

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 Hashem Help Me - 28 Nov 2023 15:02

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[chaimoigen wrote on 28 Nov 2023 14:09:](#)

By the bye, there are ways to explain to a wife the benefits and value of a filter in a way that won't get her nervous...

Ditto. Feel free to call for ideas how to encourage your wife.

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Re: My personal war against the YH  
Posted by bright - 29 Nov 2023 03:30

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Amazing! Your personal akeida....

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Re: My personal war against the YH  
Posted by adam2014 - 29 Nov 2023 09:43

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By the bye, there are ways to explain to a wife the benefits and value of a filter in a way that won't get her nervous...

I have thought of trying to say to her that I am "filtering all the phones in the company and am trying it out on my own phone first to see how it works"... I hate the lying, but it is for good reason

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Re: My personal war against the YH  
Posted by adam2014 - 29 Nov 2023 10:10

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I am in the middle of a three day attack that has shaken me to my core. I have fallen and fallen again saying that I am not worth it and I am a loser. I don't give my self any credit for getting rid of many of my devices and going 5 straight clean days. The thought of giving up is all around me.... I try to tell myself that it is the YH getting worried, he see me making moves and trying new things to break free and he is getting desperate.

I didn't want to post today because I was embarrassed by all the nice words of encouragement from you guys, only to be in the midst of an attack. I don't feel worthy of the praise.

I hope today is better, I am carving out time to spend on the F2F program and reading the BOG.. I guess that is all I can do.

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Re: My personal war against the YH  
Posted by Hashem Help Me - 29 Nov 2023 12:28

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*"I hope today is better, I am carving out time to spend on the F2F program and reading the BOG.. I guess that is all I can do."*

You can also reach out to real people here.....

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Re: My personal war against the YH  
Posted by Vehkam - 29 Nov 2023 19:55

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You are still here. You are worthy of praise. Keep fighting back no matter how many times you fall. Focus on the positives of fighting back not on the negatives of a fall.

I am almost always available via email. if you find yourself feeling down about this don't hesitate to reach out.

Best wishes

Vehkam

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Re: My personal war against the YH  
Posted by adam2014 - 01 Dec 2023 10:39

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Today I am wrestling with the latest attack by the YH. This latest assault has lasted almost four days but he is taking a different approach today. The YH is telling me to give up GYE, stop embarrassing yourself with posting all your falls and whining and complaining, just admit it, you are a porn junkie, you have been for decades, you think some videos and chatrooms are going to change you? It laughed at me throwing away all those devices and putting filters on some others. He said "it took you about 10 minutes to find porn on your "filtered" device", do you think that will stop me"?... I can place smut and porn and filth into your mind whenever I want, you are weak and I own you!

This is what I woke up to today. It is just 530am and my wife is peacefully sleeping in her bed and I am here on the computer trying to fend off the YH from a very weak position. I partially agree with him... I am weak and he has controlled me for a long time, but I understand that I have the secret weapon, I have HaShem on my side, He wants me to defeat the YH, He believes in me, even when I don't believe in myself.

?I think that the worst part of all this (and it is all very bad) is that I feel that I am letting HaShem down. After all the blessings that he has given me in my life, that I can't do this one thing for him. I have no choice but to get up and get on with today and try again..

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Re: My personal war against the YH  
Posted by adam2014 - 01 Dec 2023 10:57

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Just a quick story from Eretz Yisrael yesterday...

My best friend lives in Gush Etzion and his son is fighting in Gaza as we speak. His son just turned 19 and was in high school a year ago and now he is fighting Hamas. Needless to say that his life is upside down and he is desperately trying to maintain a small sense of normalcy in the midst of the war. He davens with a minyan three times a day, never misses a minyan. He has 4 or 5 in his Yishuv that he can choose from. It is amazing. I spent time with him last summer and his everyday minyan is like a High Holiday in my neck of the woods. They are so inspirational it is hard to put into words. Having said that, most of the men have gone off to war and instead of having 4 or 5 minyan to choose from, they struggle to get 10 men together at all.

Yesterday was a "extra" bad day for him and when he went up to the shul he found out that they only had 7 for the minyan and there was no one else coming. He was depressed, he NEEDED the minyan. He could Daven at home, but today, he needed to be with others.

He jumped in his car and drove about 45 minutes to a minyan that someone told him about and he not only found a minyan, but he said that he almost floated out of the shul he was so inspired. In addition to having the beautiful minyan, he bumped into a old friend that he had not seen in years and they went for a cup of coffee and he said it was great to reconnect with him...

So the moral of this story is that there is power in being with others either in prayer or just in life in general. He woke up to a terrible day and with a lot of effort turned it into a great day.

I can relate to the battle we are all facing. When you feel down and depressed, turn to others and turn to HaShem. When things are not feeling good and you think it is going to be a bad day, remember a little effort can go a long way... I just need to learn to take my own advice...

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Re: My personal war against the YH  
Posted by Hashem Help Me - 01 Dec 2023 12:19

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[adam2014 wrote on 01 Dec 2023 10:39:](#)

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If i may humbly say, i think Hashem is celebrating your attempts, your honesty, your courage, and actual actions in a way that is unimaginable.

