

Wake Sleepy up!

Posted by sleepy - 12 Aug 2019 16:24

Hi everyone! I've been a fan of gye for a long time ,I've decided to join the crew and **wake up from my slumber** which has been induced on me and us by the decadent society around us. I'm here to give and get chizuk in a Torah sourced way. A Talmid Chacham advised me personally not to do the 12 steps(thats his personal advice to ME,whoever was advised to use it by Daas Torah ,KOL HAKAVOD!) B"H I've had a streak of clean days, and I feel joining such a chashuva chabura will help out. Hatzlacha to all!

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Re: Wake Sleepy up!

Posted by lionking - 25 Sep 2019 22:06

Trouble:

Can I guess what those 4 letter words were?

Was it, "Stop rape, Don't fear, Easy to-be free"?!

Sleepy

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Re: Wake Sleepy up!

Posted by Trouble - 25 Sep 2019 22:25

[lionking wrote on 25 Sep 2019 22:06:](#)

Trouble:

Can I guess what those 4 letter words were?

Was it, "Stop rape, Don't fear, Easy to-be free"?!

No, it was:

1. Dumb
2. Liar
3. Porn
4. Hate
5. More

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Re: Wake Sleepy up!

Posted by stillgoing - 26 Sep 2019 01:02

[Trouble wrote on 25 Sep 2019 20:19:](#)

[SpellBreaker42 wrote on 25 Sep 2019 19:43:](#)

Hey everyone, this is so amazing. I'm so happy to see so many people waking up.

Here's how I was able to stop watching the poronos.

I did some research and it turns out that alot of the woman who do this for a living are rape and molestation victims, so essentially every time you jeerk off to them you are feeding this rape cycle. These are runway models addicted to drugs and addicted to the trauma addicted to this lifestyle. How can you knowingly participate in rape?? Sorry for the grammar and all that. Just wanted to get that out there. It was easy for me to stop once my perspective on the people involved changed.

Bless up and be strong, if I can stop so can u.

Ps, the movies and TV shows you watch, are written and cast by literal Wizards and witches who cast spells to keep us all in a trance. So break the spell and stop the cycle and live a life free of the news and the media and the pornos. Because that will break the fear spell and the dispare spell.

HT

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Deleted by moderator!

[Mod note: Trouble, please refrain from four-letter words and from defaming remarks and for

inflammatory arguments laced with sultry innuendo; thank you.]

This logic never sits well with me, and it's probably false.

But if it works by you, go for it!

For all I know, it may well be true. It never stopped me though. When I watch porn I am a different person. What about my wife and kids? That alone should stop me. What about that I'm a respectable member of my community with public responsibilities? No knowledge has stopped me, but I'm very glad that it stopped you.

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Re: Wake Sleepy up!

Posted by sleepy - 26 Sep 2019 06:10

I once watched some videos on the truth of porn and it made a big impression on me,sg (I waited by the pizza store for an hour and then left without buying anything since I didnt bring any money because I thought you were paying, next time I'll try making up with you a time,place and day ,maybe that will work)if it didn't work by you maybe it's because you have the attitude of it MAY well be true ,if you were convinced it was true it would definitely help in porn viewing(not in other stuff though)the problem is that I found some of the videos that I watched a little triggering so yotze sechoro bihefsaydo, the site stop the new drug might have less triggering articles and interviews but who wants to risk it.

there IS a concept professionals use along these lines to make the porn viewer aware of the actors discomfort the women's discomfort at least but don't know of the terminology.it does work for some people,for me the problem is that there are so many nonporn triggers out there so basically there's no difference ,I'll get my fix that way.

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Re: Wake Sleepy up!

Posted by sleepy - 26 Sep 2019 06:18

[Trouble wrote on 25 Sep 2019 20:19:](#)

[SpellBreaker42 wrote on 25 Sep 2019 19:43:](#)

Hey everyone, this is so amazing. I'm so happy to see so many people waking up.

Here's how I was able to stop watching the pornos.

I did some research and it turns out that alot of the woman who do this for a living are rape and molestation victims, so essentially every time you jeerk off to them you are feeding this rape cycle. These are runway models addicted to drugs and addicted to the trauma addicted to this lifestyle. How can you knowingly participate in rape?? Sorry for the grammar and all that. Just wanted to get that out there. It was easy for me to stop once my perspective on the people involved changed.

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[Mod note: Trouble, please refrain from four-letter words and from defaming remarks and for inflammatory arguments laced with sultry innuendo; thank you.]

