

Welcome me :)

Posted by HakolMilimala - 19 Jan 2018 01:22

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Hey GYE community,

I'm 20 years old. I grew up in a broken home.. divorce.. remarriage. For years, the way I escaped from everything was pornography and masturbation. I always disliked this behavior but I kept on doing it. When I got to beis medrash though, I knew I had to put a stop to it once and for all. So I made a decision to stop. I got rid of my smartphone. Two weeks later I fell. I watched porn on the tiny grainy screen of the basic phone I had. I was baffled. I was doing great in yeshiva. Why would I do that? It wasn't even enjoyable. It was a tiny screen and i couldn't see anything. Well, as I had learned to do so well over the years, I jumped back up and forced myself to Seder and began to learn, fighting to push thoughts of resentment out of my mind. And then I went a couple more months clean before falling again on my fathers computer. And then I had to get back up and force myself back into regular yeshiva schedule, committed to not fall again, but as a couple months pass, the commitment weakens. And the same cycle continued. One time I fell though, I felt like I had hit rock bottom and I decided right there that I am going to see a therapist for my problems. So I told my parents I want to go to therapy. Thing is, I didn't tell them a specific reason, and as you can imagine, the therapist that we found wasn't quite used to dealing with problems that people like us have. And after continuing to go through my fall and get back up cycle a few more times I finally forced myself to find a proper therapist. I found one, and now I am in recovery, already having seen this therapist about 10 times. I am 1000% a supporter of therapy. And I think that there are many many people who are only in the blue section of this website that can greatly benefit from the tremendous power of therapy. Most people can benefit tremendously from therapy even if you aren't a sexual addict! I'm clean from porn for about 7 weeks. From masturbation.. not quite as long. More like 5 days, but you know, it's a work in progress. I try to be positive. I'm hopeful that my future is a sober one, my marriage is a healthy and happy one, and I can be the father and husband and have the career I'd like to be and have. I'm shadowed by a little pessimism though. Even though I've had a level of short term success many times, I can't seem to imagine never watching porn again. It seems impossible. And unrealistic. Should I just be thinking shorter term? Anyways, just wanted to introduce myself. I'd really appreciate if people reach out. Thanks

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Re: Welcome me :)

Posted by tzomah - 04 Feb 2018 13:38

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[Redeemed @ 21 wrote on 04 Feb 2018 02:02:](#)

HI H.M.

I currently go to therapy using the IFS model (internal family systems). I am a bochur just like

you, have seen tremendous success. Much of which you have promulgated about, I can relate to. Please feel free to email me at [safelykodesh@Gmail.com](mailto:safelykodesh@Gmail.com)

hi

how is ifs working for you i read his book it sounds like fascinating stuff just a little complex

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Re: Welcome me :)

Posted by ieeyc - 04 Feb 2018 14:41

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**Warning: Spoiler!**

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Re: Welcome me :)

Posted by Yerushalmi - 04 Feb 2018 19:15

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I am not a native Yerushalmi, I grew up in the US. I needed a pseudonym when I joined, and that is the first thing that popped into mind. I wouldn't mind sharing some personal stories, but as you can see by the date of my reply, I don't have the time to monitor the forum. AT best I can check in once or twice a week.

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Re: Welcome me :)

Posted by Yerushalmi - 04 Feb 2018 19:29

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[HakolMilimala wrote on 30 Jan 2018 13:28:](#)

This led me to ponder a question.

If you had a daughter in shiduchim and you hear about this guy that sounds like a great fit for your daughter. Hashkafas, frumkeit, family, personality, goals, everything matches up. You're excited about the shidduch idea.

Assume for a second all else is good and you're impressed with this guy.

Then you find out that this guy has another name: Hakolmilimala.

You realize his past, but you also see that his goal is recovery.

Would you let such a shidduch prospect play out?

Honest answers please.

No place for delusion in addiction.

Unquestionably!

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I hope I have the words right. It means that you are a fighter who isn't afraid or embarrassed to admit that sometimes the fight is too hard, and to get help. It means that if your future wife is struggling with a personal issue, you will be able to help her.

These days, so many people are in therapy for one thing or another, there is a chance that your future wife will also have been seeing someone for something. I did, and my wife was also in therapy. When we found out (before we got married) that each one was going for help. it brought us much closer.

It means that should your wife fail a big nisayon in whatever area, you will remember your own experience, and encourage her.

It means that you are honest. You honestly state a challenge that you had, and you were honest in your assessment of yourself to know what needed to be done to win.

