

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 redfaced - 20 Jun 2024 02:38

I was just going to make that same recommendation. Listen buddy, You lost a battle not the war. Only way to lost the war is to lay you weapons down and surrender. For some reason I don't see you doing anything like that.

Lets figure out what we can do going forward Like Eerie said over [here](#) it has not been beneficial for many people to leave the relative safety of the forum. GYE is helpful only for these who are here. Lets get back to the table and redraw the battle plans.

Better filter ?

Accountability partner?

The Battle of the generation?

Daily presence on the forum - Even just to say Hi

Hatzlocha Brother!

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Re: My personal war against the YH
Posted by adam2014 - 24 Jun 2024 10:49

Five days clean, five days back on GYE... Hmmmm... I think that I see a trend. The answer is right in front of me. I must keep checking in daily, reading these posts, and using these resources. It was my arrogance that got me in such trouble. I need to surrender to the problem and accept that I need GYE and am not strong enough to do it independently.

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Re: My personal war against the YH
Posted by chancy - 24 Jun 2024 18:18

Oi vy Adam,

Its really really hurt me to read your post about those 72 hours of hell. I wish you didn't have that experience.

But I'm here to give you a different point of view.

Back when i was in the beginning stages of this struggle, I would have ups and downs intensely. and I would feel the same like you do. the questions would start "Who am I really?" "whom am I fooling?" "this is obviously impossible" etc....

Slowly I realized that its not true. After every long stretch of being clean and then falling, my brain sort of started realizing more and more that i really DONT want to do this! The good feelings of being pure and the gut wrenching feeling of falling and the fear of plunging even deeper, all of those memories were getting stronger and stronger.

Until my rational mind was able to stop me before the next fall, it was saying "are you stupid? you remember how you felt last time, you know that its possible to overcome, you have so much to lose by falling and so much to gain by staying clean its not even a contest!"

Sometimes I would even start watching porn and then after a few minutes once the initial adrenaline boost wore off, I would catch myself and wake up to the reality and then just turn it off.

My point is that you can take a this as a very costly but extremely valuable lesson. Sear into your brain that gut-wrenching disappointment that you felt. Sear into you brain the good feelings

of being clean, sit and make a logical decision, where do you really want to be? clean!

Can i stay clean? I sure can as ive proven.

Is anything worth the pain i felt after the last fall? no!

Slowly your brain will learn that the cost benefit analysis is very clear on this one. Yes, you will still have urges, but your higher brain will have the deep knowledge to make the right decision.

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Re: My personal war against the YH
Posted by chancy - 26 Jun 2024 16:56

Adam,

Please check out this post, i think you will enjoy it very much.

[?guardyoureyes.com/forum/15-The-Torah-amp-Chizuk-Approach/415810-Rabbi-Tzvi-Freeman](https://guardyoureyes.com/forum/15-The-Torah-amp-Chizuk-Approach/415810-Rabbi-Tzvi-Freeman)

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Re: My personal war against the YH
Posted by AlwaysHappyAlwaysHopeful - 27 Jun 2024 08:14

Dear Adam (and friends),

Thank you so much for sharing your story. You are not alone. I have been there. Done it in similar fashion. For me, surrendering my powerlessness over my addiction has helped me greatly. And continues to do so. I must work the steps for my daily reprieve from lust. I am not bad but I do have some kind of addiction or allergy to lust. I am actually a very good person and an Eved Hashem with a problem.

I am certainly not going to suggest that you or anyone else has an addiction to lust or porn or

internet or sex. This comes from one's own self enlightenment.

I have made more peace with myself for who I am. True, it is the Yetzer Hora, but I have found that straight musar, Torah, Tefila and "fighting the yetzer hora" only lasts for a period of time until I come back to needed to work my SA 12 Step program (which is quite complicated despite it's simplicity and often misunderstood by many).

Hatzlocho to you in your personal journey. Happy to assist you if I can. Much love and I am dovening for you and all of our friends who need support from the One Above in these inyanim. Kol tuv.