This logic never sits well with me, and it's probably false.

But if it works by you, go for it!

Trouble please take the trouble to see what I wrote to sg,hatzlu/acha

p.s. and as far as it not being true some judges were not convinced that the women suffered

when some women actors brought it to court,the judges,nebach had to watch a couple of movies to see for themselves ,they didn't realize that the actors were drugged up or shikor(I heard the judges made a lot of money on the case but yotze sechoro bihefsaydo because afterwards they had to use the money to hire S.A. theripists)

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Re: Wake Sleepy up!

Posted by stillgoing - 26 Sep 2019 11:57

[sleepy wrote on 26 Sep 2019 06:10:](#)

.....if it didn't work by you maybe it's because you have the attitude of it MAY well be true ,if you were convinced it was true it would definitely help in porn viewing....

Thank you for starting that "**maybe**" it's because of whatever, the next line though said that if I really believed it, it would **definitely** help.

Are you me? How would you know what definitely will help me?

When I disclosed to my wife, I watched her cry. I hurt her terribly and it cut me to the core. My kids whom I love to pieces have been hurt terribly by my acting out. I have lost enough money to buy a house in cash in lost wages because of my pornography. Does the fact that in a far far far indirect way, my computer click is giving another viewing rating to a abusive website going to make me stop? What about my family who i see hurting in front of my face? That didn't work so why will this.

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Re: Wake Sleepy up!

Posted by cordnoy - 26 Sep 2019 12:17

Dov told me in a voice note that he has found (from his thousands of conversations with guys over the years) that those who scream "prutzos" & "zonos" from the rooftops or Times square or Kikkar Shabbos are actually people who "get off" on sex and fantasy with the lowest of the filth. Those who dehumanize the scantily dressed passerby or the porn actress have been found to

be those who crave engagin' in sex with silicon dolls. They need this justification, for otherwise, there is nobody around for them to share a bed with.

Of course, there are other explanations, but this is a plausible one.

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Re: Wake Sleepy up!

Posted by Dave M - 26 Sep 2019 13:08

[stillgoing wrote on 26 Sep 2019 11:57:](#)

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Very good point.

I once had a Rebbe say that nowadays we don't really believe in Hell. Knowing something is bad on an intellectual level won't help an addict stop a bad behavior

Still Going - Are you in a better place now? If yes, what helped you?

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Re: Wake Sleepy up!

Posted by sleepy - 26 Sep 2019 14:21

[Dave M wrote on 26 Sep 2019 13:08:](#)

[stillgoing wrote on 26 Sep 2019 11:57:](#)

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Very good point.

I once had a Rebbe say that nowadays we don't really believe in Hell. ***Knowing something is bad on an intellectual level won't help an addict stop a bad behavior***

Still Going - Are you in a better place now? If yes, what helped you?

Knowing something is bad on an intellectual level won't help an addict stop a bad behavior

i really feel i overstepped my boundary of giving advice to someone who suffers from addiction,i have no knowledge or understanding of addiction, and have no right to give my worthless two sense in those areas, my share which works for me many times is only given to people like me who suffer from lack of eye guarding and related problems in the sense of yetzer hara which limud haTorah, Mussar ,Tefila and chizuk help.i leave addiction to the experts here and will bli neder make a note of it in my signature

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Re: Wake Sleepy up!

Posted by sleepy - 26 Sep 2019 16:10

isnt it funny that if someone comes accross a pretty woman and fantasizes about her and comes along another pretty woman and drops the first one mentally and fantasizes about the second one,it has happened to me ,and i find that alone should give me an impetus to just give up on looking for the pretty one that will satisfy my lust because we'll never be happy.the reason **why** we'll never be happy is because we're really not looking for lust and orgasm,what we're really looking for is what our Neshama is yearning for and thats closeness to Hashem which is accomplished through learning Torah and doing mitzvos.

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Re: Wake Sleepy up!

Posted by Hashem Help Me - 27 Sep 2019 11:31

[cordnoy wrote on 26 Sep 2019 12:17:](#)

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Of course, there are other explanations, but this is a plausible one.

