

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.

=====

Re: My personal war against the YH
Posted by adam2014 - 08 Oct 2024 15:30

Thank you a million times!!!! I am not claiming to have all the answers, I need and count on you guys to tell me that I am full of S@#\$T sometimes. I appreciate your remarks and suggestions and please keep them coming. I, like you have tried many things to try to solve this problem. IE: New Tefillin, Redoing my office, Going to a Goat Farm with my laptop (I chuckle myself at that one). Just to name a few.

I am willing to try almost anything, I just want to do it with a smile on my face. I am my own worst enemy, who seems to enjoy beating myself up whenever I can.

?I have not reached out to ANYONE regarding this. It took me over two years of hiding in the shadows of this website before posting... I am a proud and stubborn guy, who has never asked for help in my life for anything. I was a young fool without 2 dollars to my name and wouldn't ask for help from my own parents who were more than willing to help. I am that stubborn old fool..... I know that this problem is not going away on its own, and I will be forced to ask for help and I know the help is out there... But it isn't easy for me...

Thanks agains for reaching out

=====

====

Re: My personal war against the YH

Posted by proudyungerman - 08 Oct 2024 17:04

[adam2014 wrote on 08 Oct 2024 15:30:](#)

Thank you a million times!!!! I am not claiming to have all the answers, I need and count on you guys to tell me that I am full of S@#\$T sometimes. I appreciate your remarks and suggestions and please keep them coming. I, like you have tried many things to try to solve this problem. IE: New Tefillin, Redoing my office, Going to a Goat Farm with my laptop (I chuckle myself at that one). Just to name a few.

I am willing to try almost anything, I just want to do it with a smile on my face. **I am my own worst enemy, who seems to enjoy beating myself up whenever I can.**

?I have not reached out to ANYONE regarding this. It took me over two years of hiding in the shadows of this website before posting... I am a proud and stubborn guy, who has never asked for help in my life for anything. I was a young fool without 2 dollars to my name and wouldn't ask for help from my own parents who were more than willing to help. I am that stubborn old fool..... I know that this problem is not going away on its own, and I will be forced to ask for help and I know the help is out there... But it isn't easy for me...

Thanks agains for reaching out

On a personal note, HHM helped me tremendously with *this exact point*. He helped me see the real me and even learn to appreciate and love the real me that I am. That includes some of things that I've done that I'm less proud of (i.e. the things that got me here...)

Either way, glad to see you back again!

Ain't nothin' like the early mornin' cuppa joe!

=====
=====

Re: My personal war against the YH
Posted by stopsurvivingstartliving - 05 Nov 2024 10:34

How's it goin @adam2014?

=====

=====

Re: My personal war against the YH
Posted by adam2014 - 06 Nov 2024 17:35

Hi Guys... I am sorry that I have been MIA for a few weeks. Dealing with some stuff and trying to refocus my life on a straighter and more narrow path. I am doing well in most aspects of life with P+M being one of the things that I still struggle with. I was motivated to post today for the simple reason of missing you guys and the conversations and thoughtful interactions.

?I hope to be on here more, and spending time with good people, who are trying to do better is very important to me. The world is full of filth and having this oasis of goodness is like a big cold drink of water on a steaming hot day!!!

Hope all is well with all of you and keep up the fight, I will be pulling for you!!

=====

=====

Re: My personal war against the YH
Posted by Hashem Help Me - 06 Nov 2024 20:46

Welcome back buddy. May Hashem help you in all your positive refocusing - may you be zoche to great menuchas hanefesh.

=====

====

Re: My personal war against the YH
Posted by adam2014 - 18 Nov 2024 11:55

I am a Big Journal Guy.. I love to journal my thoughts and then come back to them over a period of time and look and analyze them. I have been doing it for about five years now on paper and on an app called DayOne. This is also a form of journaling and looking back on past posts and comments can shine a light on the progress or non-progress that you are making.

I spent some time yesterday looking back through my paper journals from just before COVID and during it and then briefly scanned the books and pages of the subsequent years to see if I could get a glimpse of if I have made any significant progress in the last five years.

What I found was startling. I promise I will not bore you with a "life of Adam" recap, but I did want to point out that I have had an amazing and interesting five years.

I lost my Father in Law to COVID, I sat in my house for months after working 60 hour weeks for 30 years, I saw my youngest daughter Graduate from College (something that I never did), I sold my home of over 20 years, moved to the beach, made two incredible trips to Israel, Married off my oldest daughter, semi-retired from my career.. Let me stop and say that the last five years were very busy and influential in making me who I am today.

