

New to GYE - want to break free (Hey, that rhymes)

Posted by BenTorah.BaalHabayis - 06 Dec 2015 05:18

Hello everyone, I just discovered GYE a short while ago and this is my first post. Please excuse the monologue in advance, but just being able to express myself in writing to fellow Yidden who can identify with my struggle makes me feel better. I've been carrying around my dark secrets silently for too long.

So here's my story: I'm 25, married with a 3 yr old B"H. Unfortunately porn and masturbation are issues I've been struggling with for over a decade. The truth is that from the time I got engaged until a while after my marriage I was free of all issues, even hirhurim for the most part. But the spell doesn't last forever, and slowly shmiras einayim/ hirhurim became bigger struggles. Then a little over a year ago, between having marital intimacy issues combined with the loss of an unborn baby I fell back into porn and masturbation. Since then I have not been able to break free from it for more than a few weeks at a time. I feel like crying after acting out and I really hate that other self of mine, but I don't know how to deal with the lust which bubbles up inside of me.

I don't think the issue starts with porn. Very often the trigger is something else, and the porn is just an outlet for my lust. For example, Motzei Shabbos (like right now as I'm writing this) is often one of the hardest times for me. This is because of all the gorgeous women I see over the course of Shabbos day, whether intentionally or not. I honestly don't know what to do about this. I often feel like just staying indoors the whole Shabbos and davening beyichidus. But I'm getting sidetracked...

So there you have it. I want to start a 90 day run, but I don't know that I'm equipped. Any help/advice/encouragement/pointers etc. will be very much appreciated. I am confident that along with the great chevra here at GYE and with Hashem's help I can break free!

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Re: New to GYE - want to break free (Hey, that rhymes)

Posted by Shlomo24 - 13 Dec 2015 21:17

surrender is basically the active admission to god that we can't fight, we need the help of a higher power, (for many people this is god), in order not to fall defeat to whatever is bothering us, (in this context lust). it can be done by saying simply "god, i cannot fight lust, i will lose, please help me not to succumb to it." this can be changed based on a need basis.

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by eslaasos - 13 Dec 2015 22:12

[abe2710 wrote:](#)

by the way: i have been hearing a lot about "surrendering out lust to god" or something like that.
i would like to learn what this means can anyone offer me some direction where to go?

thank you in advance.

Hi Abe,

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My take on surrender is that until I learnt otherwise, I was stuck on beating the YH rather than winning the fight by avoiding it. This was driven by pride, another deadly sin (oops, wrong forum).

Of course, it worked out very well for the YH because conveniently if I lost the battle I would then enjoy the self-medication. (Not so) deep down my arrogance enjoyed the drama of fighting the evil YH of lust, so if the battle actually came to an end, what would I do next?

Surrender/Powerless - these buzz words do not mean we are not responsible for our actions. We are 100% responsible to do everything we can, and that includes recognizing our limitations and avoiding the fight, as we say every morning, v'al teviaynu lidei nisayon.

As an extension of this, if we find ourselves in a battle that we really don't want to be in, because ultimately we only want to be holy, then we can ask Hashem to help us and fight it for us. If we are honestly doing everything we can, then He is more likely to help us, and of course He can.

BTW - I only realized and acknowledged this after reading many posts on these forums from others who have been down this road ahead of us.

Hatzlacha!
Do you have your own thread yet? If not why not introduce yourself (anonymously

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by BenTorah.BaalHabayis - 16 Dec 2015 00:54

[markz wrote:](#)

For myself it helped alot to jump onto the 90 day chart, even if someone falls it's not the end of the world. How about you start with your own 7 day chart, and take it from there. I'll be cheering for you!

I did, a few days ago. I hope to begin a new thread about my journey in the 90 day section. Thank for the encouragement!

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by Caim - 16 Dec 2015 01:43

Thank you for the clarification on the idea of "surrendering", this was also very confusing for me.

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