

Please help

Posted by Growthoriented - 25 Nov 2017 16:46

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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 gibbor120 - 13 Dec 2017 14:29

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Wow!

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