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Re: My personal war against the YH
Posted by redfaced - 09 Aug 2024 12:25

Hey Brotha, Where ya at?

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Re: My personal war against the YH
Posted by adam2014 - 13 Aug 2024 09:29

Hi Guys, I come crawling back to you ashamed, sad, remorseful, desperate. I have tried again to take on this monster alone and failed. The Yetzer Hara is toying with me, giving me these fleeting glimpses of what life could and should be like. I get the little taste and think I have it beat, only to have him kick me in the face time and time again.

So, I am back to you, to the place that I have hope, a place that I really tasted the success of living a clean and honest life. I am starting over from day one. I am going to dedicate whatever time is needed to confront this beast. To use all of the resources of GYE and finally stop trying to convince myself that I can do this on my own. I have to check my pride at the door and admit that this problem is stronger than me and that I need help. Asking for help doesn't come easy to me. I am usually the one giving help, not asking for it.

Hopefully, you guys will accept me back into the "club".

I hope all of you are having a good summer. I really missed you guys, even writing this is giving me hope!

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Re: My personal war against the YH
Posted by parev - 13 Aug 2024 10:01

Rooting for you, Adam!

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Re: My personal war against the YH
Posted by chaimoigen - 13 Aug 2024 19:30

Welcome back, Adam.

You're a good man. Looking forward to see your early morning reflections with morning coffee

You. Can. Do. This.

You'll get by with a little help from your friends...

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Re: My personal war against the YH
Posted by Hashem Help Me - 13 Aug 2024 19:59

Welcome back. A few phone calls to the chevra would possibly be beneficial.

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Re: My personal war against the YH
Posted by proudyungerman - 13 Aug 2024 20:11

Welcome back!

Just going to second and third the recommendation of HHM.

It's helped many break free.

We are here for you!

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Re: My personal war against the YH
Posted by adam2014 - 15 Aug 2024 10:35

Coffee Talk is back....

Sitting here at 545am with my coffee thinking about this NEW journey that I am undertaking. I am on Day 3 of a very modest streak and thinking about how many good things are in my life. I have to focus on those and not the bad things. The bad things that happen are as just as much part of Gods plan as the good things, but I don't need to focus on the bad,

My daughter got married last month, my other daughter move back to our city. I dropped 20 lbs for the wedding (It is coming back on much faster than it came off). When I focus on HaShem and my family and continuously remind myself of all the blessings in my life, I find it easier to confront the problem that we are all here for.

Just sitting down to this keyboard is cathartic and puts me in the right mindset to take on the day.

This may be weird, but I am thinking about getting a new pair of Tefillin. I want to acknowledge this new chapter in my life. Is that crazy? I am big on symbolism and if I wrapped everyday with

a new pair of Tefillin that was not around when I was living that "Other life" I thought that would be nice.

Love to hear your thoughts on that. Have a great day everyone

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Re: My personal war against the YH
Posted by chosemyshem - 15 Aug 2024 13:33

Adam so good to have you back. Regardless of the help you get out of it, I get a lot of encouragement from your posts.

Mazel tov on the wedding!

A new pair of tefillin sounds like an expensive symbol. There are some great organizations that enable you to sponsor a pair of tefillin for an israeli soldier - maybe donate a pair and keep the receipt in your tefillin bag and that can be your symbol. Or consider taking your tefillin to a reliable sofer to get checked and let that be symbol.

Keep on trucking! (And by the way, if you're looking to get to know some of the boys offline please feel free to reach out.)

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Re: My personal war against the YH
Posted by adam2014 - 16 Aug 2024 10:16

I gave my original pair of Tefillin to my new Son-in-Law. He doesn't wrap. The first time he ever wrapped was in Hebron last summer. I hope he may start at some point in his life. I use a spare pair when mine is getting checked, or I let someone borrow them so that I would buy another pair anyway.

I have already sponsored a few pairs for the soldiers and bought a pair for a new Olim from Ethiopia. I LOVE my tefillin and everything it stands for. Putting them on is literally the highlight of my day.

Thanks so much

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