

New - and On the Way to Breaking Free

Posted by Fightingaddictionnow - 28 Apr 2014 02:37

Hello Everyone

I'm 16 years old and recently joined. Just feel the need to open up and seek advice since every other post seems to be coming from older users.

I've been looking at porn for the past few years, and acting out every few days for almost two years. I tried half heartedly to stop a few times, but am now determined. I've only been Tahor for three days, but am going to need some support if this is really going to happen. I also have major high school exams in the next three weeks, so am stressed and often tempted.

I've looked through the GYE site already and found some material. I've joined the 90 day list. (I also have a filter now installed on my computer and phone, but am still tempted to act out.) I would really appreciate some advice ASAP - just a list of resources, tips, inspiration - whatever you can.

Thank you everyone so much.

S.

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Re: New - and On the Way to Breaking Free

Posted by Watson - 17 Dec 2014 02:43

[Fightingaddictionnow wrote:](#)

I'm getting the feeling it's impossible again.

Personally, I know that it's impossible for me. I have years of failed attempts to prove that. That's why I don't even try any more. I leave it up to G-d. If He wants me to be sober He'll keep me sober, I just need to do what He tells me to do (through His Torah and other people) to the best of my ability. That's all I can offer. But staying sober, that's beyond me. Only Hashem can do that.

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Re: New. (Hopefully) On the Way to Fully Breaking Free
Posted by cordnoy - 17 Dec 2014 04:28

I don't fight the yetzer hara.

I don't know who he is or what he does in this battle.

I have an addiction for lust.

I cannot fight it.

I cannot focus on it.

If I do, I lose.

I need to learn to live....that is what this is about.

Anyone willin' to go into the ring with the yetzer hara needs to have his head examined.

How much mussar and torah and chassidus will one need to learn, so he can be prepared to bully the y"h into the corner?

Maybe some can.

I would doubt it, but it's a free country.

I will continue livin' this moment...that is all I can afford to do.

Thanks

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Re: New. (Hopefully) On the Way to Fully Breaking Free
Posted by Shmeichel - 17 Dec 2014 14:49

well said cordony

thanks

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Teen Breaking Free - Good News
Posted by markz - 05 Jan 2016 02:43

MAJOR SUCCESS STORY IN THE MAKING

WE HAVE A 17 YEAR OLD TEENAGER STORMING ALONG IN A 18 WHEEL TRUCK

ALL THE ALTE KAKKES (myself included) HAVE A FRESH DRIVER TO FOLLOW!!!

Oysh... Huff... Krechtz... can we keep up???

[Fightingaddictionnow wrote:](#)

So I think this might be the first only good news post I've ever posted. I wrote a long helpful post when I crossed 90 days, describing what I think are the best tools etc. and I've kept off the GYE website since then as it can be a trigger for me - totally forgetting works better for me. Anyway, I think GYE and all its visitors deserve some happy stories for motivation, so I'll add my bit.

Nothing long or fancy. Just some facts...

- With the help of Hashem I'm 163 days clean.

- Acting out has literally become a non-option for me. I don't even think about it anymore.

- My Shmiras Einayim is on a whole new level than it ever was, with regards to controlling myself and looking away as soon as I see something.

- I'm SO FREAKIN HAPPY ABOUT THIS!

Lots more to write a different time. Just wanted to stick that up for now. Hatzlacha everyone and thank you all!! Peace out.

This needs to be added also to the teen forum for sure.

You will notice in this thread, that our hero mentions the benefit of being busy, which should be taken to heart... *Oysh... Huff... Krechtz...*

I wanna say one thing to our **poster boy** hero

You wrote a new post earlier today

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Keep posting, and KAT (keep awesome trucking), I'm following you **avidly**

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Re: New. (Hopefully) On the Way to Fully Breaking Free
Posted by markz - 05 Jan 2016 03:05

[Fightingaddictionnow wrote:](#)

Mazal Tov! I made it to 90 days clean with Hashems help and the support of GYE!

I thought I'd try and list what's worked for me so far, if it will help anyone out there.

#1 Having a filter.

This is plastered all over GYE, but I gotta reiterate it. However motivated you are and however strong you think you can be, having a filter is imperative to staying clean and guarding your eyes. I use Covenant Eyes for my laptop, and Net Nanny for my android phone. Both of these filter the sites on your device, but also give your accountability partner access to view reports on everything you visit.

#2 No filter is complete without you.

That being said, every filter has its holes in the system. I don't want to bring attention to them and cause temptation for anyone unaware of them, but I personally know where the yetzer hora takes me to that isn't blocked. So you need to stay far away from them - be it having a phone curfew, restricting your use of devices when alone or in the bathroom - whatever works for you. This is still a battle for me, so bring on #3.

#3 Hashem is in control.

Talk to G-d. We can't do this alone. Ask Him to take away temptation and help us through this... It helps.

#4 90 days chart.

This isn't the ultimate goal, nor am I immune now, but having a goal in sight is infinitely helpful in overcoming the temptation rush. Join the climb, update regularly and appreciate how well you are doing! It definitely helped me.

