

WILL SUCCEED BE

Posted by will Succeed Beh - 08 Dec 2016 18:59

Hi

Here is my story, I'm from a normal Heimishe Family, good loving parents,

When i was i young boy i came to notice that there is some differences in body between male & female, so i started fantasizing about revealing them, then i found some catalogues and devoured them to find some hints, that was basically it. Till one day when i was in Yeshiva Ketane i found a phone (a simple stupid phone) and i found that by browsing a bit i could find some interesting things..., didn't get to far then as the phone had a under 18 safeguard block, but enough to make me realise that with any phone with using a bit of your head you can find what you want, you just have to find your way around, after a few days my parents noticed it (from extra charges on the phone bill) they asked someone to speak to me and he did, but didnt help to much for my newfound ideas.

About a year later i found another phone this time it was a Blackberry and within a few minutes i was exposed to the worst pictures, that i didnt even dream that there is.

Afterwards i went of to Yeshiva Gedola in Israel, at first everything was ok, but slowly the old habits came back, but i didnt have a phone so it basically stayed in my mind, about 1 1/2 years into Yeshiva Gedola i started to masturbate till then interesting enough (B"H) i never did it!

Then one Bein Hazmanim when going back to Yeshiva i took with me a phone, in the Beginning i only played games with it, after that i bought a sim card and...

Then i got married to a beautiful nice young girl was extremely happy, i got settled and it seemed that everything was ok, but deep inside it still bubbled - it was never fixed.

Bout two years after my Chasuna i started again @ first just making sure to see some things by mistake (in a *kosher internet caffe*) then i got laptop for some work, i made sure to install a good filter. But then it started with movies, i got hooked up on an actor went on searching for more movies and in the same time i started to look for loopholes in the filter, sure enough i found some, i started to search for porn (which i can say was quite hard to find with a filter), after some time i took off the filter, started viewing porn and started masturbating 1st time since my Chasuna (2 1/2 ys), then started the cycle of putting back the filter - taking it off.....

Then i found GYE by an ad on the yeshiva world news site, i started of with the 90 days chart, it helped for a while, then fell back down tried again and fell again, till i realised i need something more,

So im starting Beh the TaPHSiC Method.

BE"H WE WILL SUCCEED

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Re: WILL SUCCEED BE

Posted by will Succeed Beh - 09 Jan 2017 15:06

[cordnoy wrote on 09 Jan 2017 14:34:](#)

[will Succeed Beh wrote on 09 Jan 2017 14:23:](#)

I've been struggling the past week with non Jewish movies, that keeps me setting back, didn't fall but it can bring close.

So I was thinking of making a TaPHSiC Shvua on not watching non Jewish movies, I asked my Mentor what he thinks about it, he said he thinks it's a good idea, but its best I should ask people inside GYE what they think about it.

So what do you think about it?

Step zero is to stop, so if that's what you need, go for it. Realize though that it's not gonna fix the problem; it might, however, give you the clear mind to analyze the problem.

B'hatzlachah

I did stop, since Motzei Shabes.

But i need something to keep me off it.

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Re: WILL SUCCEED BE

Posted by will Succeed Beh - 09 Jan 2017 15:08

[Singularity wrote on 09 Jan 2017 14:37:](#)

So what's Jewish movies? Steven Speilberg? Ben Stiller, Adam Sandler?

What i call Jewish is - Grovies, the Yidish Plays, or just simple music videos.

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Re: WILL SUCCEED BE

Posted by will Succeed Beh - 09 Jan 2017 15:32

[Shlomo24 wrote on 09 Jan 2017 14:50:](#)

Why jump straight to Taphshic? Have you tried stopping?

Yes Sholomo i have tried stopping more than once, the past week was the first time i saw i non Jewish movie (except fireproof) since i am sober.

you know how it goes one weak moment and your getting sucked into it again, i can say im somewhat (or more) addicted to movies!!! and i want to get off it!

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Re: WILL SUCCEED BE

Posted by LifneiHashem - 09 Jan 2017 16:57

I had/have the same issue with movies. Before GYE I knew other people struggled with p&m but never realized so many also struggled with tv/movies!

