

Hello?

Posted by Kc89 - 15 Sep 2013 08:41

Hey,

It is just an hour or so after Yom Kippur for me, and one of the things I promised to do on Yom Kippur was to join the forum on GYE and start sharing and listening.

I'm a 24 year old "yeshiva bachur" who has been struggling for over 10 years. Over the last year things got so bad I found myself watching inappropriate materials on shabbos! So I decided it is time to get to work. Just putting out some feelers, hoping there are others out there.

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Re: Hello?

Posted by inastruggle - 15 Sep 2013 09:34

Welcome to gye,

There are definitely others out there.

I'm also a yeshiva bachur.

This is the right place to start.

The place to start is probably the handbook (click on the gye program tab on top of the page). Keep posting about your thoughts, questions, and how you're doing.

Hatzlacha!

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Re: Hello?

Posted by cordnoy - 15 Sep 2013 09:35

I was one as well

good kabbalah

welcome aboard

it should be with hatzlachah

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Re: Hello?

Posted by rosenfeld - 15 Sep 2013 10:12

Hi-

I struggled with this as a yeshiva bachur as well as kollel yungerman in a very fine kollel (though I was getting clean at that point). You are not alone. Welcome.

You can get to the other side of this. It won't be easy, but we are here for you as you go through your process. Don't give up, it does get better and there are many on here who are in recovery and have not looked at *stuff* in many years.

Welcome!

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Re: Hello?

Posted by reallygettingthere - 15 Sep 2013 10:42

Thanks for sharing that. I'm sure it hurts to admit that you watched porn on shabbos. (is that what you mean by "inappropriate materials", as apposed to a jews for Jesus video)

Nearly everyone here has done stuff that they sincerely regret. Things that they did because they were addicted or heavily "areingetun" in their habits. You are not alone.

following up on your kabbalah is great.

Do you have a plan?

Einstein once said that the definition of insanity is doing the same thing again but expecting different results.

Eli

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Re: Hello?

Posted by Dr.Watson - 15 Sep 2013 13:04

B"H that we have the wonderful gift of yom kippur that we can examine our lives, decide what needs to change and act on it! B"H for GYE and for bringing you here!!

Welcome. Yes this addiction makes us do things we don't really want to, that's practically the definition of addiction. This kaboloh is the most important one you're ever likely to make, so pat yourself on the back for a start.

The GYE handbook is the place to start. I hope you stick around and post about your progress.

Behatzlocho.

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Re: Hello?

Posted by Kc89 - 15 Sep 2013 19:21

Thank you all for reaching out and for your words of support. For now my plan is to reduce the number of days I watch porn by keeping a clean day every other day, and building on that when I feel strong to keeping two clean days etc. etc. Wish me luck!

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Re: Hello?

Posted by Dr.Watson - 15 Sep 2013 19:40

[Kc89 wrote:](#)

my plan is to reduce the number of days I watch porn by keeping a clean day every other day

Forget about tomorrow, just try to stay clean today. Today is all we have. When tomorrow becomes today then that will be all you have.

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Re: Hello?

Posted by cordnoy - 28 Oct 2014 13:07

[Dr.Watson wrote:](#)

[Kc89 wrote:](#)

my plan is to reduce the number of days I watch porn by keeping a clean day every other day

Forget about tomorrow, just try to stay clean today. Today is all we have. When tomorrow becomes today then that will be all you have.

and perhaps....not even 'that.'

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