I looked for constants during this period, other than loving my wife and kids and staying away from the drugs that ravaged my early adulthood I found that not being able to control my P+M addiction is the one thing that has not wavered. As I have documented on here, my struggles are like many of yours. I have good days, weeks, even months and then I fall back into the filth and sewerage of the modern world.

I ask myself, what causes this? What do I not have any control over this part of my life? I have tried GYE is a voyeur and as an active participant. I have read the BOTG ad nauseam, Yes, I have NOT made the call to HHH (still working on that LOL).

I thought that being more observant would help in this problem. I have been eating only Kosher foods for a few years, I have wrapped Tefillin daily for almost 20 years now. I pray everyday, give tzedakah at a level that I can't imagine ever doing and yet nothing changes.. A few good days, maybe a week of so, then back in the sewer.

I have gone the other way as well, I quit eating Kosher, I have not wrapped in over a month, Have not opened my siddur in weeks, I don't have the heart to tell my learning buddies in Israel that I am not interested in any of the topics we discuss. I go through the motions in order not to offend them, but I think they are catching on.

But P+M remain constant. One of the only stable things in my life, something I can count on to make me feel better, if only for a few fleeting moments. At what point do I just admit and say that it won, I give up? Maybe I would not feel as guilty, maybe all the other good things in my life are "good enough" to please HaShem.

Is it better to eat Kosher and pray daily and do mitzvot and still participate in P+M or is it an all-or-nothing choice?

I think that part of my not being around here as much anymore is the fact that I am sick of feeling like a loser and get embarrassed by the fact that I can't do what many of you are doing. I see these streaks and say "There is no way I could ever do that" and feel bad about it. I am wholeheartedly happy for all of you that have made great strides in this department. I am not jealous, I am really happy for you!!

I will end this long rant with a Thank You for taking the time to read it. I don't know what is next for me, this is not a cry for help (or maybe it is)? I just felt that I owed you guys an update and not just fall off the face of the earth. Life is tricky and I have managed to make it to my 60th birthday (older than both my parents when they died). I am just going to put one foot in front of the other everyday and whatever HaShem wants from me, I will do my best to deliver.

(I did not check this for typos or spelling errors, I was strictly a stream of consciousness, hopefully it is readable)

Adam

=====

=====

Re: My personal war against the YH
Posted by chosemyshem - 18 Nov 2024 21:01

[adam2014 wrote on 18 Nov 2024 11:55:](#)

As I have documented on here, my struggles are like many of yours. I have good days, weeks, even months and then I fall back into the filth and sewerage of the modern world.

I ask myself, what causes this? What do I not have any control over this part of my life? I have tried GYE is a voyeur and as an active participant. I have read the BOTG ad nauseam, Yes, I have NOT made the call to HHH (still working on that LOL).

I thought that being more observant would help in this problem. I have been eating only Kosher foods for a few years, I have wrapped Tefillin daily for almost 20 years now. I pray everyday, give tzedakah at a level that I can't imagine ever doing and yet nothing changes.. A few good days, maybe a week of so, then back in the sewer.

I have gone the other way as well, I quit eating Kosher, I have not wrapped in over a month, Have not opened my siddur in weeks, I don't have the heart to tell my learning buddies in Israel that I am not interested in any of the topics we discuss. I go through the motions in order not to offend them, but I think they are catching on.

But P+M remain constant. One of the only stable things in my life, something I can count on to make me feel better, if only for a few fleeting moments. At what point do I just admit and say that it won, I give up? Maybe I would not feel as guilty, maybe all the other good things in my life are "good enough" to please HaShem.

Is it better to eat Kosher and pray daily and do mitzvot and still participate in P+M or is it an all-or-nothing choice?

Adam,

It's always a treat to see you post. Your genuine honesty and clear perspective is very refreshing.

If I can just throw my two cents in about your question.

Your question is based on a fundamental misunderstanding. This struggle has nothing to do with religion.

It's a human problem. When you feel like garbage after indulging in garbage, that has nothing to do with Judaism. That has to do with basic humanity.

And the solution (often) has nothing to do with religion. Basic spirituality, yes. Religion, no. I hiiiiiiighly recommend you give a listen to Dov's 12 step workshops (linked in my signature).