?Let's be blunt. You are trying super hard not to fall. And on the occasions that you unfortunately did fall, it was with compulsive behavior - not any true interest in doing it. You did not celebrate the *amazing pornography and awesome ejaculation* with a kiddush. For Heaven's sake read your own (beautiful) write up of your history! You're a hero and Hashem knows that better than any of us.

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Re: My personal war against the YH  
Posted by adam2014 - 02 Dec 2023 08:45

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That is so very kind of you to say, and I know that deep down you are right, but the YH knows

my weak spots and thinking that I am letting HaShem down has always been something that I have struggled with and the YH knows that and attacks.

Had a good day yesterday and looking forward to a relaxing Shabbos

Shabbat Shalom

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Re: My personal war against the YH  
Posted by retrych - 02 Dec 2023 20:15

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How about "a bunch of guys are trying to increase their levels of kedusha by puttning filters on as a zechus for klall yisrael, I want to show mu support" Those guys might happen to be on GYE, but its not a lie..

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Re: My personal war against the YH  
Posted by adam2014 - 06 Dec 2023 10:18

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Boker Tov,

A Big Win for the Filters! I finally put a filter on my laptop and Desktop. It is a filter called Cold Turkey. It is basically made to block certain categories or websites for a specific time period. For the "normal" person, you might have to concentrate for the next hour on a work project and you would set up a block for an hour and then it reverts. I set-up a block for all of the porn sites that I would frequently visit and put a two-week block on them. If I stumble upon another site that I don't want to see, I just add it to the block..

Part of my brain still wants to watch porn and getting rid of it for two-weeks at a time was a reasonable compromise between my mind and the YH.

I had a massive urge the other day, the house was empty.... you guys know the story....

?I forgot about the block, went on the computer and typed in the usual information and BAM! It was blocked! I chuckled and said.. OK, let's find a work-a-round and after about 5 minutes the urge subsided and I stopped looking. I would have found a way in a few more minutes, but the friction that the block gave me was just a big enough window to regain control.

I can stretch out the block further than the two weeks, but something inside of me feels that if I restart the block every two weeks, my mind will not have the withdrawals of blocking it forever which might be too much for me at this point. I hope that makes sense!

The battle rages on, I am still having struggles and I even had a fall the other day without porn.. so the block is only part of the solution. It was very rewarding and motivational to install the block and actual have it work. I feel that it is another bullet in my arsenal.

Changing subjects a little. I am in contact with friends from Israel who are fighting in Gaza and in the North, and am getting such terrible news and information from them in regards to what the animals did on Oct 7th. The facts are still coming out and unfortunately much of the world doesn't care. I only mention this because I am using the heartbreak and the ANGER of this to motivate me to stay clean, honor HaShem and live a life the best Freaking Jewish Life I can!

Standing with Israel includes living a life that represents the values of HaShem's chosen people and staying away from the filth in the world is more important than ever.

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Re: My personal war against the YH  
Posted by true\_self - 06 Dec 2023 11:15

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[adam2014 wrote on 06 Dec 2023 10:18:](#)

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My friend, you are doing a fantastic job! One day at a time, one step at a time, no need to think about forever or even two weeks from now, every single day is a battle for itself and you are winning many of them. Your determination to keep growing is encouraging others too so please keep it up.

Harness anything that can give you motivation to continue.

#I STAND WITH ISRAEL

#I STAND WITH KLAL YISROEL

#I STAND WITH HASHEM

#WE STAND TOGETHER AGAINST THE YH

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Re: My personal war against the YH

Posted by adam2014 - 08 Dec 2023 11:21

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Shalom,

I am in a good day/bad day cycle right now. One day I am on top of the world, the next day flat on my face. Yesterday was a good day and since we lit the Menorah last night it became a really good day. In the spirit of the season, I am excited about staying clean for the entire 8 days. That would be a good achievement for me. It is reachable and also enough of a challenge. It would be one day longer than my longest streak. I love numbers and love tracking things and while this streak will hopefully carry me to the end of my time on this earth, Let me get excited about 8 days right now, actually, just getting through today is the immediate goal...

The BOTG book is amazing, so well written and just full of solid advice and inspiration. I am sure there are people out there who may come to these forums and have NOT read the book (I was one of them for a long time). I could not recommend getting that book TODAY any higher!

On another note, I have gotten up and did my daily check-in for the last 60 days. Have not missed a day! (Told you, I love streaks and numbers). I am going to try to give this check-in streak a rest for a few days. I want to begin to take a small step into the "real" world of just living without this very important crutch. I just want a taste, and if I fall or get overly triggered in some way, this is the first place I am coming back to.

?I have been even checking in on Shabbos (I know that is bad). So taking a few days off and beginning with Shabbos makes perfect sense.

I am feeling good today, I feel this Shabbos will be special (not that EVERY Shabbos isn't special). Chanukah is all about resistance and I will be a virtual Maccabee for the next 8 days!

?Shabbat Shalom to all of you guys. Enjoy Chanukah , and talk to you in a few days

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