There is tremendous truth in what you quote. Of course there may be exceptions but many times the guys who are so busy noticing pritzus and being busy with it are those who are unfortunately struggling deeply with these issues. They don't realize what they are doing. They are actually fanning the flames of taivah/addiction and constantly exposing themselves to triggering scenes. Their subconscious is playing an evil trick on them. There is a second group of people who are wallowing in terrible feelings of yi'ush and guilt and are not yet ready to reach out for help. Usually these are perfectionists who have to appear to their families and friends as tzaddikim in all areas. To help assuage their tormenting emotions, they are "lochem milchemes Hashem" against the ruach ha'tumah etc. (And then they go home and with a total loss of control act out big time...) As stated in the beginning, there are of course truly ehrliche yidden who are well adjusted, healthy and clean who want to help protect our communities, but it appears this group is the smallest of the three mentioned.

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Re: Wake Sleepy up!

Posted by sleepy - 27 Sep 2019 16:37

a lot of times we start going up the streak and the enthusiasm dies down and we fall.what happened to kol haschalos kashos all beginnings are difficult, but if you persevere, it'll get easier?

Rabbi Chaim Volozhiner ztl when he approached the Vilna Goan ztl excitedly about opening a Yeshiva , the Goan wasnt excited about it, the following year reb chaim approached the goan again but less enthusiastically, and this time the Goan gave him a warm beracha to succeed.Asked Reb Chaim, why when i came last year i didnt get your blessings while i get them noe?answered the Goan, last year you came to me so excited i suspected maybe you were motivated by a strange fire of enthusiasm for not good intention so i wasnt sure,but now a year later when that fire died down and you still want to make a Yeshiva i know your intention is pure

so too whenever we start something new we are always enthusiastic about it and feel a "fire " to do it, and the same thing for even a good thing ,since its the fire thats pushing him we dont consider that starting yet, its when that fire subsides and now it starts getting difficult thats when it is considered starting and kol haschalos kashos all beginings are hard but if you persevere and keep on going the person will experience a lessening of the difficulty and he will be able to keep on going , based on Rabbi Erlanger Mashgiach of Mir Brooklyn,i hope it made sense.(this post is not intended for someone who has an addiction ,your medals for the fight are much greaterand you are probably the ones who are bringing Moshiach! hatzlacha!

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Re: Wake Sleepy up!

Posted by Dave M - 27 Sep 2019 17:17

[sleepy wrote on 27 Sep 2019 16:37:](#)

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Great post. From experience, I had many 2-3 weeks streak before falling. It was only once I joined the GYE forum was I able to get over the hump.

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Re: Wake Sleepy up!

Posted by i-man - 04 Oct 2019 03:05

Hey wake up !

it's a little to quiet here ..

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Re: Wake Sleepy up!

Posted by sleepy - 04 Oct 2019 15:58

hello i-man, thanks for the shout out,lately due to my lack of being able to get to my kiosks where i do my gye'ing,i wasnt able to post although im suscribed to most of the threads and get the email posts.i just want to say that as an " outsider "reading everyones posts and responses, you guys are doing a GREAT job!keep it up , i,for one, am gaining alot.

i apologize to all posts that i have benefited from but due to lack of time and slow internet, im not able to hit the thank you button since it takes a long time for that blue circle to stop spinning, but **THANK YOU, THANK YOU ,THANK YOU!**

just one more thing till next time (oy vey!)

gye is such a great thing and there are so many tactics to fight the battle, that a person , me

specifically, can feel, that's all I need, and forget this that the Mesilas Yescharim writes concerning the yetzer hara, **that without Learning Torah**, (according to everyone's ability, and circumstance) it's not possible to be truly victorious, I'm not saying that people have to fall, I'm just pointing out that Hashem says, "I created the yetzer hara, and I created its antidote" and as the Mesilas Yescharim writes, if anyone feels he could shirk Learning Torah (with Yiras Shamayim of course) is mistaken. and the end won't be good, he may even have a 20 year clean streak the M"Y seems to be saying. (of course he will get tremendous reward for it!), but in the end it won't be good.

The M"Y says, if Hashem is the one who created the yetzer hara says that the only remedy is Torah, Hashem knows what He's talking about.

therefore everyone should make a strong kabala bli neder, that everyday one should take a dose of this Holy Antidote (everyone according to his ability and circumstance).

I hope this doesn't discourage anyone, G-D forbid that was not my intention, but I just wanted to point something out that needs strengthening, at least for me.

Disclaimer: this post wasn't aimed at people who are addicted (boy I hate bringing this up), that you need to ask the professionals, if I don't get a chance to post till who knows how long, ... I wish everyone with a birchas hedyot of a gemar chasima tova, (and piska tova) {a gut kvittel}!

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