I'm no prophet, but I am an amateur armchair Freudian psychologist. Lemme make a prediction. And I apologize for being blunt, but I think you'd appreciate it. I predict that if you go whole hog on lust, stop feeling guilty and just indulge, it'll swallow up everything you care about within 3-5 years. Wife, kids, peaceful retirement, the works.

Because lust doesn't bother you because of religion. It bothers you because it eats up your life. And throwing in the towel on religion and lust will not stop it eating up your life.

SA is not really pushed here. And for many people it's not the right decision. I have no idea if you are an addict or not but, based on your posts here, I honestly think you'd enjoy the 12 steps. I think it would make you a happier and more fulfilled person.

Listen to the 12 steps workshops. If they resonate, why don't you email Dov for a schmooze?

=====

Re: My personal war against the YH
Posted by adam2014 - 19 Nov 2024 11:41

Thank you for the thoughtful reply. I know that I need to separate religion from spirituality. They are two different things. I just think back to the times that I have had this issue somewhat under control and they were times that my davening and eating Kosher and going to shul were going well. I think that when I am feeling good about my Judaism, it gives me strength to take on the other problems, if that makes any sense!

Whether or not I am an “addict” is almost irrelevant. The definition of the word has been so clouded by society, that I don’t even know what addiction even means anymore. I will for sure listen to Dov’s 12 step workshop. Thank you for sending it to me.

I am happy that I have been on here two days in a row. I feel that maybe, just maybe... I may be heading in the right direction again...

What you said about losing it all in 3 to 5 years, I think that is a generous estimate, There have been times that I have gone from the mountain top to the valley in a matter of days... I know that just giving in is not the answer... But Thank you for pointing that out.

=====

Re: My personal war against the YH
Posted by BenHashemBH - 19 Nov 2024 14:14

[adam2014 wrote on 19 Nov 2024 11:41:](#)

Thank you for the thoughtful reply. I know that I need to separate religion from spirituality. They

are two different things. I just think back to the times that I have had this issue somewhat under control and they were times that my davening and eating Kosher and going to shul were going well. I think that **when I am feeling good about my Judaism, it gives me strength to take on the other problems**, if that makes any sense!

Whether or not I am an “addict” is almost irrelevant. The definition of the word has been so clouded by society, that I don’t even know what addiction even means anymore. I will for sure listen to Dov’s 12 step workshop. Thank you for sending it to me.

I am happy that I have been on here two days in a row. I feel that maybe, just maybe... I may be heading in the right direction again...

What you said about losing it all in 3 to 5 years, I think that is a generous estimate, There have been times that I have gone from the mountain top to the valley in a matter of days... I know that just giving in is not the answer... But Thank you for pointing that out.

Shalom Brother Adam,

When you are feeling good that gives you strength to deal. What about when you deal - does that give you the strength to feel good?

All the best

=====

Re: My personal war against the YH
Posted by chosemyshem - 29 Nov 2024 17:14

Hey Adam,

How's it going? Did you have a chance to listen to those workshops?

=====

=====

Re: My personal war against the YH
Posted by adam2014 - 22 Dec 2024 11:30

Hello All,

I don't know what prompted me to come on here today. It has been a while and I wish I had something positive to say. Life is tough, I am down in the dumps, Not sure what more I can add. I hope you guys are doing well. I hope GYE and whatever other methods you are using are working for you. I do love reading the success stories from all of you!

Thank you all for the thoughtful and caring thoughts and advice... Be Well!!!

=====

=====

Re: My personal war against the YH
Posted by stopsurvivingstartliving - 22 Dec 2024 11:33

Thanks for the update! It's always good to hear you voice!

=====

=====

Re: My personal war against the YH
Posted by proudyungerman - 01 Jan 2025 18:45

[adam2014 wrote on 22 Dec 2024 11:30:](#)

Hello All,

I don't know what prompted me to come on here today. It has been a while and I wish I had something positive to say. Life is tough, I am down in the dumps, Not sure what more I can add.

I hope you guys are doing well. I hope GYE and whatever other methods you are using are working for you. I do love reading the success stories from all of you!

Thank you all for the thoughtful and caring thoughts and advice... Be Well!!!

I hope this doesn't mean you're gone for a while...

=====

Re: My personal war against the YH
Posted by BenHashemBH - 25 Mar 2025 19:58

Shalom Brother Adam,

Looks like you haven't logged in for a couple of months, but want you to know that next time you check in (hopefully soon) that we would love to hear from you again.

All the best

=====