

I'm really trying to break free!!

Posted by nowitstime15 - 18 Apr 2025 00:33

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Hey all, I'm just using this to write down my thoughts and feelings. I just failed. I let Hashem my father down.

I'm so upset with myself, I get to 8 days clean, then I fail, I get to 14 days clean then I fail and I just can't seem to catch a break. I've deleted all my social media, I just have YouTube. I don't stay on my phone before bed, I still struggle with sleep due to illness. I go to the gym 3x a week and I guard my eyes, I have only male friends (cut out all my female friends over the past few years), I have lots of chavrusa and try and learn Torah.

I feel dirty and disgusting when I've failed. All I think about how disgraceful I am when I shake someone's hand on shabbos and how impure I am.

here's the thing though, I don't want to give up, I keep trying and always will do. I will get to the point where I don't think about doing any aveira in my life time.

I also listen to clean song, I watch clean tv shows. I work hard. And yet a day like today was really tough, even if I using distractions they work for a little bit and then BAM it gets me.

I know deep down that Hashem loves me, but I can't help but feeling that he's super disappointed in me and will not have mercy on me. Maybe that's just my yetzer hara, making me think the worst thoughts.

i don't know if any of this is making sense, but I don't know what else to do.

all I'll end with is, I won't give up, I can't give up, I won't give up on myself or my future family. I want a good life and Hashem has blessed me with a good job, a beautiful family and now I want him to bless me with the chizuk to overcome this huge nissayon and eventually find my Zivug.

I hate to call myself a frum yid, but I am.

I pray for each and every one of you that individually and together we overcome these challenges in life, that Hashem blesses us with the strength and only good/clean thoughts.

Now to wait another 7 days and I'll be physically and mentally clean. I just wish I was physically clean now.

p.s. sorry for a long message.

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Re: I'm really trying to break free!!

Posted by proudyungerman - 09 Jun 2025 19:15

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How's it going, buddy?

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Re: I'm really trying to break free!!

Posted by nowitstime15 - 03 Jul 2025 10:33

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Hey bro,

Honestly 8 days ago I was really struggling, lack of sleep, overworking, not eating well, and constantly on instagram. I was failing every week.

However, last week I made the decision to deactivate my instagram account (the biggest temptation I realised). As much as I love consuming the content, it was showing me all my temptations and I just knew, knew I had to deactivate it.

It's early days, but I feel so much better and lighter. I know some people say keep the temptation and learn to control yourself, but I'm of the belief that if I remove all the temptations in life, I can lead a pure life. Anyways, the war is not over yet, but the yetzer hara is shocked at how strong I can be.

I just notice the difference of being clean, it's not just physically and mentally and even if I am tired, my mindset is still better off.

Thank you for asking! I pray everyone has the strength to overcome this!

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Re: I'm really trying to break free!!

Posted by puppy - 03 Jul 2025 15:50

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Hay nowisthetime,

Im amazed how you had the strength to deactivate you Instagram account that shows that Yes You Can!

That's amazing brother!

Brother, more clean days to come,

you will feel much better, cleaner, manually & physically each day goes on,

One Day At Time

Keep up buddy, you are on the right path

keep posting

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Re: I'm really trying to break free!!

Posted by chosemyshem - 03 Jul 2025 18:49

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[nowitstime15 wrote on 03 Jul 2025 10:33:](#)

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I don't know who says that, but ignore them. "Supreme excellence consists of breaking the enemy's resistance without fighting." Sun Tzu. "The greatest victory is that which requires no battle." Also Sun Tzu.

Avoiding the war is most of the fight. Huge kudos to you for removing that source of struggle. Enjoy the feeling of getting cleaner. Sinking in to that feeling will help you move onward and upward.

Hatzlacha!

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Re: I'm really trying to break free!!

Posted by proudyungerman - 13 Jul 2025 18:40

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[nowitstime15 wrote on 03 Jul 2025 10:33:](#)

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Thank you for asking! I pray everyone has the strength to overcome this!

Can't believe I missed this!!!

That's awesome!

KUTGW!

How's it goin' since then?

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Re: I'm really trying to break free!!  
Posted by dove1 - 14 Jul 2025 09:51

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Hello.

I've recently discovered this app.

I've been using P&M for about the last 7 years. It's been a huge weight on my shoulders that has been slowly pushing me further and further onto the ground. I became more connected to Torah and Hashem about two years ago and since then, while my whole life has changed after seeing the incredible shining light of HaShems Torah; things have also been getting darker and darker with my addiction.

this app was a huge help to me and I was doing really well. I had three weeks without any p&m, however when I had a fall last week, and then subsequently every day since then, I realised that I need to be actively working on things every day and furthermore, with other people because the main reason why I ever started, was because there was a lack of connection and friendship in my life.

i grew up as quite a mature child. I got on with most of the people in my classes at school, however I would never have a friend close enough to ever talk about deeper topics as I never felt like anyone my age was on that level. I never went to parties and didn't go round to friends houses much because I didn't connect with their childish nature.

To be honest, I still feel very lonely, even though I am privileged to have so many amazing friends and people in my life. However I think my addiction is what is getting in the way as there is a certain block I have with connecting to people, maybe because I feel like I can connect to p&m (unsustainably) or maybe because I feel like this topic is something I could never speak about with anyone.

im not sure if what I have written is the type of thing I'm supposed to write. And even while writing, I can feel that it's taking lots of my energy as this is always something I thought I was the only one who struggles with. But I really hope to build real authentic friendships with people and slowly but surely learn to share and let go of more so that I can fulfill my full potential without being weighed down by this heavy burden.

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Re: I'm really trying to break free!!  
Posted by captain - 14 Jul 2025 12:01

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[dove1 wrote on 14 Jul 2025 09:51:](#)

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without being weighed down by this heavy burden.

This is definitely the right thing to write. And this is a non-judgmental space, so you can write whatever about yourself with no worry. You might want to open up a new thread and share more of your story, and connect with the guys here.

I'm gonna recommend reading The Battle of the Generation. It's a real game-changer. See the link below in my signature.

Hatzlocha,

Captain

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Re: I'm really trying to break free!!  
Posted by davidt - 14 Jul 2025 14:41

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[dove1 wrote on 14 Jul 2025 09:51:](#)

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Thank you for sharing something so deeply personal - I can feel the weight you've been carrying and also the real hope in your words. It takes tremendous courage to open up like this, especially when you've felt so alone with this struggle.

What really stands out to me is your incredible self-awareness. You've identified something so important - that the root of this goes back to feeling disconnected from others, and that P&M became a substitute for real connection. That insight is actually huge and shows you're already on the right path.

It's also powerful that you recognize how your growing connection to Torah and Hashem has brought light into your life, even while this struggle has intensified. Sometimes when we start growing spiritually, these challenges can feel more pronounced because we're more aware of what we truly want for ourselves.

The fact that you had three weeks clean shows you absolutely have the ability to break this pattern. That fall doesn't erase your progress - it's information about what you need to strengthen moving forward.

You mentioned feeling like you could never talk about this with anyone, but you just did. Right here, right now, with people who truly understand what you're going through. That block you feel in connecting with others? It starts breaking down when you realize you're not the only one carrying this burden. Your desire to build authentic friendships and share more of yourself is beautiful. As you work on recovery, you'll likely find that the walls that keep you from connecting

with others start coming down naturally.

You wrote exactly what you were supposed to write. This is exactly the kind of sharing that leads to healing and real connection.

What feels like the most important next step for you right now?

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