

My personal war against the YH

Posted by adam2014 - 03 Nov 2023 11:59

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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 frank.lee - 16 Aug 2024 13:38

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I use techloq, not too expensive. They have good customer service. You can chat with them about your special needs and ask how they can set it up for best protection.

I have been using it for work for a while and it does not hamper my business.

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Re: My personal war against the YH  
Posted by adam2014 - 20 Aug 2024 11:01

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I was in Brooklyn this past Sunday. I made my usual rounds of stopping at the Rebbes Ohel in Queens, then off to 770 and Crown Heights, followed by lunch at my favorite restaurant in Williamsburg. I was hoping to buy a Kosher phone and found that many of the stores in Williamsburg were closed on Sunday (Someone told me that during the summer, many do close on Sunday). Does anyone know a good place to buy a Kosher phone in Williamsburg? I know I can get it online, but I prefer to buy it in person. I will be back in Williamsburg in a few weeks.

Or if you can recommend another place to buy one, it would be greatly appreciated.

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Re: My personal war against the YH  
Posted by chancy - 20 Aug 2024 18:28

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In a few weeks the stores will be open on Sundays again. Everyone is coming back into town Before Labor Day.

Welcome back Adam! I missed you. You give a certain different perspective since you come from a different walk of life than most of us.

Stick around This battle is about strengthening the muscles you use when fighting lust. The longer you fight the stronger you get.

You know how much we have to lose by getting lost in Lust.

The world is amazing and there is so much we can do, but not if we are stuck in this 'lust prison' (dont google that, I fear what you will see.....)

Anyway, Im glad that we have you back here.

Good luck

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Re: My personal war against the YH  
Posted by adam2014 - 21 Aug 2024 11:14

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Thanks so much for the kind words. This war has many fronts, and I am trying to battle them one at a time. I am focusing on my technology and getting that back on track. I got rid of most of it a few months ago, but the Yetzer had other plans and some of it snuck back into my life. I don't need to remind any of you of this. It is a big part of this journey, but I am going after it one day at a time, sometimes one hour at a time!

Thanks so much for all of you supporting me, and hopefully, I may say a few words that will help you as well!

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Re: My personal war against the YH  
Posted by adam2014 - 23 Aug 2024 10:43

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This is just a daily hello to all of you guys. I wish you all a good and peaceful Shabbat Shalom!

I had a 4-hour stretch alone yesterday, and everything went well. Another win in the win column for me! So happy to be back on with you guys!

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Re: My personal war against the YH  
Posted by adam2014 - 27 Aug 2024 10:02

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Let me briefly tell a story of life outside of a frum neighborhood and the additional struggles that I have to deal with. I was in my weekly Zoom Torah Class with the local Rabbi (Reform), and he was talking about Eating Kosher and Tefillin. He said they are both "Good things to do if they speak to you, but if you are just doing it because you feel obligated to, then you shouldn't do it."

I sometimes struggle with my tefillin, as I have no local minyan and always wrap alone in my home, and occasionally, I will skip doing it. I have been eating Kosher for about two years now, and it is a challenge because my wife and family are not (my wife 1000% supports me in this), and most of my friends do not, even though they are Jewish.

Not that we talk about it much, but my friends will joke about this porn site or this smoking hot girl they saw at the beach. I have so many elements of my life that are working against me. I even have my local Rabbi lamenting some of the basic tenets of Judaism.

I still have my Chabbad Rabbi in my corner, and he is a great resource for me and my friends in

Israel help the best they can.

There are days that I tell myself how much easier life would be if I lived in a Frum neighborhood or at the other end of the spectrum, if I just gave up wrapping and eating Kosher and trying to stay clean in this dirty world that we live in.

Maybe this is just another test, but for once, I would like to catch a break and have something go easy for me. Telling a Baal Teshuva that eating Kosher and wrapping tefillin is optional???? WTF!!!

Thanks for letting me complain... Have a wonderful day!!

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Re: My personal war against the YH  
Posted by redfaced - 27 Aug 2024 12:34

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[adam2014 wrote on 27 Aug 2024 10:02:](#)

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Thanks for letting me complain... Have a wonderful day!!

You, my friend, are a bigger inspiration than you can possibly imagine. You have a lot more going against you than the average person, yet you are putting in a significantly greater effort

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Re: My personal war against the YH  
Posted by adam2014 - 03 Sep 2024 09:53

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In the past, the beginning of Elul was the "kick-off" to my attempt at living a better, more observant life. I was always excited for Rosh Chodesh Elul and the next 60 days. It was the spiritual highlight of my year. My first trip to Israel was during Elul; many great things happened during this time.

