

HERE WE GO - AGAIN.....

Posted by iyh2023 - 13 Nov 2023 16:09

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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 ainshumyeiush - 21 Dec 2023 21:02

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Check out fight the new drug. Its a organization dedicated to letting people know about the dangers of porn. I have heard elon musk talk about the dangers of social media, so im assuming the same goes for porn. But definitely check out ftnd, online or with their "consider before consuming" podcast.

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

Posted by foolie - 21 Dec 2023 21:07

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Generally speaking and this is my understanding so please go pile onto someone else who cares. The Western world essentially has a Judeo-Christian morality that it theoretically holds by, therefore technically they should abhor the industry, however in the days of free thinkers, political correctness and woke agendas the government essentially ignores this as free speech

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

Posted by ainshumyeiush - 21 Dec 2023 21:15

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@foolie Very true, considering that technology is the opiate of the masses, and porn is essentially the most potent form of it. But the people who actually think is what i think iyh2023 is asking about. Ftnd is very good in the fact that they aren't a religious organization, so none of the good old fashion "eternal damnation" stuff. But yes the mindless masses who are forever destined to wallow in pixels don't count in this regard. And if you want information about technology addiction (not just porn) there's a book called "irresistible" about it. I forgot the name of the author

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

Posted by iyh2023 - 22 Dec 2023 15:55

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So last night i was thinking about the metaphor we know, that "life is like a roller coaster", i thought about it and realized, that there are so many powerful ways that life is like a roller coaster, i decided to post it here to see if anyone has anymore.

1. the obvious, it has ups and downs.
2. no roller coaster is free to ride.
3. once your on, you gotta stay till the end, you might as well enjoy it.
4. no 2 roller coasters are the same.
- ?5. you can learn to appreciate them. (been there, done that, the roller coaster part....)
6. at the time that you get on, it has the exact route it will take.
7. its always more enjoyable with a friend.
8. it took a smart man to build it.
9. no need to worry, there are seat belts.
10. if you dont enjoy them, you cant understand how some people do. (been there, done that....)
11. if you enjoy them, its pure ecstasy. (been there, done that)

I think that each one is worthy of its own thread, so think about them and think about them again!!

Feel free to add some more!!!

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

Posted by iyh2023 - 24 Dec 2023 21:55

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Hi all, shabbos was tough, i almost feel TWICE.... but i dont have time now, i will be back tomorrow.

#Buildbackbetter

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

Posted by Heeling - 25 Dec 2023 00:15

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One only fails when they give up.

Keep climbing,

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

Posted by iyh2023 - 25 Dec 2023 16:12

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I'm down, i'm upset, and back to day one....

I'm down 'cuz im back to day one.

I'm upset 'cuz i saw it coming days ago, and did little to nip 'em in the bud....

So now i'll analyze what happened:

I find that biggest trigger for me is, frustration, the type of frustration that sets in when expectations are not met. When i expect my actions to bear the rewards that i "deserve", and they dont, it leads me to the next level of the downward spiral. Which is, dissatisfaction with circumstances in general, in all aspects, not family necessarily, i get filled with unhappiness and my mood goes south. Again this all stems from the unmet results that i expected, and feelings that i was let down by them not being met. Which then puts me in the strategic position to fall, due to my lack of satisfaction, and feelings of guilt for being such a grump, and then i'm back to day 1.

How i can **try** to prevent it from happening again:

I can/should learn to appreciate my wife for who she is, from head to toe, meaning her feelings, emotions, likes and dislikes, idiosyncrasies, moods, her expectations, the whole package as she

is.

That will help me for a number of reasons:

1. I will learn to accept everything that she does, says, (or doesnt say, do...) and i wont get frustrated.
2. I wont expect anything from her, 'cuz thats (the thing that i'm expecting) not her!!
3. I will respect her for who she is, and respect breeds love.
4. ?I will be able to better communicate my feelings with my self when i do get into a situation, and put things into perspective.

Thats it for now, just trying to make sense of the goings on, and sort out the mess in me.

I will try to stay positive and to be upbeat.