#5 Music

As I type, I'm listening to some awesome Jewish music. While I do listen to non-jewish music, I have seen the difference in staying clean when tempted while listening to 'kosher' music. Try it - there's something that just calms you and really helps there. Combine this with #6 for the

#6 Distraction

Sitting in your room and white-knuckling doesn't work. Guaranteed that long term it's easier if you train yourself to never open the door to the temptation. Find a hobby, exercise, phone your parents or treat yourself to an ice cream. Whatever distracts you - it's not cheating, it helps. For me this was one of the most important, and now the temptation doesn't find its way in from

#7 Guard your eyes (and hands) - from yourself.

Maybe this should have been #1, because for me this is literally the game changer. When I turned around and decided to stop on Tisha Bav, I also made this commitment. Basically I thought about it logically and realised that dieting is impossible if there's cake on the table always. SO - *DON'T LOOK AND DONT TOUCH*. Never look at or touch your Makom Habris. It's that simple. You lie to yourself and say you need to when you go to the bathroom etc, but your brain isn't that stupid... You learn to be excused while not touching it. Looking is much harder, but don't look down. Showering is the hardest time but you can do it! For me this totally changes things - it made staying clean a thousand times easier.

#8 Talk to people.

Whether you're ready to tell a real person, or post on GYE, talking out what works and doesn't and how you're doing is a crucial part of recovery.

#9 Don't get down.

It's hard. Don't get depressed. Firstly, for me I know that falling is the worst thing and impossible to get back up. So I use the three second rule, if you see something think and then look away. Then congratulate yourself! Don't let the Yetzer Hora win. Same goes for nights... unintentional falls don't count. So don't be upset, Just KEEP ON TRUCKING.

I had lots to write but thats all I can think of now. Feel free to add chizuk and comments in reply, I can't wait to read them - I'm still on this journey too. If any of the moderators could pin this for a while I'd appreciate that because I really want those who can to benefit from this. KOT guys. Thank you all. Kol Tuv!

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Teen Breaking Free - Good News

Posted by markz - 05 Jan 2016 03:06

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Re: Teen Breaking Free - Good News
Posted by markz - 05 Jan 2016 20:08

Please please can we have this posted also in the teen section, which I have no access to, since I drive an antiquated truck :-)

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Re: Teen Breaking Free - Good News

Posted by Fightingaddictionnow - 12 Jan 2016 18:13

WOWOWOWOW.

Thank you @markz for bringing this thread to life. I'd totally neglected it but I'm really glad to have it back alive and updated thanks to your thoughtfulness. So firstly small correction... I'm 18

Second, I've been on a break from routine, in a house with an unfiltered open internet top of the line computer. I would never suggest testing yourself like this but Bisyata Dishmaya somehow I'm still afloat - I've kept clean and stayed strong, and leaving here tomorrow. Thank you Hashem.

I guess thirdly is just a check in. BH I'm doing well - though maybe not well enough, being a little over confident - that's when the YH usually steps in. So here's my written resolve to restrengthen and be more protective over my eyes, and IYH to KOT. Thank you Hashem for all now, so just thought I'd keep you up to date on that. You do, for all Your help, for giving me challenges and helping me overcome them.

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Re: New - and On the Way to Breaking Free
Posted by Shlomo24 - 12 Jan 2016 19:49

WOW! Holy cow this is cool that a thread got revived like this. I think that it's also cool that you're 18 because that was when I joined GYE. But you apparently joined at 16, which is super cool. How have things been going? Is it still a struggle? Also how do you feel when you look back? I just read ur thread and it seemed very roller-coastery, I totally relate. I think that as a teenager it's common for those things to happen, our hormones were totally out of whack.

On a side note:

I read cordy's posts also and I really relate to them. It sounded like I was writing them... Maybe Shoot! Did I just say that out loud!

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Re: Teen Breaking Free - Good News
Posted by Yesod - 29 Feb 2016 05:24

[Fightingaddictionnow wrote on 12 Jan 2016 18:13:](#)

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Hey, Long time no see, so great to see you've been holding up.

now, so just thought I'd keep you up to date on that
Just want to add, along the lines of Shlomo24

Very impressed and humbled by your struggle and accomplishments especially at such an early stage.

Hashem should shower blessing upon you, hatzlacha

Yesod

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Re: New - and On the Way to Breaking Free
Posted by cordnoy - 29 Feb 2016 16:21

[Shlomo24 wrote on 12 Jan 2016 19:49:](#)

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Shoot! Did I just say that out loud!

That you relate or that there's hope?

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Re: New - and On the Way to Breaking Free

Posted by markz - 29 Feb 2016 16:49

That he said shoot

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yesod will fill in in the blanks

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Re: New - and On the Way to Breaking Free

Posted by Yesod - 29 Feb 2016 17:35

Didn't hear nothin,

hey shlomo24 speak up! Not all of us hear that well anymore

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Re: New - and On the Way to Breaking Free

Posted by Shlomo24 - 29 Feb 2016 21:03

That there's hope. That took a very long time before it was noticed.

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