

You're About to Save My Life

Posted by hollyari - 28 Jul 2025 02:20

Hi Friends,

I'm new here. Please guide me further.

This is my first post, and I want to be real with you. No filters. No fluff. Just truth.

I've been struggling silently for over 10 years.

Yes — a full decade.

Ten years of falling, trying, failing, trying again, and slowly losing hope.

Over that time, I've tried almost everything — professional therapy, accountability methods, filters, tefillos, tears — you name it. But most of the time, I didn't even realize how **deeply buried** I was in this.

I do remember the good times, though they were rare.

In all those years, I've only had three stretches where I hit 40 days clean — and only once where I made it past 50. That's it. The rest was ups and downs. Mostly downs.

I kept this part of my life completely hidden.

To the outside world, everything looked perfect. I learned in strong yeshivos, got married with a great shidduch at the right time, had children on time, and today I'm BH very successful in business. On the outside, I'm winning.

But **inside**, I've been losing a painful, private battle that no one ever saw.

My most recent attempt to get help was less than a year ago.

I hired a certified addiction therapist (CASAC), spent thousands of dollars, and gave it another try. But again — no success. I finished the sessions with nothing to show for it.

I hit a low. Not just spiritually — I gave up emotionally.

I stopped fighting.

I stopped caring.

I acted out without resistance. Without guilt. Like there was no tomorrow.

And then — here's where the story flips.

Just last week, during a weak moment, after acting out twice in one day and still feeling the urge, I was browsing the internet — I'd rather not say what I was looking for — and I **accidentally** stumbled across GYE.

I didn't even know something like this existed.

The first thing that gripped me was the **clean streak tracker**.

And right away, I was hit with a memory — one of the best times I ever had on this journey. Back then, I created my own game out of staying clean. A full scoreboard. Bonuses for weekends. Double points for hard days.

When I reached milestones, I actually rewarded myself with **real silver bars**.

That system worked. It was fun. It gave me motivation and a sense of ownership. That was one of the only three times I passed 40 clean days.

And suddenly — right here on this site — I saw something just like it.

And I felt something I hadn't felt in a very long time: **HOPE**.

So I signed up.

That very night — though the urges were still strong — I went to bed... and I didn't fall.

Just signing up gave me strength.

The feeling of joining something bigger. Something real.

The weekend passed. And now, Baruch Hashem — I'm **five days clean**.

That may not sound like much to some people, but to me? It's massive.

I haven't had a clean five days in a long, long time.

And now... I feel hope again.

GYE feels different. It's not just tools. It's not just therapy. It's a **community**.

Real people — like me, like you — who understand the pain. Who've been there. Who want to help each other out of this darkness.

I already started donating small amounts. IY"YH, I plan to become a real sponsor of this holy work.

But more than money — **I'm ready to give my heart**.

I'm ready to fight.

But I can't do it alone.

I need you. I need this chevra. I need your warmth, your acceptance, your accountability.

All of you — together — can help carry me to 60, and eventually 90 clean days, starting from five days ago.

My only hope is your support.

I'm done hiding in shadows.

I want to be part of the world of **kedusha**.

Please, welcome me in.

I'm here.

And I really, truly, **need your support**.

Please, please, please help me.

I'm new here.

I'm here now.

And with Hashem's help — and yours — **I'm here to stay**.

=====

=====

Re: You're About to Save My Life

Posted by menuchashanefesh9 - Yesterday 05:05

Dear HolyAri,

Your post made me cry- how special a yid you must be that after the endless work you've invested to beat this beast for so many years to no avail, yet with the finding of this amazing site you have flipped the switch ready to finally tackle it, WOW!

You have 100% accurately identified that GYE is THE ticket to freedom. With amazing tools that the the Flight to Freedom videos offer, to the extreme warmth and validation offered on this forum, being here you are well on your way.

What was the true key for me and many others was reaching out to speak with people from the site, Sharing real life connection with real people just like you who are living this battle and many amongst them truly in a place of freedom is a tool like no other. Happy to talk (you could reach out at menuchashanefesh9@gmail.com) or give you a list of many to chose from. [ProudYoungerman- here is your cue...]

Wishing you tremendous hotzlocha in this journey, and we're here for you every step of the way!

????? ???

=====

=====

Re: You're About to Save My Life

Posted by amevakesh - Yesterday 10:06

Welcome ??? ????? to the forums! Seems like you're on to something quite significant.

