

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**)

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

Posted by true_self - 16 Nov 2023 20:36

L'chaim!!!

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

Posted by iyh2023 - 17 Nov 2023 16:23

Good morning fellas!!!

Yesterday was a great day, was able to hold back to the temptations, with a very close call..... but i did it!!!! with Hashems help i will keep on doing it, the thing that i noticed and keep on noticing, is that being in a good mood will help me dramatically, its a different ball game, try it out, HA!!!!

Every day is a good day, and if not make it a good day!!!!

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

Posted by iyh2023 - 20 Nov 2023 19:41

So yesterday was fine..... wait, not fine it was GREAT!!!! totally awesome B'H. Today? not so much, almost fell, but i B'H was able to stop in literally the last second, and that is extremely tough when youre in that state of mind, so TYH for that.

I just wanted to ask everyone and anyone a question, do you ever get a thought that, " why is Hashem so good to me and give me so much, if this is how i act sometimes"? this question bothers every time i think about the chasodim that He does for me, i feel like i dont deserve it, and this thought nags at my brain and i cant properly enjoy those gifts. Just wondering out loud, so please excuse me for being a little socially off!!!

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

Posted by iyh2023 - 20 Nov 2023 20:29

Oh i forgot to make a L'chaim for yesterday, L'CHAIM!!!

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

Posted by true_self - 20 Nov 2023 21:28

[iyh2023 wrote on 20 Nov 2023 19:41:](#)

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Oh yeah! I had these thoughts a lot, and let me tell you friend, Its totally normal to have them, you are not socially off at all.

So just a few points

- You may indeed not deserve them but you are a beloved child of hashem and just like any caring father gives everything he has for his child, so does hashem, nothing you do can take away his love to you.

- Perhaps harness this thought as a tool to get closer to him, imagine any human being giving you what heshem gives you, you would be ever so grateful to him and seek opportunities to repay him.

I understand that you feel that you don't deserve them and therefore cant enjoy them, its called ????? ???????, but hashem gives you so many opportunities to work on deserving these good things so utilize them and with the time you will feel that you do deserve them.

- And at last, I may very well be that you do deserve it already but you just don't realize the greatness of what you are doing. Refusing to give in, Not taking a second look, Being on GYE in order to change..... are all extraordinary thing you already do and therefore deserve much

more than you think.

Keep climbing!

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

Posted by iyh2023 - 21 Nov 2023 16:07

Thank you @True_self for your deep words, you always seem to chap an eisek....

?Positive thoughts = Good vibes Good vibes = Clear mind Clear mind = Rational
decisions Rational decisions = Happy heart

Simple math $1+1=11$

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

Posted by iyh2023 - 22 Nov 2023 17:30

So the past few days saw little to minor temptations, and i am a bit confused about that. How is it that this tsunami wave of an urge suddenly appears? The events leading up to that point where not all that triggering or complicated.

I find that for me it usually goes something like this:

ME: I'm bored....

THE OTHER ME: Why dont you look at something kosher?

ME: Thats a good idea!

ME: *Browse around for some time then get bored again*

TOM: *Tip toes in from the back door and whispers* why dont you check out the news?

ME: *Against my better judgment listen to him and check out the news*

ME: I really shouldnt do this, but i'm bored and its only news...

ME: HEY TOM, YOU DIDNT TELL ME YOU WHERE HERE THE WHOLE TIME?!?

TOM: Shhhh, you see that add? Just click

ME: What where why?!?

TOM: Shhh, just click

ME: *And click i do...*

ME: Hmmm, its not that bad its only an add and she is not totally

ME: TOM, WHAT THE

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

Posted by true_self - 22 Nov 2023 17:44

[quote="iyh2023" post=403955 date=1700674204 catid=1]So the past few days saw little to minor temptations, and i am a bit confused about that. How is it that this tsunami wave of an urge suddenly appears? The events leading up to that point where not all that triggering or complicated.

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

Posted by youknowwho - 24 Nov 2023 04:31

[iyh2023 wrote on 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.

JFK?! I always thought that quote was from Timon from Lion King. Or maybe I'm mixing it up with "*Hakunah Matatah*"...

In any case, keep on forging ahead, iyh...your writings are encouraging and helpful for all of us!

youknowwho

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

Posted by foolie - 24 Nov 2023 04:33

Shhh Don't you know JFK is Timon in disguise and RFK is Pumbaa. Oh and Jimmy Hoffa and Elvis are packing bags in Walmart in Montana, and Joe Biden is coming to a Mikva near you real soon. His visit will be sponsored by the number 7 and the letter Q

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

Posted by iyh2023 - 24 Nov 2023 15:31

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In any case, keep on forging ahead, iyh...your writings are encouraging and helpful for all of us!

youknowwho

You are actually right, i checked it up and its attributed to Knute Rockne and JFKs father, **Joseph P.Kennedy**, close enough....

Whatever the case i have been being tough, and i daven that i can continue being tough!!

"Success is not final, failure is not fatal: it is the courage to continue that counts." ? Winston Churchill.

Good Shabbos all!!!

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

Posted by chaimoigen - 26 Nov 2023 16:30

[iyh2023 wrote on 20 Nov 2023 19:41:](#)

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Hey, how are you doing? Rooting for you.

Some of my personal thoughts in response to your question above.

Hashem believes in who we can become, and he invests in us. He bentches us, as children, with all sorts of Bracha, and then calls on us to grow and learn to use those Brachos in His service. The same applies, I think, for those of us who are still a **work in progress**.

Also, I'm sure there are many wonderful aspects in your life that make you worthy of tremendous Bracha. Your challenges here don't necessarily define you. That doesn't mean that serious deficiencies don't need to be addressed. It means that they don't define the totality of who you are. I think a person has to view himself, in the eyes of Hashem, as worthy of Bracha and a good investment. Of course, all of the Brachos that Hashem gives us are a motivation to do what we can to fix our act up...

You'll get there, and help other people, and become a great person, and understand what Hashem sees in you!

Keep Trucking!!

Chaim

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

Posted by iyh2023 - 26 Nov 2023 19:23

Hello everyone, happy Sunday!!

Thank you R' [chaimoigen](#) for your words of encouragement, very inspiring.

Sometimes when we think about this struggle and realize how large and complex it is, we can get scared and feel weak and little, cuz its so daunting. But if you look in Rashi in the end of Parshas ?? ?? he says on the pasuk "?????? ?? ??? ?????", that Avraham took a knife but was SCARED, so Hashem held the knife with him. Dont feel small cuz youre scared, Avraham Avenu **heard from Hashem him self** to do a bris and was still scared, dont melt!!! Great men are allowed to be scared!!! Hashem is holding your hand!!!

Have fun!!!

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[chaimoigen wrote on 26 Nov 2023 16:30:](#)

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Keep Trucking!!

Chaim

There is the madreige of Yaakov avinu of saying ??????, but for most of us it won't encourage us. perhaps it's just fine for a few minutes before going to sleep.

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