

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**.

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Re: You're About to Save My Life

Posted by yosefthetzadik - 12 Aug 2025 11:44

[hollyari wrote on 12 Aug 2025 01:05:](#)

First of all, Muttel — no offense! Hope all's good. BH, I made it through this hard day and I'm almost ready to call it a night. TYH, I made it!! *I'm still on track.*

Great that you updated your signature — you owe no one anything! You're a gem, a tzadik, for sparing your time to help others. You actually already helped me today: first, by having me sit and wait for a response, and above all, by giving me this little complex that you might respond any second and I can't risk being mid-fall when you do.

Keep up your great work!

Kavey — solid idea! I wish I could see a sample template of how it looks. I've got a similar idea I've been working on for *hundreds* of hours — collecting trip ideas and researching destinations. I started with local/doable ones, and now... I laugh at myself. This list is close to Mars! I could leave now and only finish at age 60, but I still enjoy finding *the* solid getaway.

And @YossefHaTzadik — I just now finished reading your thread! (No coincidences in this world — I actually replied in your thread right before finding your message here.) LECHAIM for your Lag B'Omer party!!! 33 days?! Yallah!!!

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Re: You're About to Save My Life

Posted by yosefthetzadik - 12 Aug 2025 11:49

[hollyari wrote on 12 Aug 2025 01:05:](#)

And @YossefHaTzadik — I just now finished reading your thread! (No coincidences in this world — I actually replied in your thread right before finding your message here.) LECHAIM for your Lag B'Omer party!!! 33 days?! Yallah!!!

Thanks for reading through my thread, it gives me a lot of chizzuk!!

Let's patry our way up this mountain!!

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Re: You're About to Save My Life
Posted by kavey - 12 Aug 2025 19:43

Here's a sample.

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Re: You're About to Save My Life
Posted by hollyari - Yesterday 13:49

BH — 3 Weeks Clean!

Thank You Hashem for giving me the koach to get here.

One day at a time... every minute is a victory.

“Lefum Tzara Agra” — the reward is according to the effort!

To anyone still struggling — don't give up. If I can do 3 weeks, you can too.

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Re: You're About to Save My Life

Posted by hollyari - Today 16:00

[davidt wrote on 30 Jul 2025 20:30:](#)

Day 26, huh? August 18th? I'll be here, same as always, just waiting. Because here's the thing you keep forgetting - I know ALL your patterns. I know exactly how this story ends. The only question is whether you'll make it past day 3 this time, or if we're doing the usual day 1 restart dance.

Just one Shabbes and we'll all be free,

Just one Shabbes come and join with me,

Let's sing and dance to the sky,

Lift our spirits so high

[MBD]

Chevra, you were laughing.. Guys, I'm strong like a lion! Right up...

One more short weekend, end..... I won again! Yep, high roller! That's my style!!..

No-one can stop me!

YossefHatzadik.. We got a bet...

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Re: You're About to Save My Life

Posted by hollyari - Today 16:14

I've PM'd you but dont know if you see them. Please feel free to email me and we can set up a time to talk.

I can't see any PM's yet.

I tried emailing you, do you monitor this email account? Looking out to connect.

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