

Moving Forward

Posted by OneFootInFrontOf - 08 Dec 2015 02:48

Hi. And thanks for reading.

As someone who has known about GYE for a while, with varying degrees of involvement, it has been a long, long while, and I'm here to begin again.

Briefly, my story is that I'm in my mid-early 20's, single and have been struggling with this yetzer hara since I was ~15 (involved with GYE for a while then stopped). I didn't grow up so religious and still have a strong connection to my family and the secular world. Average streak: maybe 3 days. Longest streak: 1 month. That about sums things up.

You may be wondering why get involved again on the forums now? Well, for the longest time, I rationalized that continued use and exposure to porn only affected me and was a healthy sexual outlet (how's that for secular thinking). Since I wasn't hurting anyone but me (and I had felt that "hurting" myself was just Jewish guilt), I was ok taking whatever punishment comes after 120 because I genuinely felt there was no way to go 2, 3, 4 or 10 years in our hypersexualized society without some form of release before getting married. Once again, I thought I was my only victim and as long as I was ok with the decision that I was making, that's between me and Hashem. Notice how many I's are in that last sentence.

And then as dating approached, I felt and began to understand how having a hidden life from one's significant other can poison the relationship from the beginning. So I tried, and tried (and tried) to stop, based on the new thought that it was about more than just me. And yet there was no significant progress. But I know that the reason I'm here is because I have made the decision to not date until I can work through this yetzer hara.

I know there is no "end" to this struggle, but what I'm working towards is a sense of control and acceptance that this is a part of the human experience and avodas Hashem. It's something that, with enough work, growth, davening, helping others and belief that Hashem will help me through it, I (with Hashem's help and the help of others) can and will get through.

And just as a concrete step to keep me active here, I hope to have one post every day (in thread's other than this one) to give encouragement to others.

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Re: Moving Forward
Sheva, I thank you in advance for your help and chizuk.
Posted by abe2710 - 09 Jan 2016 19:09

hey OneFootInFrontOf

i had a very similar issue with independence and as a result of it i would continually put myself in very compromising situations so that i could "fight" the YH and "break" it. i felt that any other way would be cheating. as you can imagine this led to me falling many many times... eventually i heard of something called letting go and letting G-d (i think its from the 12 steps) i understand this to mean since G-d is the only power in existence we have to be totally reliant on him to take us through this struggle. therefore any time i feel lust creeping up inside me i mentally let go of it i refuse to enter any form of struggle i say to myself let go and let g-d, i let g-d's strength flow through me and carry me though the difficulties. I know that this sounds mad and you probably think that i am crazy but it has (so far) really worked for me. only after i stated to do this did i feel that i am really healing from the inside like what you seem to be searching for.

it is hard to let go of our independence and perceived strength like gibbor120 said but its part of healing.

wishing you continued hatzlocha

p.s. well done for your solo journey back to *yiddishkite* kol ha'kavod!

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Re: Moving Forward
Posted by Shlomo24 - 10 Jan 2016 01:01

I am also very self-motivated (ie stubborn;)) and I reached out because I realized that I could do practically everything by myself but I JUST COULDN'T KICK THIS THING! Lust would sucker punch me time and time again and the insanity is that I STILL WENT BACK INTO THE RING! I came to realize that I needed a power greater then myself to keep me sober. Also I learnt in SA and therapy that I would've been much more better off if I had asked for help with life earlier. A life with god on my side constantly completely blows my previous life out of the water.

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Re: Moving Forward

Posted by OneFootInFrontOf - 19 Mar 2018 01:05

Hi everyone. To jump in with a question: just under a year ago, I started going to therapy. At the same time, I started tracking my porn use every day. The original intention was not to use it as a benchmark for the success of therapy, but that is partially what I've been using it for in the past few months. Since beginning therapy, my porn use has actually increased a little bit and I'm doubtful that I feel psychologically healthier. Does anyone have any experience or thoughts? The fact that therapy seems like another unsuccessful attempt at solving/managing my porn issues is seeming progressively truer after each session...

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Re: Moving Forward

Posted by gibbor120 - 19 Mar 2018 15:57

How has your therapy been in general? Has it helped you at all? Do you feel like you have changed as a result?

I could understand increased porn use in the beginning because therapy can be very stressful. You have to confront and face issues that you would rather not deal with. That can definitely lead to acting out.

You have been going for about a year. It could just be that you are stagnating and not getting that much out of therapy. Maybe it's time for a new therapist.

That is all just a guess. Only you know the answer.

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Re: Moving Forward

Posted by Workingguy - 23 Mar 2018 02:27

Mine got worse over the course of therapy, although the therapy wasn't directly to deal with pornography. I read a novel idea about therapy recently- that if things aren't getting better, try something else!

But seriously, it's hard to know. It could be that it's part of the process, or it could be that indeed things are getting worse.

What does your therapist have to say about it?

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Re: Moving Forward

Posted by ieeyc - 23 Mar 2018 06:11

[cordnoy wrote on 29 Dec 2015 04:11:](#)

I wish I could help you but it's a bit too deep for me.

However, I will say this: there are many of us **experiencing** some level of recovery because we are open and honest with each other, and that includes first and last names, telephone numbers and addresses, and even **meeting** up with each other.

There are many that use gye as a pajama basement hacker will do, but they probably could gain much more by **opening** up.....safely of course.

B'hatzlachah

oops,type o, its supposed to say ,experiencin' ,meetin', and openin'

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Re: Moving Forward

Posted by Singularity - 23 Mar 2018 08:54

[OneFootInFrontOf wrote on 19 Mar 2018 01:05:](#)

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maybe ask your therapist to take those playboys out of his waiting room

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Re: Moving Forward

Posted by Shlomo24 - 23 Mar 2018 17:57

[OneFootInFrontOf wrote on 19 Mar 2018 01:05:](#)

Hi everyone. To jump in with a question: just under a year ago, I started going to therapy. At the same time, I started tracking my porn use every day. The original intention was not to use it as a benchmark for the success of therapy, but that is partially what I've been using it for in the past few months. Since beginning therapy, my porn use has actually increased a little bit and I'm doubtful that I feel psychologically healthier. Does anyone have any experience or thoughts? The fact that therapy seems like another unsuccessful attempt at solving/managing my porn issues is seeming progressively truer after each session...

How long have you been going to therapy? It takes a while before it has an effect, usually at least.

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Re: Moving Forward

Posted by Shlomo24 - 23 Mar 2018 17:58

I am also very self-motivated (ie stubborn;)) and I reached out because I realized that I could do practically everything by myself but I JUST COULDN'T KICK THIS THING! Lust would sucker punch me time and time again and the insanity is that I STILL WENT BACK INTO THE RING! I came to realize that I needed a power greater than myself to keep me sober. Also I learnt in SA and therapy that I would've been much more better off if I had asked for help with life earlier. A life with god on my side constantly completely blows my previous life out of the water. Blast from the past. And wow, my ears hurt from all that screaming.

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