

Please help

Posted by Growthoriented - 25 Nov 2017 16:46

Hello

I am 20 years old in a modern orthodoxy yeshiva in Israel. I don't know when I began acting out but I remember my first time watching porn when I was 14 years old. My parents gave me filtered internet and I broke it that very night.

A Rebbe of mine in highschool spoke about GYE to the whole class in case anyone was struggling and didn't want to talk about it. Since then I have been on many times and read many of the articles but I couldn't even bring myself to sign up and actually start working on the problem. I would install filters and have someone else control the password, but I was always able to find a way around. I kept telling myself I was trying to grow but I was really just trying to fool myself into not feeling as guilty. I managed a few times to be clean for 10 days or even 2 weeks, but always have in easily.

Finally after a very bad sukkos full of schmutz I realized I had to change for real. I signed up for GYE, got a new filter that I know I won't be able to get around but kept telling myself I didn't need (so that I could keep getting around the filter I had), and have been working hard to control myself. I decided to try for 90 days, but was still unable to bring myself to take advantage of anything else offered. The first few days were hard but I managed to get into a rythem in yeshiva and keep away from many opportunities to act out. With a lot of help from Hashem I managed to be clean for 34 days, the longest in at least 4 years.

This past week has been very hard. I almost posted here a few times but still told myself I didn't need to. Today I had a fall. It hurt a lot. I know I need to do something more so it won't happen again but I don't know what, and I am still hesitant to even try.

What should I do? Please help me

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Re: Please help

Posted by Markz - 30 Nov 2017 11:55

[Spike Ed wrote on 26 Nov 2017 11:32:](#)

Hey there,

I similarly modern orthodox, in my 20 and also have struggled for a long time. Come here often

and post about your battles, it is good to connect and helps you know that even when you have falls you are still fighting the overall battle and it's all part of the teshuva process. I recently had a fall after starting back here but i know I'm thinking about it and actively working on myself and I keep coming here to talk. Feel free to pm me and don't give up the fight no matter how many falls. Show Hashem and yourself that your fighting and that the falls are not you giving up but part of the recovery process. keep it up and keep us posted please!

Hey, If you're falling often, wouldn't that alert you to the fact that your car is hitting **spike** strips and it's about time you changed lanes and vehicle, so you can follow the successful Truckers?

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Re: Please help

Posted by Growthoriented - 07 Dec 2017 13:22

Hey. With Hashems help I am back to almost 10 days clean, but I don't know how much longer I can last. Every day seems harder than the one before it, and I barely manage to hold myself back by telling myself that I will let myself fall tomorrow, that I will just stay clean for one more day. I feel like any day I won't be able to hold back anymore. I keep telling myself if I make it to 90 days it will be easier but I know that what I really need to do is make an actual change in my life. The problem is I don't know how, and I'm a little scared to try.

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Re: Please help

Posted by MayanHamisgaber - 07 Dec 2017 13:31

[Growthoriented wrote on 07 Dec 2017 13:22:](#)

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Growth is always scary especially when it has to do with our defects and character traits

My way of doing it is to just jump in and do it.

B'Hatzlacha

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Re: Please help

Posted by RobFloyd - 07 Dec 2017 13:52

[Growthoriented wrote on 07 Dec 2017 13:22:](#)

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Have you tried the conference calls?

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Re: Please help

Posted by Hashem Help Me - 07 Dec 2017 13:52

Do you have a partner you can call?

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Re: Please help

Posted by Growthoriented - 07 Dec 2017 18:31

I would be interested in doing the conference calls but I am learning in yeshiva in Israel and the schedule and time difference makes it impossible.

Can anyone tell me what the partner program is like? How are people matched up?

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Re: Please help

Posted by youcan - 08 Dec 2017 01:34

I think the first approach ("I barely manage to hold myself back by telling myself that I will let myself fall tomorrow") is better than the 2nd ("I keep telling myself if I make it to 90 days it will be easier") it's hard to tell yourself now that in 3 months it'll get better, but to push off for tomorrow is much easier.

You don't have to make a change in your life, all you have to do is what you're currently doing, the change will happen by itself.

