

This time will be better

Posted by joetyh - 14 Jan 2022 10:58

hey people!!! just had a fall 2 nights in a row after building my streak to 5 days... but you know what, 5 days, that was pretty impressive. I have made myself sort of reliant on videos to entertain myself during bein hasedarim and after night seder which means i occasionally need to access youtube which is a killer because it starts with downloading just some fun vlogs and/or product reviews and it goes downhill from there. I need to find a way to be able to get some videos (I dont think i can quit cold turkey from watching and 613tube isnt an option) but not falling down that terrible rabbit hole of the "How bad of a video can i find on YouTube). besides for youtube theres the plain urges that come and I just feel powerless against them. I try to beat them but its so so hard to. even the smallest trigger (i.e. seeing a random pretty girl in the street) can just set me off on a bad day. I really want to be clean!!! I really do!!!! But I feel like as soon as the urge comes I just decide that "it's just this time" and I'll find an excuse to justify it.

I'm on day 1 now. My goal right now is 1 week. I think I can do it and I know it will be very painful but I'm ready.

any suggestions or if you can relate hop on to this topic

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Re: This time will be better

Posted by Shtarkandemotional - 17 Jan 2022 18:18

"Tried everything"

Shmuel - has a struggle with porn.. he gets triggered and falls every now and then... he can't seem to overcome this struggle.

Yehuda- a supportive friend.

This is a conversation that took place between shmuel and Yehuda..

shmuel- "I keep falling I'm so depressed I can't do this anymore"

Yehuda- "it's never too late keep trying"

Shmuel- "but I tried everything nothing seems to work"

Yehuda- "wow that must be so hard"

A couple hours later...

Shmuel- "I think I can do this.."

Yehuda- "wow! So nice what will you do differently"?!

Shmuel- "I'm gonna get a stronger filter"

Yehuda- "but this is your 6th time doing that."

Shmuel- "yea but maybe this time it'll work"

Yehuda - "if someone gave you 1 million dollars if you stop watching porn for the next 365 days... is that all you would put in place to make sure you don't fall?"

Shmuel- speechless.

Yehuda- that's how you know if a plan has a good chance... that's how you know when you tried...

Shmuel- hmm...

Yehuda- is suffering from porn with all the misery for years worth less then 1 million dollars?

Shmuel- no, way more then a million.. the pain is so way more intense...

Yehuda- if for a million dollars you'd do a lot more then the above plan...to take someone out of the deep ocean to happy free person shouldn't we Forsure do the same?

Lesson is -

Guys, you know when you tried- if you were to get 1 million dollars if this plan succeeds for 365 days.. would the plan just be a better filter?

Or.....

would it be a clear concise plan that blocks every trigger, every possible thing that can lead to a fall, a plan on how to be maintain a long term clarity and motivation why you wanna stay clean... a plan that could seem to work regardless of the mood your in that day! Regardless if it's day 10 or 100 or 1000 or 10,000

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Re: This time will be better

Posted by joetyh - 17 Jan 2022 20:24

@trouble what do you mean?

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Re: This time will be better

Posted by wilnevergiveup - 17 Jan 2022 21:26

its true but in israel there isnt much to do during bein hasedarim.... i was always the chilling myself kind of guy (probably because of low self esteem)

Hey there, hope all is well. I live in Israel too and B"H there are lots of things to do here! Lots to explore, there are fun places, quiet ones and spiritual ones. I like to go to the Kosel once or twice a week during lunch, other days I just walk around. There is the Shuk, Tachana Rishona, tons of parks, lots to see in the old city and so on. There are also lots of kosher gyms, pools and even basketball in some areas. There is no shortage of things to do, get out there and experience what Yerushalayim has to offer!

I don't think it's because there isn't much to do, it's just easier to do nothing.

If you are interested, feel free to reach out to me to chat, my email is in my signature.

Keep Shteiging!

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Re: This time will be better

Posted by wilnevergiveup - 17 Jan 2022 21:30

[joetyh wrote on 17 Jan 2022 20:24:](#)

@trouble what do you mean?

I think he meant that it depends on what your goals are...

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Re: This time will be better

Posted by Trouble - 17 Jan 2022 22:38

[joetyh wrote on 17 Jan 2022 20:24:](#)

@trouble what do you mean?

there are those of us here who have been engaged in these behaviors for years, dating back to our times in yeshivah (in sydney, or wherever). we knew it was wrong and against the torah, but we did it anyway. oh, did we klap hard and long on yom kippur (in melbourne, or wherever). the more assur it was, the more secretive it became. long story short - now that we are somewhat in recovery, the last thing we wanna hear or think about is that what we are doing is against the torah, halachah or god - that means nothing to us and is counterproductive. [those smarter than

me (and there are many) can explain the psychology involved in this.]

