

"Just regular movies "

Posted by Grant400 - 12 Jul 2020 13:59

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A few days ago I started a topic in the balei batims forum about how I'm addicted to regular movies. How it takes up way too much time like sometimes till 5am. How I adore them in an almost worshipful manner. How it takes up too much of me.

Well I've just had a rude awakening. You see what I've also struggled with only a few times in the past was exploring regular Hollywood movies that had inappropriate content like nudity...nothing to graphic but enough to get aroused. I have only done this a few times. It only happened on rare occasions and I always got it in check with tricks or a knas etc. I completely got passed it and stopped and haven't done it in like 2 months. And during those months I grew immensely in shmiras einayim in all aspects. I was convinced that I was safe. So the only problem was just my addiction to movies.

Lo and behold out of the blue last night I fell so completely unexpectedly. This led me to view a few inappropriate pictures too. Nothing crazy just something I thought I conquered. Oh well now I really gotta kick my movie habit if it leads to this. I am resetting my 90 day count and will iyh try to stop movies all together. Still gonna watch clean comedy with wife but no more movies by myself unsupervised and at all hours. So my 90 day count will be in regard to movies, viewing inappropriate material and HZ"L (not really a problem but another geder wont hurt). I'm posting here to hold myself accountable.

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Re: "Just regular movies "

Posted by YeshivaGuy - 31 May 2023 22:14

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Hey Grant,

Not writing a cheerleading soliloquy, just to say I see you, am impressed with you.

And I'm with you.

Your brother in arms,

YeshivaGuy

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Re: "Just regular movies "

Posted by Grant400 - 27 Jun 2023 16:57

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I have never liked the word "fall". It makes it sound as if we almost aren't at fault, and usually we are. Yet sometimes it is the correct term. Of course we made the decision to "act out" but it was in response to circumstances beyond our control. (Circumstance is beyond control, not the decision to act out.)

In some situations, even when trying your best, inevitable occurrences that you cannot control can start the ball rolling, and even though at the end of the day it is up to you to make the final decision, the infrastructure you worked so hard building simply may not be able to hold up the way it holds for normal circumstances.

Well, after such an introduction, here goes:

I fell. Goodbye 159.

There's something I never discussed on the forum and still do not wish to. It's something that has caused me alot of pain beyond words, and needed outside help to learn the tools to live with it. Bh, I've been lucky to have been overall successful in dealing with it, although it's a constant battle.

Unfortunately yesterday, there was a situation that came up in my life that effected me greatly, and caused things to spiral a bit to much for me to be able to cope myself. I immediately reached out to someone who can help, but unfortunately as of yet we have not been successful in connecting.

The pain and fear this caused me, had me searching for relatively innocent (yet I'm experienced enough to know that I was aware of the possibility of the final outcome) entertainment and distraction to get my mind off of obsessing about the issue. As is all too familiar to us, one thing led to another, until I finally bumped into something (shocking right?), and from there I was as

pliable as clay in the hands of an experienced potter.

I like to think of it as a fall. My unfortunate response to an unfortunate circumstance. Is it an excuse? Maybe.

So there, I said it. I'm embarrassed and upset at myself, and feel that heavy disappointment of failure weighing on me, but with Hashem's help I'll move on to an even better place. Bh I recognize that I am in a much healthier place regarding lust than I was pretty much my whole life, and I am not discouraged about my past accomplishments.

Onwards.

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Re: "Just regular movies "

Posted by redfaced - 27 Jun 2023 17:31

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[Grant400 wrote on 27 Jun 2023 16:57:](#)

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Onwards.

Hurting for you .

From my few years of lurking I can say that I have the fullest hopes in you.

You're one of the people that gave me huge inspiration.

KOT

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Re: "Just regular movies "

Posted by richtig - 27 Jun 2023 18:22

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[Grant400 wrote on 27 Jun 2023 16:57:](#)

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Onwards.

Grant, Class Act.

