

Hello everyone!

Posted by YidFromMonsey - 20 Oct 2016 06:05

Not even sure why I'm writing this, but I guess that hopefully sometime somewhere someone will get chizuk from this.

I grew up chasidish and went through the entire system and got married like all other's in the system, but at some point I started feeling uncomfortable amongst my old yeshiva friends who were all still learning in kolel, I got close to new friends who had a bad influence on me (actually, I started playing with myself and m... at 14 but I never took it to the next level till then) and I slowly started drifting away, starting with r-rated movies, leading to porn, lusting, and eventually meeting people and doing stuff no one ever should.....

When all of this was about to explode and I would've lost my wife, children, friends and family - hashem had mercy on me and sent someone to hook me up with the right people who put my life and marriage back together. (I never joined 12 steps because I wasn't in the shmutz out of addiction but rather out of looking for fulfillment of my dark desires, the person worked with me on rebuilding my relationship and on me physically getting back into yiddishkiet by doing things that have an impact on the ruchnius of a person like tzitzis and brochos with covono and that in a chain reaction helped me overcome my nisyones.)

All of this took place almost 4 years ago and currently life and marriage is beautiful B"H. The reason I now came to GYE is 1) although I was totally clean for over a year almost 3 years ago, unfortunately I did start slipping again here and there, not with meeting up but with porn and acting out by myself, and 2) I'm still struggling with shmiras einayim like crazy, in Manhattan where I work, the struggle of looking at half naked women is only half of what it is my struggle in Monsey on shabbos or yom tov, I'm blessed with an imagination that works on overdrive and I find chasidish women and girls very attractive so for instance, taking my kids to the park shabbos afternoon turns out to be very hard on me and in a crazy way even harder than the nisyones in Manhattan.

The thing that really helps me the most on GYE is the fact that I don't feel alone in my struggles anymore and I don't feel like an outcast for having these struggles, instead I'm now part of a huge holy group of yiddin that want to be holy and are working on it together. To me, this discovery made a huge impact and gave me loads of chizuk.

May hashem help us all to overcome our YH and to be holy yiddin like Hashem wants us to be.

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Re: Hello everyone!

Posted by Teshuvahguy - 30 Oct 2016 00:55

Great news!!!

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Re: Hello everyone!

Posted by BenTorah.BaalHabayis - 31 Oct 2016 01:25

R' YidFromMonsey , first of all a belated welcome to GYE !

Second , I relate very much to your experience that the frum women on the street are a bigger nisayon than the billboards in Manhattan . What is your strategy to not look ? No filter helps for that . . .

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Re: Hello everyone!

Posted by YidFromMonsey - 31 Oct 2016 01:43

[BenTorah.BaalHabayis wrote on 31 Oct 2016 01:25:](#)

R' YidFromMonsey , first of all a belated welcome to GYE !

Second , I relate very much to your experience that the frum women on the street are a bigger nisayon than the billboards in Manhattan . What is your strategy to not look ? No filter helps for that . . .

Thanks BT.BH,

my strategy consists of davening and trying to avoid streets and stores as much as possible, it

not always is possible to avoid so I just talk a lot to hashem, not only during davening but also throughout the day.

With all that said, some days the fight is brutal and I don't always succeed in not looking....

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Re: Hello everyone!

Posted by lomed - 31 Oct 2016 17:16

Thank YFM for your shares and mazel tov for your 52 days. May you be zoche one day at a time to many many more days.

Thank you

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Re: Hello everyone!

Posted by YidFromMonsey - 31 Oct 2016 19:14

Feeling like a complete sick idiot today!

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Re: Hello everyone!

Posted by Eyeglasses - 31 Oct 2016 22:46

omg

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Re: Hello everyone!

Posted by YidFromMonsey - 31 Oct 2016 23:44

[Eyeglasses wrote on 31 Oct 2016 22:46:](#)

omg

Say that again

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Re: Hello everyone!

Posted by jewishfiltergeek - 01 Nov 2016 09:01

[YidFromMonsey wrote on 28 Oct 2016 19:39:](#)

Today is day 49, still clean bh but mood sucks, this constant battle is just some days harder than others, wish I could figure out what drives it.

git shabbos dear brothers

Shulem Aleichim Reb Yid,

Congratulations on your clean streak, keep it up B'Hatzlocho! You can figure out what drives it by keeping a log of your day especially when you feel a struggle. I identified my triggers but still don't have a solution to remove what drives it, or the root of the problem as people call it. Everyone is different, but my triggers are: Stress, work related and raising B"H Family with tight finances. Feelings of overwhelmness, low self esteem, feeling like a failure even if I know it's not true. Probably mild depression too. I don't have solutions for my triggers, but I try to channel myself in positive ways, like actively looking for the good Hashem does to me and the world. Thinking about other people (No not about objectiving woman!) Thinking about how I need to appreciate Hashem that I have a wife when others don't, I have healthy kids B"H, while sadly others don't, I have a Job while others I know don't, etc...

Identifying your triggers can help you be aware that Warning, Slippery road ahead, and take a different street.

Hatzlucha Rabba!

P.s. I once thought moving to Monsey would be my solution, I see it's universal!

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Re: Hello everyone!

Posted by jewishfiltergeek - 01 Nov 2016 09:23

Sorry just read through the entire thread. I can relate to what you are saying about heimishe woman being more of a problem. I think it's because in the back of our head we know that the woman in Manhattan is totally not for us, while we think of the jewish woman as being available. It's called rationalisation.

I know I'll probably get flagged for the above, but I think it's true. For example how many people do you know that lust after a bloody mess of a cripple in a hospice, our mind doesn't even imagine it. I think you get the gist of what I'm writing. We need to rewire our brain that every woman except for one's wife is totally inaccessible.

Regarding the active imagination, perhaps you can channel for good, like positive fantasy and dreamland while in park so that you don't let it wander?

just my 2 cents.

Hatzlucha Rabba!

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Re: Hello everyone!

Posted by cordnoy - 01 Nov 2016 15:32

[jewishfiltergeek wrote on 01 Nov 2016 09:01:](#)

[YidFromMonsey wrote on 28 Oct 2016 19:39:](#)

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When one identifies ten triggers, perhaps it is time to reevaluate and see if there really is perhaps one underlying factor.

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Re: Hello everyone!

Posted by dm - 01 Nov 2016 21:42

Good advice! Thank you

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Re: Hello everyone!

Posted by YidFromMonsey - 04 Nov 2016 19:53

Have to get this out there, if you're not interested you don't have to read.

This week was a total disaster, going from 52 days clean to 5 days unclean, and all from stupid lusting.

I feel like a total failure and a piece of sh**, falling is one thing but the depth to where I fell - doing things that I didn't do for 4 years but now I'm back at it.

Don't know how I'll get myself to get up once again but shabbos is coming and I will definitely try.

Git shabbos everyone

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Re: Hello everyone!

Posted by Markz - 04 Nov 2016 20:06

Sorry to hear

Shabbos is a time of re-focusing. Maybe printout the handbook to read over Shabbos and put sticky notes where you feel inspired. Some dov quotes too will be fun to read

Then after Shabbos lets keep the momentum going

KEEP ON TRUCKING!!

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Re: Hello everyone!

Posted by cordnoy - 06 Nov 2016 03:30

Thanks for the share.

take the next step.

B'hatzlachah

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