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Re: This time will be better

Posted by sleepy - 18 Jan 2022 05:45

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some things may be true but only for addicts ,for the majority of us guys on gye a serious approach to Torah DOES work,

a serious approach to Halacha DOES work,

and a serious approach to G-d DOES work,

it works if you work it , problem is we dont work Torah,halacha,or G-d,we really dont...

i would just ask Trouble what are his goals in life ,does he have an ambition to finish shas?no?why not? and if he does do daf yomi and has finished shas, does he have an ambition to really know it ?to review it?does he enjoy it , does he have an ambition in enjoying Torah?our chachamim have taught us the Torah is sweeter than honey, does he feel it is so ?do i? not necessarily, but i ask myself WHY DONT I FEEL IT , do i not believe in what the Torah says ?! maybe i dont give myself the permission to enjoy it because i have done or looked at what i shouldnt have, how dare a menuval like me enjoy the spiritual sweetness of Torah(at least thats what the yetzer hara is always nagging me) again trouble may be an addict which therefore

makes my words above not relevant to him since addiction is a subject that i am not qualified to treat or advise on , but me not being an addict , i find myself saying in my mind the same things as trouble , i dont want to hear about G-d ,halacha or Torah,you know why, not because i am an addict , its because **I AM MIYAYISH!!**at least thats the message and attitude that the yetzer hara is trying to get me to accept.

and thank Hashem for my Rebiem who klapped into me the concept of ayn yiush, not breslever btw,very Yeshivishe, thats what gives me hope of getting up again and trying this and that ,saying tehillim until Hashem finally sends me a yeshuah from this maka. Hashem has done it before to me and i got clean for 10 years BH, and there is no reason in the world that i should think that Hashem wont or cant do it again , and i know that those years were the best years of my life ! i never Davened so good, learnt so good,felt Hashem so close as during those 10 years which i never dreamed it would happen!

again i repeat so people should not understand what im trying to say, for addicts or people who are in situations where they might be harming others ,like corrupt theripists or predators or whatever , my above words should not be read , i cant talk about things that i have no knowledge of , but to the regular guy on gye who feels that its still just a yetzer hara ,do whatever you feel you need to do, but please ,please dont give up on musar, G-d, halacha ,Torah, or tefila ,they are very powerful tools to help us get out of this muck,and dont give up, Hashem wants your mitzvos, Davening, Torah ,and musar, and if we ever feel that Hashem is telling us , Rasha how dare you carry the holy words of My Torah on your impure lips !!just pull off that sheet from that godly vision ,and see its just that yetzer hara dressing up as G-d. acher heard a bas kol saying all chidren return to Hashem , **EXCEPT FOR ACHER WHO KNEW MY GREATNESS AND REBELLED!!!** the meforshim say that really it was a bas kol of tumah coming from the yetzer hara , but in reality Hashem says shuvu banim shovivim return children ,**even acher**, and even those who have time and again have fell into shmutz and have been exceedingly rebellious, Hashem is waiting for us to come back with His outstretched hand . halevai we should be zoche!

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Re: This time will be better

Posted by wilnevergiveup - 18 Jan 2022 06:17

Hi Sleepy, I couldn't get through your whole post, already in the beginning I think you missed the entire point.

There is no connection between an addict not focusing on the religious reasons to quit, and not having goals in life.

An addict can have goals and accomplishments in many areas of *avodas Hashem* and often are far more successful than "regular guys" because they actually put in the work of becoming closer to Hashem. Addicts who work the 12 steps are often in a much better place in their Yiddishkeit than the average Yeshiva guy.

It's in the addiction that they cannot feel controlled or forced by any outside source, everything has to come from within. Addicts don't have control, the only "self control" they know is "controlling life" by Drinking/smoking/watching etc. the whole idea of control is toxic.

When a person stays clean because it helps their lives be manageable, they can live life without feeling controlled. When someone fights in order to live the life that they want to live (which may be following a life of Torah, just not because the addiction is *assur*) while accepting that life may not always go the way they want, they can stay clean without trying to control or manipulate life.

This may not be across the board, just an idea.

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to those who read my jokes in the Depressed persons chill spot in the just having fun forum:

scribbled in a bathroom door:

"Torah, musar, yiras shamayim and tehilim are dead"-(signed)the yetzer hara for porn and masturbation

below that was scribbled

"the yetzer hara for porn and masterbation is dead"-(signed)Torah,musar,yiras shamayim and tehilim.

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Re: This time will be better

Posted by joetyh - 18 Jan 2022 11:58

wow that is powerful

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Re: This time will be better

Posted by wilnevergiveup - 18 Jan 2022 12:11

[sleepy wrote on 18 Jan 2022 07:00:](#)

[wilnevergiveup wrote on 18 Jan 2022 06:17:](#)

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Seems clear and specific to me who you were referring to.

And sorry for hijacking this thread, @Joetyh, please forgive me.

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Re: This time will be better

Posted by Hashem Help Me - 18 Jan 2022 12:19

Sleepy, let's all be careful with not falling into the pit of other forums out there. There is no place for lashon hara, motzi shem ra, onoas dvarim etc here at GYE. We have to be very respectful of everyone who posts. Although styles may be different, everyone is trying to help. Being anonymous does not give us license to write everything we want, nor to make assumptions about each other. For the record, there are guys who post here who have finished shas b'iyun - the way they write may or may not reflect that - and that is their business exclusively. Hatzlocha to all.

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Re: This time will be better

Posted by joetyh - 18 Jan 2022 12:24

aight thanks everyone!!! its cool seeing people with different views all trying to get to the same thing!!!! thats why GYE is great

you guys didnt hijack it at all. yall just tryna help

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Re: This time will be better

Posted by joetyh - 18 Jan 2022 12:25

we here on Day 1 i will bezh get to 2 days!!!

#DayByDay

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