The path that I used to follow was simple. I would grow each day heading towards Rosh Hashanah, cresting around Yom Kippur, and I would carry that motivation and enthusiasm into the new year with vigor and hope. It would be a great kickstart to the year. The excitement would last a while and then begin to wane. Each year it would last a little longer, and I always hoped that it would last the entire year and come next Elul, I was still "Fired Up" and the next cycle would begin again.

The truth of the matter is that P and M were also part of that journey. It would be a stain along that path of hope. I would sometimes last a week or two, but it was always the first to go and put a damper on the entire year.

This year is different. I do not feel the excitement that comes with this period. I am not looking forward to the next 60 days. I am sickened by the fact that I am still in the beginning stages of this problem. I had two or three good days and a fall. I will have an excellent davening day, and then something triggers me, and I feel all the good went out the window.

Maybe this is good, and perhaps I need to be less excited and more focused. Maybe feeling this way will lead to better results? Who knows?

For me, Rosh Chodesh Elul has been one of the most important days of the year. Now, it is just another day on the calendar that needs to be survived.

Chodesh Tov everyone

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Re: My personal war against the YH  
Posted by adam2014 - 09 Sep 2024 10:05

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Shabbos was great this week. I did not have my phone with me all day. In my non-frum world, I had so many people calling my wife, saying, "Where is he? He is not answering my texts"... My wife would explain that "He is trying to stay off his phone on Shabbat.".... the answer was generally a chuckle, and they said, "He won't last two hours."... These are the headwinds I face daily in my own world. These are JEWS saying this, ridiculing a fellow Jew trying to perform a Mitzvah.

***These are some of the questions and comments that I get from my JEWISH friends.***

Is he not going to watch Football anymore?

Tell him that it is dangerous to wear a "beanie" outside these days.

Did something happen to him? Why is he doing this?

"I told you Chabad was a cult"

"Is he sick? Is he dying?"

"Does he really want to move to Israel?"

What do I make Adam for Dinner? Will he eat Shrimp, or is he just not eating meat?

These are literally verbatim comments from JEWS who have known me for decades....

I have to add that my best Christian friend called my wife and said that it was great that I was "connecting with my faith more" and offered to help in any way I needed.

Happy Monday Everyone... Stay strong, and for the love of God, do not watch any Football today. LOL

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Re: My personal war against the YH  
Posted by gevura shebyesod - 09 Sep 2024 10:46

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Wow! The Nisyonos you are dealing with are beyond anything most of us can relate to. Every mitzvah you do in the face of such social pressure is HUGE!! Stay strong.

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Re: My personal war against the YH  
Posted by yiftach - 09 Sep 2024 11:05

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WOWOWOW!!!



I can't imagine the nachos you are bringing to The Ribono Shel Olom!

I envy your strength and courage!!!!

KOMT!

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Re: My personal war against the YH  
Posted by adam2014 - 11 Sep 2024 10:31

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I will make sure to keep this short. I fell yesterday, but not in the usual manner. For obvious reasons, I will not go into details about the specifics of the fall, but it was awful. I crossed a line that I have not crossed in years. For many of us, it may not be that big of a deal. I did not get physical with another woman; it was online, and she was of age and all of that. It was the feeling that I had while doing it.

Usually, my falls are somewhat generic; I get triggered, go on my computer, and look at porn, and the fall happens. I feel guilty the entire time.

This time, I was "into it." I enjoyed it. I found a way to subvert my guilt for a few moments, let go of my soul, and enjoy the depravity. Then, when the fall was over, the guilt and shame roared back like never before. I sat in my room and cried for about 15 minutes. I could not look at my wife the rest of the day and couldn't sleep last night. What does this mean? Am I sinking lower? Are things getting worse? Or was it just another bump in this long and bumpy road to recovery?

Is this another type of test? A new front in the war? or does the kind of fall matter? Is a fall a fall, or are some falls worse than others?

Yesterday was terrible... I am almost afraid of what today will bring.

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Re: My personal war against the YH  
Posted by chosemyshem - 11 Sep 2024 13:42

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Sorry to hear about that.

If you're finding your acting out is escalating, and that it's making your life painful, maybe a call with Dov to consider the 12 steps would be helpful. I believe his email is wequithiding at gmail (someone please correct me if that's wrong).

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Re: My personal war against the YH  
Posted by frank.lee - 12 Sep 2024 22:24

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It's good that you are in touch with your feelings...

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