So long fellas, and shalom!!

P.S.:

?I believe that the 4 points i made above are applicable to my self as well, but i will leave that for another time.

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

Posted by true\_self - 25 Dec 2023 16:37

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I'm sorry to hear that you fell.

What you describe as leading to your fall sounds very familiar to me. Your four point are the right things to work at in order to lower expectations so that you don't find yourself in the same spot again, I'm sure you are aware that it involves a lot of contemplations and one needs to be

patient with seeing changes. That being said it's likely that the frustration will hit you again while you work yourself through, you also mentioned that you foresaw this fall coming but did nothing to prevent it, so what will you do next time you find yourself in the same spot? If we fail to plan, we plan to fail.

You are a shining diamond, dust yourself off and keep on shining brighter and brighter!

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

Posted by foolie - 25 Dec 2023 17:20

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I want to take issue with point number one accepting her for who she is, is great but to think that you won't be frustrated is not accepting you for who you are, you will be frustrated with her but accepting her for who she is means that at that point you treat her like a mensch and then you alleviate your frustration by talking to someone, working out or the age old eat your frustrations although highly not recommended by your cardiologist or GP, or a different healthy way of dealing with frustrations.

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

Posted by eerie - 25 Dec 2023 20:11

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Hey, IYH2023, sorry for the pain. You sound like you have some good ideas going forward, so keep at it!

Some short ha'aros:

1-Going south sounds gantz geshmak at this time of year

2-Are gonna change you username in a few days?

Seriously, keep trucking! You are a wonderful part of GYE

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

Posted by iyh2023 - 25 Dec 2023 22:06

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1-Going south sounds gantz geshmak at this time of year

yea problem is, my mood went south and i stayed here...

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

Posted by iyh2023 - 25 Dec 2023 22:07

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[eerie wrote on 25 Dec 2023 20:11:](#)

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

Posted by chancy - 26 Dec 2023 17:30

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[iyh2023 wrote on 25 Dec 2023 22:07:](#)

[eerie wrote on 25 Dec 2023 20:11:](#)

1-Going south sounds gantz geshmak at this time of year

Yea, problem is, my mood went south and im still here...

Dear IYH (btw, I know that Hashem is already Roitza....)

To your point about frustrations being your main trigger.

I feel you, a lot of us have the same issue that some strong emotion like anxiety, fear, sadness, frustration or other will make us want to escape, and this is the easiest place to escape to.

1. The easier fix is to therefore make it harder to escape, filter your devices to the max! That way, you will have more time to cool down.
2. The harder thing to learn is how to live with frustrations, learn to see them for what they are, and not let them overtake you completely,.

It is perfectly fine to feel frustrated, everyone has it in life, everyone has expectations about his wife, kids, job, friends, and most of the time they dont go how he wants. So you get a little frustrated, what you need to learn is how to relax. Try the following for a quick feel of it.

1. Sit in a dark room where nobody will disturb you for a few minutes. NO DEVICES WHATSOEVER!
2. Think back to the most recent episode of frustration. Lets say you wife didnt or did say something you expected.
3. Feel how it bothers you, let it bubble up inside and feel the heat of it, how it goes into your head and makes you heart pump all angrily.
4. Now sit with that feeling as long as you want, see how you are able to view it from an outsiders perspective and look at it from afar.
5. Now, after sitting for a while, you will feel that it will usually ebb and flow, it will not stay the same strong.
6. You will realize that its not the end of the world to be frustrated and there is no NEED to escape!



This is just a beginners course for learning how to identify and feel you emotions without letting them overwhelm you.

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

Posted by iyh2023 - 26 Dec 2023 17:45

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[chancy wrote on 26 Dec 2023 17:30:](#)

[iyh2023 wrote on 25 Dec 2023 22:07:](#)

[eerie wrote on 25 Dec 2023 20:11:](#)

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Thanks, do you need my cc info?

All kidding aside, i understand what you're saying and its all important, but, i want to get to a time and place where i wont be tempted at all, not having accesses and filters are preventative maneuvers, not healing maneuvers. I dont think it qualifies as a fix.

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