There are 2 very different ways of doing battle with the YH. One, is to struggle and deprive yourself from the pleasure that he offers by telling yourself that it's wrong and Assur. Internally, there will be 2 conflicting voices. One saying "I **want** this", and one saying "you can't have it because **it's forbidden**". There's a want being pitted directly against an Issur. The battle can be fought like this successfully, but it's quite hard to sustain. Constant denial of pleasure, is extremely difficult to sustain long term. It's almost like you're pushing down on a spring every time a urge arises. Eventually the spring will likely explode.

Wha? you're suggesting is a whole different approach. The 2 voices within you are both competing for a want. One says "I **want** this illicit pleasure", and the other says "I **want** to feel like a champion". You're not denying yourself pleasure, rather your choosing between two very different pleasure. If you can learn how to develop a taste for the exhilarating feeling that comes from conquering the YH, you'll harness the ????? ??? within! It's a pleasurable feeling that can't be beat.

A word of caution, and I think that this is what some of the skeptical undertones of the previous posts are reflecting. This battle is a tough one. Respect The YH! He's one crafty fellow. He can make you feel like you've completely vanquished the dragon one day, only to come sneaking in the back door the next. There's got to be some type of strategy in place. Willpower alone is usually not enough. It can work short term to get you out of the rut, but in the long term it usually fizzles out. I've been around for approximately 2 years. Anyone I know that made any real progress, didn't do it alone. Techniques are useful and helpful, but there's no replacement for connecting with real people. People that have travelled the road you're currently on. They'll understand you so well, support you when you stumble, and lift you up if you fall. You've got a great attitude. With your fighting spirit, and some help from the good people here, you're well on your way to overcoming this beast forever. If Menuchas Hanefesh made you an offer, grab it. He's one of the best we've got. If you want feel free to reach out to me as well at my email in my signature. Looking forward to hearing more from you!

=====

=====

Re: You're About to Save My Life
Posted by hollyari - Yesterday 15:36

Wow... I'm overwhelmed in the best way.

To be seen, challenged, and lifted like this by real Yidden with real fire — I don't take it for granted.

@BenHashemBH — your challenge lit something in me. You're right. All this fire is beautiful, but without direction it can burn out — or burn *me*. So here's my next step: IY"H I'll check in here daily, post my streaks, and of course be mispalel. You gave me a wake-up call — it's time to anchor this excitement into real, lasting change. Thanks for the push. I'm on it!

@YosefHatzadik — haha! You got me pegged. "Little big-shot" is probably the most accurate title I've ever been called! But your words cut deep — and real. You warned me about brute force, and I hear you loud and clear. I've tried that. I've failed. This time, I'm not alone. With you and over a minyan of new friends by my side — and of course, with siyata dishmaya — I believe something different is beginning.

@UpAndDown — wow... your ??? jumped off the screen and straight into my heart. That Gemara you quoted — even though I've heard it before — shook me again. I've been here before, thinking I was strong enough to conquer anything. But the truth is: it's only with Hashem's help. Starting now, I'm taking on a new weapon — saying a short perek of Tehillim at every moment of struggle. You didn't just inspire me... you gave me direction. Thank you.

@MenuchasHanefesh9 — thank you! You're right — I'm still new here and don't yet know exactly how and where to reach out. But one thing I already feel clearly is: *this time, I'm not doing it alone*. Your post gave me that clarity and comfort. Thank you for holding out your hand.

@Amevakesh — thank you, holy brother. I accept your invitation. It's amazing to see your streak is over two years clean — what an inspiration! And yes, like you said, I do need help — no question. As a newbie, I don't yet know how or with what to reach out. But here's my email: AriHaKadosh24@gmail.com. It would be a huge help if you — or anyone — could guide me further.

To all of you: you've made this forum feel like a family in just one day.

I'm in. For real.

With your support, with Hashem's help, and with the fire I feel burning inside me —

I believe this time is different. This time...

I win.

=====
=====

Re: You're About to Save My Life

Posted by yosefthet zadik - Yesterday 15:58

=====

=====

Re: You're About to Save My Life

Posted by cleanmendy - Yesterday 16:21

I love the fire!! You inspire me with your enthusiasm.

Dont let this moment pass you by, use it to the fullest. You joined GYE, thats amazing. You posted your story, double amazing, you are coming out of your hiding alone, triple amazing!!

My advice take this time to get some tools, to know why your doing what your doing, Why do you want Kedusha over the alternative, what will you do to get there?

The book the battle of the generation is a great place to start, read through the threads and youll see how many guys it has helped.

Accountability partners is another great tool, use it.

Were all rooting for you!! Please keep us posted of the good great and hard days, we really care for you to succeed!

KOMT

=====

=====