

HERE WE GO - AGAIN.....

Posted by iyh2023 - 13 Nov 2023 16:09

So i dont know where to start, from my childhood years? bucher years? now? so i guess ill start and we'll see what happens,

I've struggeld in these areas since i was a kid, not knowing at the time that it was problematic behavior, and as i grew so did my natural curiosity.

I discovered m**** accidentally, not knowing what i was doing, i quickly got hooked cuz it felt good..... and the rest is history. Then i found out (probably from so sfarim or kunteisim) that it was a major league issur, and thats when the guilt set in. I felt bad, (READ: terrible) about it but couldnt bring my self to talk to anyone about it. Then i was off to E'Y and the real fun starts, but before that i must say that i still had no idea what p**n was or that it even existed!!! I had some friends with smartphones, i did not have one B'H, but we would hang out together, just some movies and sports, at one point my friend rented a smartphone and was going back to the states so i told him to give it to me and i will return it, bad move, i had it for about a week, worst week of my life, stayed up for days, (and nights....) was all over the place, i think that was my first major exposure, all the while still m***** daily, came back home after 2 years B'H got engaged and married to my most wonderful wife, i thought that m***** would be a thing of the past but boy was i wrong, but i must say that it was and still is much less frequent, but an issue non the less, i didnt tell my wife anything including that i bought phones a couple of times just to watch p*** for 45 min, get so disgusted with myself feel like a traitor and piece of trash, break the phone and my heart, this did not happen only once..... which would usually lead to m*****, i would try to work on myself but had no direction, fall, feel bad, and forget about it. This went on for 3 years, the pent up quilt and loneliness was unbearable, i got very anxious and moody which impacted my ability to connect with my wife. Until i joined GYE, was on for 2 days and i made up my mind that i cant do this on my own, so i told my wife (not everything...) very tactfully, and TYH she really really understood me, cried with me, and respected me for telling her, and i am very very very thank full for that, was on GYE did the F2F had 17 days clean and was feeling much better, Until.....

So yesterday i was in the office alone and it was game over for me, p&m, thats why i decided to type this up so you can share my grief and frustration. I need a hug and a kick in the rear..... if you have one to offer please let me know!!!

?I would love to hear from somebody with a similar experience!!!

KOMMT!! (**K** **e** **e** **p** **O** **n** **M** **e** **g** **a** **M** **o** **n** **s** **t** **e** **r** **T** **r** **u** **c** **k** **i** **n** **g**)

=====

=====

Re: HERE WE GO - AGAIN.....

Posted by ?????1 - 14 Nov 2023 10:13

hi i recently shared that i am holding by my first 18 days clean

[p]i wanna share with you guys how my Journey continues i had 20 good clean days for my first time (maybe i had sometime in the the last 2 years 20 clean days but i never Count it) and acknowledge it, it was really hard i had allot of urge's and Challenges but i did it

=====

=====

Re: HERE WE GO - AGAIN.....

Posted by ?????1 - 14 Nov 2023 10:13

hi i recently shared that i am holding by my first 18 days clean

[p]i wanna share with you guys how my Journey continues i had 20 good clean days for my first time (maybe i had sometime in the the last 2 years 20 clean days but i never Count it) and acknowledge it, it was really hard i had allot of urge's and Challenges but i did it

=====

=====

Re: HERE WE GO - AGAIN.....

Posted by ?????1 - 14 Nov 2023 10:13

hi i recently shared that i am holding by my first 18 days clean

[p]i wanna share with you guys how my Journey continues i had 20 good clean days for my first time (maybe i had sometime in the the last 2 years 20 clean days but i never Count it) and acknowledge it, it was really hard i had allot of urge's and Challenges but i did it

=====

=====

Re: HERE WE GO - AGAIN.....

Posted by chancy - 14 Nov 2023 14:50

[????1 wrote on 14 Nov 2023 10:13:](#)

hi i recently shared that i am holding by my first 18 days clean

i wanna share with you guys how my Journey continues i had 20 good clean days for my first time (maybe i had sometime in the the last 2 years 20 clean days but i never Count it) and acknowledge it, it was really hard i had allot of urge's and Challenges but i did it

Wow! amazing stuff!

The most important thing that happened to me was that i was able to tell myself look i can withhold for 2-3 weeks, than i can withhold for 2-3 months and than 2-3 years and so on.

=====

Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 14 Nov 2023 15:33

Ok, good morning all, unfortunately i can not join in the L'chaim today.....

I feel terrible but what can i do, thats life, gotta keep on going.....

Hope to be able to join in tomorrows L'chaim.....

You are more then welcome to make your own L'chaim!!

=====

Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 14 Nov 2023 15:39

@????1

congrats on 20 days!!!! you must feel awesome, im so happy for you, i will get there on day at a time!!

=====

====

Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 15 Nov 2023 19:52

So today will be a good day, you will see, but most importantly **I** will see, past 2 days were tough but i'm tougher, to quote John F. Kennedy, "**when the going gets tough, the tough get going**", Torah B'goyim al tamin, Chochma B'goyim tamin, wise words for wise people, we gotta be tough.

=====

====

Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 15 Nov 2023 19:57

So far so good today, but im scared for later when i'll be in the office alone. Hashem will help me be strong, to be able to use the tools i learned here.

Please davin for me, my name is, iyh2023 ben Hashem!! (and so are you)

=====

====

Re: HERE WE GO - AGAIN.....

Posted by iwannalivereal - 15 Nov 2023 20:22

Hey there iyh2023 keep up the good work! The strong effort you're putting in is really something to be proud of!

Maybe see if you can find an accountability partner here that you can make up to text or pm every hour or half hour or whatever. Being that you probably know the exact hours of when you'll be alone, this might make it easier knowing that every hour you're going to be in touch with someone.

Make sure to invite me to the L'chaim! And yes the L'chaim should be daily, not just after a week or month long streak. Every single day is an accomplishment and should be celebrated.

iwannalivereal

=====

Re: HERE WE GO - AGAIN.....

Posted by true_self - 15 Nov 2023 21:02

Sorry about your fall yesterday, but people like you who get again and again up after falling make it to the top! You will too beH.

Having you in mind.

Keep that L'chaim glass in front of your computer to remind you the taste of victory!

Keep on looking ahead!

When you are in a better mood you can think about learning from mistakes and how you can improve, by learning a lesson from you fall and taking action the fall transforms into another step up.

=====

Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 15 Nov 2023 21:35

Leaving the office now, B'H made it through, but the day aint over till its over, hope to be back tomorrow for the L'chaim!!!

=====

Re: HERE WE GO - AGAIN.....

Posted by chancy - 15 Nov 2023 21:45

YAY!

=====
=====

Re: HERE WE GO - AGAIN.....

Posted by Crabapple18 - 15 Nov 2023 23:36

[iyh2023 wrote on 13 Nov 2023 17:33:](#)

Does anyone identify with my story?

Yes, Although some details would be different. For instance Blackberry was the best we could do for a smartphone. Wal-Mart didn't sell them.

Change a few more, add some and it is mine too.

Hatzlacha!

(oh and lots of guilt and shame)

=====
=====

Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 16 Nov 2023 18:41

BREAKING: Just in: Reports are coming in from the office of iyh2023 that he managed to battle the Y'H for 24 hours without a single casualty, reporters on scene are saying they feel a great sense of joy and high spirits, although the war isnt over, he took the time to celebrate with a gala L'CHAIM!!!!

Editors Note:

?At the moment the Y'H is in critical condition having sustained many direct hits, the UN General Assembly convened to discuss the human rights violations committed by iyh2023 against the Y'H.

=====

=====