

Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 28 Jan 2021 21:27

Hey guys just wanted to get myself out on the forum- I saw a few people say that being on the forum is helpful so I figured I may as well try it out and what better way to get started than to introduce myself?

Im leaving for a yeshiva in Eretz Yisrael this coming Elul and my goal is to have enough control by the time I leave for yeshiva that I can go into yeshiva with a solid sense of control.

Im writing this as i recover from a fall i just had - i had 16 days clean and just fell, and writing this is actually pretty therapeutic. Prior to joining GYE my longest streak was 10 days as of this year (I've gone for 8 weeks longest probably) so GYE has been super helpful - this organization and everyone who helps in any way is truly incredible.

My issues are not so extreme in my opinion- I've never seen porn and dont feel myself being pulled towards that but I do suffer from mzl which almost always stems from embarrassing fantasies. I rarely feel that its impossible for me to stop - I've always had a lot of determination and at first I used to be helpless against my desires but now I almost *choose* to indulge myself but have the willpower to refuse, if that makes sense.

I dont have a filter on my phone but am working up courage to ask my parents for one - I hear netspark is good..

Thats all for now- excited to start being more active on the forum!

Eved Hashem

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Re: Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 20 Apr 2021 19:56

Looking for eitzos here from some people who can relate (or even if you can't)

I'm pretty much done with my co ed high school and everyone is making all of these fun activities to do together (which include both genders). I'm under heavy pressure from my friends (who mean well) to attend some of these events where the dress will likely be tznius but still a non moderated event with girls who "flirt" with me and I always find myself thinking about them afterwards. The thing is I always try to back out but sometimes these girls specifically accuse me of avoiding them (which is true) and I want to make sure I'm not nichshal but at the same time not hurt anyone as well. Also the cherry on top is I already kind of socially isolate myself to avoid these things and it would be kind of nice to hang out with everyone.

I already said I'm not coming but everyone is pestering me to change my mind saying it won't be so bad. What do people think?

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Re: Aiming to be better. Introducing myself :)
Posted by Zedj - 21 Apr 2021 07:13

Seems like your in a pickle.

It's a really difficult position to be in as you would love to hang out but you know what that will lead to.

I'm responding as noone else offered an eitza (perhaps someone pm you a response?)

You already made up your mind not to go as you realize it's detrimental to your goals/values.

If you were asking me I think you are making the right decision.

however it's always good to get some guidance from someone that knows you and can help you come to a decision based on where your holding.

Are there any other guys you can hang out with and do your own thing? Are there no breakaway groups?

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Re: Aiming to be better. Introducing myself :)
Posted by Hashem Help Me - 21 Apr 2021 11:19

Be proud of your decision! Is there any member of the staff (many modern schools have more chareidi type staff) who you can get some chizuk from?

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 21 Apr 2021 14:28

No I wish

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Re: Aiming to be better. Introducing myself :)
Posted by Captain - 21 Apr 2021 20:07

Wow you are amazing! You're like Avraham Avinu who did what he knew was right even though others weren't doing it

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Re: Aiming to be better. Introducing myself :)
Posted by Hashem Help Me - 23 Apr 2021 11:30

May Hashem repay you for your incredible sacrifice. It is normal that you may question your decision when the guys come back and brag about how great the trip was. Don't panic at that point. It's ok to feel a bit down and disappointed. At the same time, be proud that you did what you did. the feelings will go away quickly, the added kedusha, and the zchus will remain with you for life.

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Re: Aiming to be better. Introducing myself :)
Posted by Ish MiGrodno - 23 Apr 2021 12:47

...and may I add that while you may view us as no more than anonymous friends, WE will be the ones who will be "there for you" when you feel like a loser / unloyal friend - after missing the trip. Just post your feelings and the responses will help you. Really!

We've got your back tzadik!

IMG

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 29 Apr 2021 01:58

wowwww crazy feeling being number 1 on the 90 day chart board!

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Re: Aiming to be better. Introducing myself :)
Posted by HappyYid - 29 Apr 2021 02:37

We could share...

3 more days!!

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 30 Apr 2021 00:13

We could share...

Haha deal

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 02 May 2021 01:52

With the help of Hashem, all of the heilige chevra here at GYE, and my own hishtadlus I have reached 90 days!!!

GYE was a complete game changer - I had a 17 day streak when I joined, followed by a week where I fell a lot, and now I'm back at 90! In other words, I had one time period where I fell since halfway through January and now its May. Very good stuff.

What worked for me was really simple. Just motivation and posting on the forum. Still don't have a filter and still need to get one but point is if you want it enough you can do it.

I was addicted to masturbation (seen inappropriate images but never literal porn but might as well have been) since I was about 13 so 5 years that I acted out constantly usually every night or two but at the same time I always believe I can do anything and once I realized the gravity of the problem I started to aim to stop.

So this was about a year ago and before I joined GYE all I did was just keep a tally of how many days I went without acting out and I usually reached around 3 or 4, with my highest being 10 days clean. The only thing that changed when I joined GYE was the forum. Thats pretty much the only difference. So all I did was just keep clean and talk a lot on the forum.

In other words posting on the forum is an absolute game changer if you are struggling definitely post! No one will find out who you are you can be from literally anywhere. Even if someone does find out who you are (won't happen) they are in the struggle too and will understand.

Pure willpower might not work for everyone especially people who are more seriously addicted but just sharing what works for me. I simply wanted to be free enough that I did it. It wasn't worth living life that way. And nothing will magically make the desires go away so you have to actively try to stay clean. If your heart isn't in it maybe you will never be free. **You have to really want it.**

It will be hard. But the longer you stay clean the easier it gets you just have to make it there to see the other side.

Hoping to celebrate with all of you guys in your successes and wishing everyone much hatzlacha!

Eved Hashem

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Re: Aiming to be better. Introducing myself :)

Posted by Lou - 02 May 2021 06:04

As I posted in the Lchaim thread...

A huge Mazal tov to you. This is a great accomplishment. Keep up the great work. You are an inspiration to all of us

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Re: Aiming to be better. Introducing myself :)
Posted by Hashem Help Me - 02 May 2021 11:17

Mazel tov!! Keep up the good work of inspiring others. It is a great chizuk for everyone to see that "it can be done" b'ezras Hashem.

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Re: Aiming to be better. Introducing myself :)
Posted by Grant400 - 02 May 2021 16:14

Amazing! Stay on your game and be a winner!

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 04 May 2021 02:39

So I got some new images in my head because I downloaded instagram (never had any social media ever) for a kosher reason was just gonna look at something and then uninstall (riiiiight we've all heard that before) and I actually followed that plan but before I uninstalled I *also* saw something I shouldn't which led to a quick google search which led to wikipedia which led to some images which currently reside in my brain. Been a while since I've seen anything so not sure how long it will stay in there but doing my best to not think about it. Also I already hit 90 and I know I can do it again so I almost feel that its not so bad to take a fall and then climb back up. Obviously thats bad logic so I *know it doesn't make sense* but my body thinks the logic works.

Fighting hard,

Eved Hashem

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