

My personal journal - open to the public

Posted by dreamyunicorn28 - 03 Nov 2024 21:14

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Hi Friends,

I'm starting this topic as my personal journal where I will Be"n share my thoughts, update on my progress and also ask for help.

I'm now 30yo, married and have a few children BH. My Kedusha struggle came together with puberty - age 12. Before that I knew I was not supposed to touch my private parts but as the hormones kicked in, I grew curious. Right after my Bar Mitzvah it was the first time I have put my hands down there - and it's still there almost 20 years later. Being a very reserved and isolated kid, I wasn't able to confide to anyone about my struggles and I didn't know if I was normal and if things that came out of my body was okay. I felt tremendous guilt and shame; I had no way to know that I was normal. That got me in to more trouble. At 15-16 I got involved with other Bocherim and couldn't get out of it. When I changed Yeshiva's I was hopeful about staying clean but it wasn't so. I was attracted to other Bocherim and masturbating almost daily (or multiple times a dat. I once tried staying clean for 40 days hoping it will change the habit, and was clean for 50 days. On day 50 I had a wet dream and I was so disappointed by it so I fell back all the way.

The next time I felt hopeful was at my wedding (age 20). I wasn't Matzliach in Kollel and felt horrible with myself. Together with marriage issues, I fell badly and was for the first time exposed to porn. My mental health together with Yiddishkeit began spiraling downwards. I also started getting involved in chatting and lots of other garbage. At this point I still have not shared any of this to anyone on the planet.

Fast forward, I lost my job and almost my wife and almost my life, and reached an all-time low. I officially became atheist and was living a double-life... no davening, no shabbos... My whole life was about to fall apart so I started looking for a therapist. After 3 therapist I didn't like I found someone I connected to. It was very difficult to open up to another person, but slowly I did it.

Therapy has kept things from not getting worse, but I wasn't making serious progress in terms of healing. Until I came across some great Mashpia/Rebbe that I connected to very well. Over a few years I started seeing real progress. Eventually I was, for the first time, able to connect to a Davening and to Hashem and I became very hopeful about a good future.

After 3 years of being in this new reality, it felt as if I can never fall back again to my Yiddishkeit problems. Although I still had P&M ups-n-downs, I didn't think I can fall lower than that. But last week has proved me wrong. I fell so badly! But this time I have what to look back at and be reminded that I can still get back up!

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 15 Jan 2025 19:09

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My best advise I can give anyone today:

Next time you're battling an urge listen to **"Rollin' by The 8th Day"** on **blast** and all will be good! (You have to pay attention to the lyrics)

Tested and approved by myself and @Heeling

**(Water's on my mind and I just can't swim**

**The only way to win is to jump right in.)**

**Some say, turn around**

**Turn around and fight 'em**

**Some say, close your eyes and pray**

**Some wave a big white flag**

**Screamin' with surrender**

**Some quit, callin it a day**

**CHORUS:**

**Just keep on moving, rollin on**

**Don't stop for the ocean**

**Keep on moving, waters fade away**

**Just keep on moving, rollin on**

**Don't stop for the ocean**

**Keep on moving 'til you find your way**

**?????, ?????, ????? ???? ?????**

**?????, ?????, ??????**

**Go! Go!**

**Go! Go!**

**Some look away**

**There's just nothing but survival**

**Some say it doesn't really pay**

**Some hold on tight, screamin'**

**Can't change my nature**

**Some say, we just can't find our way**

**CHORUS:**

**Just keep on moving, rollin on**

**Don't stop for the ocean**

**Keep on moving, waters fade away**

**Keep on moving, rollin on**

**Don't stop for the ocean**

**Keep on moving 'til you find your way**

**?????, ?????, ????? ???? ?????**

?????, ?????, ??????

**Go! Go!**

**Go! Go!**

**Water's on my mind and I just can't swim**

**The only way to win is to jump right in**

**I'm staring down a barrel but I trust in Him**

**Waves are crashing but we're comin' in**

**Got my eye on the prize won't stop for the lies**

**I'll be running down this path 'til he opens my eyes**

**Clouds so dark I can't see a thing**

**But I wait to see the light that my faith will bring**

**(CHORUS and then Water's on my mind)**

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Re: My personal journal - open to the public  
Posted by gevura shebyesod - 16 Jan 2025 00:53

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Great song!

Also "Give It All You Got".

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 16 Jan 2025 21:13

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Day 9

Hashem gifted me the strength to win another day in this battle, and I pray for more. In no way do I feel confident about keeping it up for too much longer, B'derech Hateyva. With such a broken immune system I'm vulnerable to the slightest exposure.