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Re: Welcome me :)  
Posted by HakolMilimala - 11 Feb 2018 06:36

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Hey friends,

had a crazy busy week and weekend which I find to usually be helpful in not wanting to act out.

after shabbos was over and things calmed down, I was in a place where I had access to a bunch on unfiltered devices. I was using them, we were watching some kosher material - sports and whatnot, but just using the unfiltered device for even kosher things started giving me the urge.

Holding a device which is the access to my drug is like standing in front of a door to an unlocked room where my desires can be fulfilled on the other side. Its scary that it's like that. But I think that's how it's going to be for the rest of my life. If I'm using an unfiltered device even for a few minutes, and even if I'm doing so well in so many areas, my mind starts convincing me to watch porn. Luckily, I forced myself into bed away from the reach of any unfiltered access, and I'm gonna try to put myself to bed.

gut vuch everyone.

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Re: Welcome me :)  
Posted by lhavestrength - 11 Feb 2018 07:52

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Definitely relate man. It's weird, when you get used to filtered devices, unfiltered devices become very sexualized. Hatzlacha!

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Re: Welcome me :)  
Posted by ieeyc - 11 Feb 2018 08:00

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i hear you also, i think ,though, that its also a matter of siyata deshmaya, all gedolim bzman haze , forbid the usage of unfiltered internet, so if i do use one , what kind of help from Hashem can i expect , im flaunting the leaders of Klal Yisroel without a doubt.

im happy you came out clean ,Hashem should continue helping ,hatzlacha!

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Re: Welcome me :)  
Posted by tzomah - 11 Feb 2018 11:52

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[HakoMilimala wrote on 11 Feb 2018 06:36:](#)

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i don't think it's gotta be like that the rest of your life

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Re: Welcome me :)  
Posted by tzomah - 11 Feb 2018 11:53

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[ieeyc wrote on 11 Feb 2018 08:00:](#)

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very hard to accept what you are saying i am not sure you are correct

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Re: Welcome me :)  
Posted by tzomah - 11 Feb 2018 12:05

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if you went to any of those gedolim and told them your nisayon what would they say most of us had this nisayon before the computer was invented or before we had access

the gedolim i think are talking about prevention and of course most people that are here should get filters but if people here will beat themselves up and start worrying about listaening to gedolim etc. will have the opposite effect

how do we know how they dole out siyata dishmaya up there maybe you'll have siyatta dishmaya that will push you to get the filter who knows

we can only do ours

thinking your a rasha got no one no place

what do you think?

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Re: Welcome me :)

Posted by Hashem Help Me - 11 Feb 2018 12:30

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The fact is that without exception the rabbonim from all kehillos in klal yisroel have demanded the use of appropriate filters. There may be some people who have received exceptions to this psak for various reasons, but those are the exception. The obvious benefits of a good filter - prevention of pop ups and the like, safeguarding against mistakenly typed website addresses, and of course the slowing down and inconveniencing of someone who has a strong desire to watch (for most people it takes a few minutes to "beat the system" and break through the filter). Besides that, gedolei yisroel have blessed those who follow this directive with promises of greater syatta d'shmaya. Personally, in my weak moments, the fact that i have a phone that is only talk and text, and the fact that my laptop is whitelisted by Tag to only have a few absolutely necessary sites (including GYE), has saved me on many occasions. There were definitely many times where without a filter i would have been "fried".

Disclaimer - There are some extremely tech savvy people who have a special nisayon of trying to break through filters whenever they come across one. Those people may actually be triggered by a filter. They need to ask a sheilas chochom what to do. But they are definitely not the majority.

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Re: Welcome me :)

Posted by HakolMilimala - 11 Feb 2018 12:40

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[tzomah wrote on 11 Feb 2018 11:52:](#)

[HakolMilimala wrote on 11 Feb 2018 06:36:](#)

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i don't think it's gotta be like that the rest of your life

Why, what's gonna change?

Once an addict always an addict, no?

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Re: Welcome me :)

Posted by HakolMilimala - 11 Feb 2018 12:42

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[lhavestrength wrote on 11 Feb 2018 07:52:](#)

Definitely relate man. It's weird, when you get used to filtered devices, unfiltered devices become very sexualized. Hatzlacha!



Great way to put it.

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Re: Welcome me :)

Posted by ieeyc - 11 Feb 2018 18:19

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[tzomah wrote on 11 Feb 2018 11:53:](#)

[ieeyc wrote on 11 Feb 2018 08:00:](#)

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im happy you came out clean ,Hashem should continue helping ,hatzlacha!

very hard to accept what you are saying i am not sure you are correct

what , there are some Gedolim who allow unfiltered internet?

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