

My personal war against the YH

Posted by adam2014 - 03 Nov 2023 11:59

Hi all,

I have been lurking in the shadows of GYE for a number of years and just in the last month or so, came into the light and started posting. I see that my posts are all over the place and decided to start a new Topic about me and my struggles and not hijack other peoples threads.

My story is simple and unfortunately common. I am in my 50's and happily married with two amazing kids and I am addicted to P and M. Have been for decades and I see it getting worse. My sex life with my wife is almost non-existent at this point as my focus is on P and M. It is easily available, never says no, never judges my performance, and gives me the variety that a 30+ year marriage doesn't. I am also going down a slippery slope in regards to the types of porn I am watching, they are getting darker and darker and things that in the past would have disgusted me are now things that I seek out. That scares me!

I come from a non-orthodox home and do not live in an observant neighborhood. I live in a town that if I had to say is mostly Reform and Conservative Jews. I hate putting labels on Jews, because a Jew is a Jew and their level of observance does not mean they are Less-Jewish than anyone else. I just say this for context so you know where I am at.

I am hesitant to call myself a Baal Teshuva, but I have greatly increased my observance in the last 8 years after my first trip to Israel. I still have a long way to go (like everyone) but HaShem has blessed me in so many ways and if this struggle was taken away, I think that I could climb so much higher. Maybe this is the final Nisayon that is holding me back? I don't know... only HaShem knows.

I am working through the F2F program and chatting with a few of you guys online. I am still not ready to speak on the phone about it. Hashem Help Me as graciously sent me his number and told me to call him anytime. He will be my first call when I get the courage.

I want to limit the technology in my life and try to give myself a little advantage in this fight. I work in IT so I am surrounded by Smartphones and unfiltered computers all day. I am trying to get rid of my personal smartphone and use a dumb phone. I want to do it for a few reasons.

One, it is the first choice that I go to when I want to act out. Second, every time that I pull it out of my pocket it will be a reminder of the battle that I am in. I know that it is far from the only problem I am facing, but I think that both logistically and symbolically it will greatly enhance my chances.

At this point 7 days is my best, with normally 2 to 3 days seems to be the norm.

That is my story and would appreciate any thoughts, ideas, prayers, well wishes or any kind of inspiration you guys could give. This website seems to be full of amazing people and would like to get to know as many of you as possible.

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Re: My personal war against the YH
Posted by adam2014 - 18 Feb 2024 11:15

OMG.... First of all... I am speechless at the responses... I will write more when I stop crying.....

I just reread my post and realized that I made a terrible mistake.... It is NOT my wife who has Cancer.... It is both of our BEST FRIEND!! The first line in my post was unclear, it sounded like I was saying my wife had the cancer.. Please forgive me

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Re: My personal war against the YH
Posted by adam2014 - 18 Feb 2024 11:38

I am reeling at my mistake. The outpouring of love is way beyond words. and for you guys to think that it was my wife is awful. I could feel the love in every word. The friend with cancer is named Carolyn. She is married with two kids and is 55 years old. We have been friends for years. My wife and Carolyn went to Israel together; we have traveled all over together as couples.

She never hosted a Shabbat dinner in her life until five months ago, on the first Friday after her

diagnosis. We brought the candles and the Challah plate, the kiddish cup, and everything that she needed for a Shabbat dinner.

I am happy to say that she has not missed a Shabbat since. I instructed them on some of the rituals, and I have her husband reading Tehillim every day for her recovery. They came from a very secular background (obviously), and it is not uncommon to reach out to Hashem in a time of need, but I truly feel that once she beats this Cancer, she will continue in her spiritual journey. Due to the Cancer, her husband isn't working, and she also was in the working world and money is tight for the first time in their adult lives and I think that on some level, that is good for them. They are looking inward and not outward. The Mercedes Benz in their driveway means a lot less now than it did five months ago.

Please accept my deepest apology for my error. I try to choice my words somewhat carefully, but I missed the mark (Badly) on this one.

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Re: My personal war against the YH
Posted by Hashem Help Me - 18 Feb 2024 12:25

It is a free country so if you want to reel from your mistake. so be it. However, there are no coincidences, so maybe Hashem orchestrated this miscommunication, so you should see what a chevra you have become part of - and that you contribute to as well. I am sure the guys will daven sincerely for your friend's refuah. It sounds like she and her husband have made major changes in their lives and have many zchusim. May Hashem keep you, your wife, and all your loved ones healthy with heaping doses of simcha, menucha, and bracha in your/their lives.

