

Welcome me :)

Posted by HakolMilimala - 19 Jan 2018 01:22

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 Hashem Help Me - 16 Feb 2018 11:35

Hakol, sorry to hear about your fall. A few points. Maybe start to address the trigger, not the acting out. You wrote very wisely that the real fall was when you allowed the depressed feelings earlier that day spiral out of control. When we recognize our triggers we have to accept responsibility how we react to them. I would love to tell you that you will never feel down again. Unfortunately that is not realistic. But how about writing up a contract with yourself that being that you recognize feeling low as a trigger you accept upon yourself that whenever you feel

down you will exercise, call a friend, leave the room and go for a walk, or whatever else works for you. This way you kill the trigger before the urge to act out ever starts. This commitment has helped many chevra retrain themselves to teach their minds and bodies healthy and kosher ways to release stress, relieve boredom and loneliness, etc, and move away from the old "drug". Secondly, please celebrate your 30 days. They are yours forever. What an incredible accomplishment. So many people wish to taste that level of success. You obviously worked hard to get there. Be proud, shake off the dust and get back on the trail. The mountain with its fresh air and scenic views from on top are waiting for you.

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Re: Welcome me :)

Posted by HakolMilimala - 16 Feb 2018 21:25

Thanks so much to everyone that responded to me last night/this morning. It's been a little rough. Once I fell once, all the accountability of GYE and therapy fell apart because either way I had fell so what difference does it make if I fall one more time. This morning I learnt with my chavrusa and I literally sat there for 3 hours learning while in the back of my mind there was this person that was just waiting for the end of Seder when I would go and fall again, who I gently pushed away. So I fell again.. and hopefully that's the rock bottom for this relapse.

The person who manages my filter is not around and I really need him to change one thing that will block the way I got my fix over the past day.

He should be back Sunday. Pray for me until then!

Thank you lifebound ieeyc and Hashem help me for the awesome encouragement.

Hhm, it's funny because since I've been working with a therapist I'm aware of the triggers, and even as I was being triggered I was fully aware what was happening, as evident by my first post yesterday. I found it very hard to break out of that mood that was triggering me. It was like tunnel vision, and the trigger was telling me to continue to be triggered and not change something. Maybe that "contract" would help.

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Re: Welcome me :)

Posted by Hashem Help Me - 19 Feb 2018 00:08

The contract will iyh help, but be proud of your honesty and staying focused. Did the filter get fixed?

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Re: Welcome me :)

Posted by HakolMilimala - 19 Feb 2018 00:19

Yes bh. I fell again last night. The thought of *this is your last chance before you're going to lock up this access* was very strong and I gave in, but this morning this guy came back and first thing I got it locked up.

And imyh now I'm starting to truck again.

Its scary though to use a device that has so much potential for another small doorway to open. Now I truly believe I have blocked every single doorway besides one way I can get very limited access that I don't know how to block, which bh hasn't been an issue. But ya know more importantly I have to focus on my emotional health. Because if I'm happy, it's all good. If I'm not, somehow somewhere I'll find a doorway to escape.

Which is where the plan for a bad day comes in... still working on it

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Re: Welcome me :)

Posted by HakolMilimala - 19 Feb 2018 00:21

who is the resident techie around here?

i have a question about blocking up certain access that I'd like to ask someone privately.

i don't want to post it on the forums and potentially give anyone else any good (bad) ideas

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Re: Welcome me :)

Posted by Markz - 19 Feb 2018 00:29

[HakolMilimala wrote on 19 Feb 2018 00:21:](#)

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You can ask LionKing

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Re: Welcome me :)

Posted by iampowerless - 19 Feb 2018 00:35

Hi hakol feel free to reach out at my Google voice number 7329034789 or email me
jakecoulddoit@gmail.com i might be able to help

Love Yankel

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Re: Welcome me :)

Posted by lionking - 19 Feb 2018 02:01

[Markz wrote on 19 Feb 2018 00:29:](#)

[HakolMilimala wrote on 19 Feb 2018 00:21:](#)

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You can ask LionKing

HakoMilimala, I can try to assist you B"H. You can private chat me or email me at growinghigher613@gmail.com.

Hatzlocha Rabba!

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Markz, Thanks for the mention. I thought I retired already.

Re: Welcome me :)

Posted by Markz - 19 Feb 2018 02:42

[lionking wrote on 19 Feb 2018 02:01:](#)

[Markz wrote on 19 Feb 2018 00:29:](#)

[HakoMilimala wrote on 19 Feb 2018 00:21:](#)

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Hatzlocha Rabba!

Techies can only retire tech-nically, and you missed the meeting today with workingguy at the local park bench. You should've been there. It was a heated chat but we were not smoking pot, sorry to disappoint you

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Re: Welcome me :)

Posted by lionking - 19 Feb 2018 03:01

[Markz wrote on 19 Feb 2018 02:42:](#)

Techies can only retire tech-nically, and you missed the meeting today with workingguy at the local park bench. You should've been there. It was a heated chat but we were not smoking pot, sorry to disappoint you

You didn't disappoint me. I am very happy for you. Hopefully it was a productive meeting.

I really need a major reboot!

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Re: Welcome me :)

Posted by Hakolhevel - 19 Feb 2018 03:19

The other hakol, sorry to hear about your fall.

Was listening to Dov talk today regarding why we lose steam after x amount of days.

If you think it will be helpful, here is the link

<http://guardyoureyes.com/GYEFiles/MP3s/Dov/Dov's%20Recovery%20Talks/Why%20do%20I%20start%20off%20strong%20and%20then%20loose%20steam.mp3>

Hatzlacha

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Re: Welcome me :)

Posted by HakolMilimala - 19 Feb 2018 05:22

Thanks that's an important topic for me.

gonna check that one out

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Re: Welcome me :)

Posted by Workingguy - 19 Feb 2018 15:59

[Markz wrote on 19 Feb 2018 02:42:](#)

[lionking wrote on 19 Feb 2018 02:01:](#)

[Markz wrote on 19 Feb 2018 00:29:](#)

[HakolMilimala wrote on 19 Feb 2018 00:21:](#)

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I was there too (obviously); there were quite a few park benches so there was definitely room for all of us. We spent half the time on the bench and half the time walking, so our meeting wasn't Markz. Thanks for the mention. I thought I retired already.
12 but maybe a few thousand steps.

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Re: Welcome me :)

Posted by HakolMilimala - 26 Feb 2018 05:28

[Hakolhevel wrote on 19 Feb 2018 03:19:](#)

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If you think it will be helpful, here is the link

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Hatzlacha

Thanks so much. That was a fantastic talk.

I have to confess, I often have a know-it-all attitude and am skeptical what more I can learn,

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but just from that one talk from dov I learnt a few great things. Good stuff