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Re: Please help

Posted by Phill Up - 08 Dec 2017 04:13

Hello Growth Oriented,

I am so impressed by your posts and your sincere efforts to rise up! Keep on being involved. My general advice would be just to focus on the day at hand, having a plan to be busy and do things that will steer you clear from potential triggers or what any potential issues (what an alcoholic would call a hidden bottle). Feel free to reach out at alwaysresilience@gmail.com just to shmuz or if I can be of additional help. Its important to know yourself so that you will rise and utilize this opportunity for growth to gradually become a greater and greater person. Keep on keeping on. You're a great person and Hashem and all of us love you unconditionally!

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Keep on! (You're a few days ahead of me, let's see who will win the race

Re: Please help

Posted by lionking - 08 Dec 2017 04:17

[youcan wrote on 08 Dec 2017 01:34:](#)

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Keep on! (You're a few days ahead of me, let's see who will win the race

There is a vort which I am not sure whom it is quoted from (if anyone knows, please enlighten me).

Hashem Yisborach told Moshe, go out and battle Amelek tomorrow, ?? ????? ????? ???.

The Satan tries to battle us with the claim of ??? to push off a good deed or kabbalah for tomorrow. (Don't start learning tonight, wait for the next siyum hashas, etc...) We can fight him ?????????? using his delay tactics in our battle against him.

Hatzlacha Rabba!

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Re: Please help

Posted by Growthoriented - 08 Dec 2017 06:29

[youcan wrote on 08 Dec 2017 01:34:](#)

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Keep on! (You're a few days ahead of me, let's see who will win the race

I think we are saying the same thing. I am not telling myself it will be easier if I make it to 90 days as a tool to not fall. I am just telling myself the same as what you are saying that if I keep doing what I am doing change will happen by itself, just adding that it will apparently happen in 90 days. Even though I am saying this, I am not actually sure that change can happen just by holding myself back from what is bad without me doing something active.

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Re: Please help

Posted by youcan - 08 Dec 2017 15:20

By holding your self back you're changing your routine & will eventually become 2nd (3rd?...) nature. By doing something on the positive side you can make it easier & more productive.

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Re: Please help

Posted by gibbor120 - 11 Dec 2017 14:18

You hit the nail on the head. You can only white knuckle for so long. Check out the handbook. check out the "dov quotes" (link in my signature). Check out Dr. Sorotzkin (article on acting out - also links to his site in my signature). Change is scary, but ultimately worth it. NEVER EVER GIVE UP. Do what you know is right, not what you feel like doing. Growth comes from doing the difficult things. Keep it up my friend. Keep posting.

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Re: Please help

Posted by Growthoriented - 12 Dec 2017 16:59

I had another fall. I kept telling myself to wait one more day before acting out, but on Sunday it was very hard and on Monday I gave in. I managed to keep saying no all day but when I went to bed I could no longer hold myself back. I don't want to give up but I don't know how to stop myself.

I think part of the problem is that as much as I know what I am doing is bad for me, it hasn't actually made an impact on my life. Sometimes I am tired from being up at night and when I am

bored I generally think about things that makes it harder to concentrate, but that is it. When I am telling myself to stop it is because what I am doing is an aveirah and because how it may affect my relationships in the future, but neither of these things feels real enough for me to really take back self control, only to push off my desires for a little bit longer. I just don't feel like I truly want to stop.

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Re: Please help

Posted by youcan - 13 Dec 2017 05:11

Hi, I'm in the same situation than you have a fall 2 days ago so obviously my advice isn't worth much but I think it makes sense.

Yes I had a fall, but what does it help me to think of it now? (except for making me weak so it'll be harder to get up). I know one thing; I came to this world for a reason, we have to fight for it. A fail is not a game over, you lost one battle but you have countless more to win. The more you win the more you fulfill the purpose of your life.

Also instead of focusing on the fall focus on the hard time you gave for the lust to get you, you're a hero! You should be proud of your self!

Mr. Lust won't understand your logic claims, when your under attack logic won't work, maybe you should try other tools like taphsic etc.? (I know I have to & I will iyh)

And again, don't try to gain control over your lust just fight & believe that change is happening.

Good luck!

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