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Re: My personal journal - open to the public  
Posted by amr - 16 Jan 2025 22:46

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Shalom aleichem gibor.

I spoke to my mashgiach from my old yeshiva (and a few other talmidei chachamim) about this (specifically about sensitivity to kedusha, to shmiras einayim, to not feeling dulled towards these acts)

He said to immerse yourself in the mikva of torah, and gradually you mimeila will regain the sensitivity.

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We are naturally kadosh and sensitive to these topics, as we gradually remove ourselves from the tumah, we will, naturally, start returning to our natural state.

( I understand this is a reply to a much earlier thread, thought I'd do it anyway for anyone who might gain)

Hatzlocha Rabbah

Someone who recently restarted using GYE himself

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 17 Jan 2025 14:50

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Day 10

Last night I felt very down and anxious. My old habits were kicking in and I was starting to slip...

B"h it was early enough that I was able to ask myself if there's something else I can do that will me give me this dopamine rush in kosher way... I decided to write about my intimacy struggles in the Balei Batim's forum, and it worked wonders... I got stirred up by revisiting old memories and writing it out and I went to sleep in good spirit.

I also purchased the book Battle of The Generation, and frankly, 3 chapters in, I didn't yet find it interesting but I will continue reading it as another form of Hishtadlus.

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Re: My personal journal - open to the public  
Posted by upanddown - 18 Jan 2025 22:02

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[dreamyunicorn28 wrote on 17 Jan 2025 14:50:](#)

Day 10

Last night I felt very down and anxious. My old habits were kicking in and I was starting to slip... B"h it was early enough that I was able to ask myself if there's something else I can do that will me give me this dopamine rush in kosher way... I decided to write about my intimacy struggles in the Balei Batim's forum, and it worked wonders... I got stirred up by revisiting old memories and writing it out and I went to sleep in good spirit.

I also purchased the book Battle of The Generation, and frankly, 3 chapters in, I didn't yet find it interesting but I will continue reading it as another form of Hishtadlus.

I felt the same way... i actually found it pretty boring throughout and slightly repetitive.. so don't hope that at any point it'll become gripping.

**But** it's worth reading because it's *davka* the ?????? ?????? that are so life changing!! Slowly but surely it rewires your way of thinking and gives you an understanding and even an appreciation for our Kedusha struggles. The thrill is in the outcome - the new way of living!

Keep up your great work!

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UpAndDown

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 20 Jan 2025 16:46

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Sunday I woke up in an awful mood and very triggered. I really tried hard to stay clean but I failed! I'm devastated!!!

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 21 Jan 2025 15:11

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Day 1

I'm trying to teach myself that because I fell yesterday doesn't mean I have to continue playing in the mud. I'm also trying to celebrate the 13 days that I won. That was 13 days that didn't come easy. Bs"d I'm winning a lot more than loosing.

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Re: My personal journal - open to the public  
Posted by boardg - 21 Jan 2025 17:02

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[dreamyunicorn28 wrote on 21 Jan 2025 15:11:](#)

Day 1

I'm trying to teach myself that because I fell yesterday doesn't mean I have to continue playing in the mud. I'm also trying to celebrate the 13 days that I won. That was 13 days that didn't come easy. Bs"d I'm winning a lot more than loosing.

to quote the great seekingkedusha1 "Trump bounced back and so will I"

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 28 Jan 2025 17:56

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Day 8 B"h

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 03 Feb 2025 21:30

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Day 14 B"h

Since my last report I came down with the flu and was bedbound for days. B"h I'm feeling better and my Y"h hasn't forgotten about me. I didn't fall today but slipped a bit.

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Re: My personal journal - open to the public  
Posted by Hashem Help Me - 03 Feb 2025 21:48

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Refua shleima!!

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Re: My personal journal - open to the public  
Posted by altehmirrerr - 04 Feb 2025 04:30

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[dreamyunicorn28 wrote on 03 Feb 2025 21:30:](#)

and my Y"h hasn't forgotten about me.

Nor have we buddy! keep it up and keep on posting!

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Re: My personal journal - open to the public  
Posted by cleanmendy - 05 Feb 2025 15:58

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Its probably not nice of me to tell you that your slips and falls are mechazek me...

But the truth is, it does.

Not because of your slips and falls but because of the outcome, you dont give in to that stupid monster!!!

I hope your never mechazek me again:grinning:

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