to hashem.

What's the plan for next time there is an unfiltered device laying around?

Don't forget to celebrate your successes!

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