

Hello! Happy to take the first step
Posted by Phill Up - 02 Jul 2017 21:12

Hello GYE community, my name is Phill. I am in my mid-twenties, am single, and struggle with lust.

For the most part, life has been excellent. I've done well in Yeshiva and school, I have a great family, and wonderful friends. My friends and family think highly of me, but they have no clue that I struggle with lust. I discovered masturbation when I was about 11, and would do so quite often- sometimes multiple times a day and other times multiple times per week. The masturbation continued throughout high school. While I dorned and did not have internet access in Yeshiva, I would often look at inappropriate pictures on the web when I would come home every few weeks for an Out-Shabbos. There were times where I stopped for a while. I did not masturbate throughout almost my entire 11th grade. Also, when I left for Eretz Yisroel for my first two years of Bais Medresh, I never masturbated or viewed inappropriate material there, though I did occasionally when I went home Bein HaZmanim.

However, when I came back to America and got a smartphone and laptop, the struggle became much more difficult. I started viewing more inappropriate pictures and articles. Unfortunately, this started becoming porn a few months ago. While the falls didn't happen every day, they would happen every few days or once a week. Despite my achievements in Yeshiva and school, I've felt like I am leading a double life. I always get back up and set the filter to block what I've done. While I have added monitoring and filtering (my phone is now whitelisted and a lot of sites are blocked on my computer) and there have been times I've made it over a month without falling, I've kept on falling. After a particularly horrible fall last night, I felt that I got to be more active. While I do have one friend who I has guided me (I had no idea until he mentioned it in conversation once and he told me of his own struggles), I have gone through this mostly alone. I am looking to work with everyone here, one day at a time, so that we can overcome this challenge together and become better people through our collective nisayon.

I know that there are going to be many times where I feel like throwing in the towel. However, I know that real change comes through constant chizuk and resilience, no matter how difficult this uphill battle is. I look forward to succeeding one day at a time together with the entire GYE community. If anyone has any pointers, please feel free to share them. Thank you and Hatzlacha Rabba to all!

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Re: Hello! Happy to take the first step

Posted by Markz - 02 Jul 2017 21:32

Welcome

Please read the Nice Trucking [Story](#) I carry in my sig below

KOPU

Keep On Philling Up

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Re: Hello! Happy to take the first step
Posted by Shlomo24 - 03 Jul 2017 00:07

[Phill Up wrote on 02 Jul 2017 21:12:](#)

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Very well written and expressive. And you used proper grammar and punctuation! Good for you. I relate a lot to the double-life part. That was the catalyst that got me into recovery. Keep on posting and showing up. There's what to learn from this site.

God bless.

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Re: Hello! Happy to take the first step
Posted by bear - 03 Jul 2017 02:15

Welcome to the forum!

My story is very similar.

Hatzlacha!!!

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Re: Hello! Happy to take the first step
Posted by lovealways - 03 Jul 2017 04:27

welcome! may u have hatzlacha!

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Re: Hello! Happy to take the first step
Posted by getthere - 03 Jul 2017 07:59

Welcome to the forum

Double life was also part of me, now almost all is open if feel much better

Hazlacha

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Re: Hello! Happy to take the first step
Posted by gibbor120 - 06 Jul 2017 20:11

Welcome! Check out the handbook. Try some tools. See what works. We are here for you.

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