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Re: "Just regular movies "

Posted by connected - 27 Jun 2023 18:29

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[Grant400 wrote on 27 Jun 2023 16:57:](#)

Well, after such an introduction, here goes:

I fell. Goodbye 159.

Pardon me for skipping the condolences and getting straight to my point.

"Goodbye 159"?

Where did they go?

Where were they till yesterday?

If they were anywhere, they're still there.

It's as if I would say now, "Goodbye 21" because today happens to be 22.

Burying past days smells of streak worshipping and not of ODAAT growth.

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Re: "Just regular movies "

Posted by chaimoigen - 27 Jun 2023 19:51

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tears in my eyes.

you have true greatness. and a lot of pain. hang on.

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Re: "Just regular movies "

Posted by Heeling - 27 Jun 2023 20:35

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oi, this is heartbreaking. but please dont say goodbye to those 159 clean days. its a huge number. We are all human.

Thinking about you,

You're an inspiration!

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Re: "Just regular movies "

Posted by true\_self - 27 Jun 2023 20:39

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You remain My hero and I still admire You, Dear Grant; the biggest inspiration I'm yet to receive from You will be, to see how You get back to yourself, stronger than before, You are at the same place up the mountain just beyond a ditch, but still up there!

Unfortunately sometimes not acting out is beyond our ????? ?????, but our ????? ????? keeps on being pushed higher up.

I'll conclude with this line; ??? ????? ????? ????? ????? ????????, Reach out to friends to help You get back on track!

Oh, and btw, what are the lessons You've learnt from this fall? I leant that the YH never goes to sleep even when it's Grant, and he's up to 159 days.

Stay strong! and keep on being our role model.

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Re: "Just regular movies "

Posted by EccentricComposer - 27 Jun 2023 21:48

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Wow, thank you so much.



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Re: "Just regular movies "

Posted by grant400 - 09 Jul 2025 21:02

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Had a fall after 75 of the best days in a while. Put alot of work into it...will continue to build off of it iyh.

Starting again!!!!

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Re: "Just regular movies "

Posted by thompson - 09 Jul 2025 21:15

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Thanks for bringing up this thread, even if for an upsetting reason.

DeletedUser1281 (that Platinum Boarder) was spitting strong truths; it's a shame he left in such a hurry.

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Re: "Just regular movies "

Posted by hashemisonmyside - 09 Jul 2025 22:24

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Please start with a bang!!

those 75 days don't disappear, it's still helping you climb the mountain.

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Re: "Just regular movies "

Posted by alex94 - 10 Jul 2025 06:45

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[Grant400 wrote on 27 Jun 2023 16:57:](#)

the infrastructure you worked so hard building simply may not be able to hold up the way it holds for normal circumstances.

Most of my adult life has been a series of building to cope and then having a bigger wave come get me started building again. The feeling of out of controlness bites hard and often. After a decade plus of this, I began to notice that while the feeling still tastes similar, the reality on the ground has slowly but surely changed. My ?????? ?????? has moved forward in many areas. Recognizing this is helpful in developing self belief and hope. Even when things inevitably get crazy and I feel underwater (or more underwater than the usual) I keep "putting one foot in front of the other" because I know that somehow, I am building and growing, even of it doesnt feel like it.

Even deeper, during those very long times when it was really hard to see any growth, looking back, that darkness really pushed me to figure out my way forward, and most importantly, my WHY forward.

Your number/streak does not define you. Your WHY does. And when it gets challenged, its because you have the zechus to build it yet stronger, realer, and more encompassing.

Thank you for your inspiration.

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Re: "Just regular movies "

Posted by captain - 10 Jul 2025 12:04

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[grant400 wrote on 09 Jul 2025 21:02:](#)

Had a fall after 75 of the best days in a while. Put alot of work into it...will continue to build off of it iyh.

Starting again!!!!

Remember how great those days were, compared to how you felt right after. This will strengthen you.

Also, please stick around! It will be helpful for you, and very helpful for a lot of others!

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