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Re: My personal war against the YH
Posted by yitzchokm - 18 Feb 2024 21:23

Is the name spelled ???? or ???? or is it something else?

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Re: My personal war against the YH
Posted by adam2014 - 19 Feb 2024 01:52

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Re: My personal war against the YH
Posted by davidt - 19 Feb 2024 14:12

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Re: My personal war against the YH
Posted by adam2014 - 21 Feb 2024 10:52

Hi Guys, The surgery went well. They claim that they did everything that they intended to do. The real story will come in 7 to 10 days when the pathology report comes out and we find out if she is cancer-free. Thank all of you for the prayers and for the love... It is very hard for me to put into words how much that means to me. I will keep you posted every step of the way

I reached out to my Rabbi about the spelling of her name, and he asked me who needed it; I said some "friends from New York," forgetting for a moment that he is from Crown Heights. I

think he was a little jealous that I had friends from NY that weren't through him. I wish I had a better answer for him.

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Re: My personal war against the YH
Posted by Hashem Help Me - 21 Feb 2024 12:36

Nice to hear good news. May Hashem shower her with continued refuah. In reality you could have answered "friends from around the world".....

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Re: My personal war against the YH
Posted by adam2014 - 27 Feb 2024 00:39

So much to talk about.... I just returned from a 5-day trip to Miami to visit my daughter... stayed clean the entire trip without a struggle.

The BIG news is that the Cancer is GONE from my dear friend. They are talking about not even doing the radiation.. Everything looks PERFECT at the moment. I will forever be thankful for all of your prayers. I will write more tomorrow .. just got off the plane and had to tell you guys!!!

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Re: My personal war against the YH
Posted by redfaced - 27 Feb 2024 02:34

[adam2014 wrote on 27 Feb 2024 00:39:](#)

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Never doubt the powers of my prayers.

Or the powers of your own.

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Re: My personal war against the YH
Posted by adam2014 - 28 Feb 2024 11:25

Since this is my own thread, I hope it is OK to change topics a little. Before my friends' surgery, I was davening hard for her, When Oct 7th happened I davened hard for the people of Eretz Israel, When something bad happens in my personal life or the world, I daven HARD... HaShem never lets me down, and even if I don't get the result that I was praying for, I know that there is a reason and there is some "hidden good" that I can't comprehend...

When the immediate storm is over, I tend to fall off and not put the effort into davening as when I need something.. That is terrible. I should be davening every day with the same Kavanah as when my world is collapsing. How can I expect HaShem to come to my aid when I only honor him when I need something? It is like the friend who only calls you when they need money. The phone rings, and you hear the voice, and you immediately know why they are calling... I don't want to be THAT guy!

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Re: My personal war against the YH
Posted by redfaced - 28 Feb 2024 13:17

[adam2014 wrote on 28 Feb 2024 11:25:](#)

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Well the truth is there is a basic misunderstanding of Tefila the way I was taught, its a question of what came first the chicken or the egg,

Sometimes people think that the the reason why they are davening is because they have difficulties in their life , therefore, they need to daven that life gets better.

The truth really is, Hashem desires our Tefila more than anything - so when he sees that people are not davening properly, He sends them a little nudge saying, Hey you ! I'm still here - please don't ignore me I want you to talk to me. I miss you .

If people would be having that proper relationship with their Father, He wouldn't need to remind them of his existence with that painful nudge

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Re: My personal war against the YH
Posted by Bennyh - 28 Feb 2024 16:45

Interesting topic. I look at tefillah as being comprised of two primary parts: Praising and Begging. I very much identify with the first part, and don't relate at all to the second part. And the whole thing in general is a struggle for me these last couple of months. It finally came up yesterday in therapy.

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Re: My personal war against the YH
Posted by Leovdacha - 28 Feb 2024 22:50

[Bennyh wrote on 28 Feb 2024 16:45:](#)

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Begging. I very much identify with the first part, and don't relate at all to the second part. And the whole thing in general is a struggle for me these last couple of months. It finally came up yesterday in therapy.

interesting point I have the same thing if I understand what u saying

Chazal call tfilah avoida shebalav, that means there's something much more deeper to davaning then bakashus tzrochov why would begging be avoida shebalav? So it says in chassidishe sfurem that the main part of davanjng is a time that a person should work on his ahavas hashem and yiras hashem by thinking into the words of davaning that talks abt the greatness of hashem and through that it should come down into our emotions and that's what gives us the koich to fight our yetzer hora during the day.

And begging is pretty boring....

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