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Re: WILL SUCCEED BE

Posted by 360gye - 09 Jan 2017 19:07

I think it's a good idea to stop watching movies, however i agree with shlomo that you shouldn't jump to TAPHSIC shvua. Maybe try backing away from movies little by little- no PG-13 then no PG, etc. From personal experiance it might not be good to stop cold turkey, but of course everyone is different

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Re: WILL SUCCEED BE
Posted by will Succeed Beh - 09 Jan 2017 19:19

[360gye wrote on 09 Jan 2017 19:07:](#)

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I do not totally agree with you, as when i stopped smoking, the only way it worked was by stopping at once, i did take breaks that Bein Hazmanim i did smoke etc. but when i didn't i was cold turkey, i'm now nearly 4 years smoke-free.

Could be that a Shavua is to far just because if i would fall on movies, it would pull me down in p&m as well....

But i wouldnt make it as severe as my system in p&m ([here](#)), just a single fence with a £50 Knas, if the YH would persuade me that it's worth watching it even with all the problems i get from it, then let let him persuade me that it is worth 50 bucks (witch would be harder....)

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Re: WILL SUCCEED BE
Posted by Singularity - 10 Jan 2017 08:03

In our SAA meeting last night, the topic was avoiding temptation, and I explained the TaPHSiC

method, as best as one could to a room of mainly non-jews =3

It's a temptation-blocker, sure. But I wouldn't advocate its sole use. It must be used in conjunction with other stuff.

Tell me, do you like movies, like as a break, or are you addicted to them? I was addicted to TV shows, would knock out seasons in one sitting. But I broke out of it. BH. How? Gradual progression. And the wife and I sit down to a good animated animal film every now and then.

Strike a good balance. You'll know what works for you.

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Re: WILL SUCCEED BE

Posted by will Succeed Beh - 10 Jan 2017 11:09

I am addicted to movies, last Motzei Shabbes i came home about 12 @ night coz i got pulled into movies, and i keep on watching even if i knew that its going to be on the Cheshben of the urgent thing needed to be done, and on the cheshben of my wife and job....

So yes i am addicted to movies {mostly crime & action}, and even as im an addict i have got some self control, as of today im **41 days** sober - just on the TaPHSiC Method.... (will probably start the 12 steps soon, will post about it!)

But could be that i should have more of a balance...

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Re: WILL SUCCEED BE

Posted by Markz - 10 Jan 2017 12:22

[will Succeed Beh wrote:](#)

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So what do you think about it?

I recommend such Taphsics - I use such too - click on the word "restrictions" in my signature for an example

This is unlike regular Taphsics that are designed for extreme white knuckling situations which wouldn't help me

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Re: WILL SUCCEED BE

Posted by will Succeed Beh - 10 Jan 2017 14:11

[Markz wrote on 10 Jan 2017 12:22:](#)

[will Succeed Beh wrote:](#)

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I already had a [conversation](#) in mini 196 about having something like a 90 day chart for other type of Kabolles, a few suggested habitbull - but thats a smartphone app, and i just use a computer...

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Re: WILL SUCCEED BE
Posted by gibbor120 - 10 Jan 2017 17:13

I don't see what you have to lose by not watching those movies. Gedarim are important, (although as some have mentioned, they don't solve the entire problem). They can help, so why not use them.

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Re: WILL SUCCEED BE
Posted by will Succeed Beh - 10 Jan 2017 19:14

Thank you all for the warm and caring responses

I spoke with my mentor yesterday about everything including the movies issue, i realised that the whole movie addiction is in sync with the p&m addiction.

There is a certain hole inside me, craving to be filled {addiction} ! and that keeps me wanting to go back to p&m, and when im not getting it, i try to fill it with other substances like movies etc. So its all one big issue that needs to be dealt....

i notices another interesting thing that Shabes by Davening i get so tense just by thinking - the whole week i escape from being with myself, and when it comes Shabes especially by

Davening, my mind starts rolling so fast that i cant cope, i start thinking about money and fantasising of porn, anything just not have time to connect with myself....

He advised me to start with the 12 Step's, he'll find me a sponsor, help me get the literature, he said he'll even fly over for my first SA meeting (not sure yet if i'll do it)

I'll keep you posted whats going on BEH.

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Re: WILL SUCCEED BE
Posted by 360gye - 10 Jan 2017 19:31

Thx fro sharing your thoughts.

\what do you think the hole inside of you is? how did it come about do you think?

From what you just said it sounds like the hole is a lose of time to connect with yourself...

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Re: WILL SUCCEED BE
Posted by will Succeed Beh - 12 Jan 2017 09:27

I fell im slipping!!!!!!!!!!

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