

Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 28 Jan 2021 21:27

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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 - 05 Apr 2022 22:05

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Definitely depressed. And I guess a bit angry at my situation.

Im sure ill apologize for this later wjen I'm feeling more normal but the "you get xcredit for every minute" approach doesn't help me. Bc I've been holding this back all day. So I've gotten immense credit. So now I can let go.

Its funny how these approaches never jelp me. Probably bc theyre not meant for me. Like the good smelling flowers outnumber the bad smelling flowers, most days your a good person, dont harp over your falls, etc.

Just gives me an excuse to fall and be mivatil it to my cumalitave days. Definitely more than batel bishishim.

I think only reason i still haven't done it is bc I know its assur so id be going into it w the mindset of doing teshuva to get rid of it but im pretty sure that doesn't work and i don't want this on my ledger. Well see how long it holds me. Because to be fair im sure my charatah will be very real. As for the chafetz chaim mashal I'd have to disagree its pretty pleasurable for me. Honestly I know that it only lasts a few seconds then the taiva disappears but those few seconds are incredible. Definitely worth it

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Re: Aiming to be better. Introducing myself :)

Posted by Vehkam - 05 Apr 2022 22:10

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Have you taken the time to really recognize the credit you get for holding back. Please let me know if you try the exercise that I gave you. Sometimes that works when you think it won't.

The few seconds definitely seem pleasurable but they don't compare to the pleasure that will be waiting for you. I am not just talking about the next world. Invest in yourself.

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Re: Aiming to be better. Introducing myself :)  
Posted by committed\_togrowth - 05 Apr 2022 22:23

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Hi Eved,

?I didn't see your last post because it went up while I was typing my reply up. I think the most important thing to address is you are not by any stretch of the imagination a fraud. You giving advice to others is not hypocritical. Just because you have lots of wisdom and experience with this issue doesn't mean you can't also have your own struggles. Vent and share them here, we are here for you. Clearly you are in pain, but you will get through this. Your true self knows that the whole world of shmutz and pagam habris is sheker. You will shine through.

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Re: Aiming to be better. Introducing myself :)  
Posted by Captain - 05 Apr 2022 22:56

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Hey EvedHashem,

As a veteran of many episodes of depression, I know that it takes over your mind and twists your thinking. I had "real depression," but a rough spurt can do the same thing more or less.

One thing that was helpful for me is Rabbi Twersky's advice not to do anything big or changing when depressed. It makes sense to do what you know you would have done "on a regular day" ie. 2 months ago.

Hang in there! Tomorrow (or sometime) will be better. It's just a way of thinking coming from your emotions.

(P.S. The not learning and burnout is connected as well. Studies say they often come from depression. And then it feeds off itself because you don't feel successful.)

Please keep in touch. We care about you.

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Re: Aiming to be better. Introducing myself :)

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Posted by Vehkam - 05 Apr 2022 23:14

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Checked. He said it is fine to go to sleep to music (not a live orchestra!). Especially if you are using the music to counter effect not being able to sleep or disturbing thoughts etc.

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 06 Apr 2022 01:07

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Still haven't acted out yet. Biggest concern is from rambam hilchos teshuva 4:1 where he says someone who says "???? ??????" doesn't ever get teshuva. The desires have simmered down a lot since earlier today but are still there. Im kinda hoping they get to that point again where it takes over everything and I can't think bc then I can act out and not be thinking at the time that its ok bc I can do teshuva.

Thanks eeveryone for your insights.

To respond to captain i guess id say im depressed but im not sure I've never really felt this way before. Zero chance i get anyone to tell me if im depressed or not bc if they say i am then I definitely will be depressed lol. Hopefully this bout will end when I get some chavrusas going again. Been lonely learning by myself for forever. Besides for the fact that I haven't been to any sederim for the last 2 days

Anyways that's all for now make sure to tune in to next time

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 06 Apr 2022 01:20

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Heck who cares about teshuva ill take whatever it is. Devoted this time to my sisters shidduchim. Wish me luck in gehenom

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 06 Apr 2022 01:45

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Its done. Not sure how I feel about it yet. Hopefully I use this fall as the "fall guy" to not fall when I give up the smartphone for good. This was the way I most enjoyed acting out and I did my best to milk it (although after a few seconds I just became disgusted by what I was looking at, as anticipated).

So no more excuses. And no im not acting out tomorrow. Im done.

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Re: Aiming to be better. Introducing myself :)  
Posted by Vehkam - 06 Apr 2022 02:19

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One step at a time. Time to regroup.

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Re: Aiming to be better. Introducing myself :)  
Posted by OivedElokim - 06 Apr 2022 02:40

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[EvedHashem1836 wrote on 06 Apr 2022 01:45:](#)

(although after a few seconds I just became disgusted by what I was looking at, as anticipated).

totally relate to that feeling of revulsion that sets in when viewing scenes that just seconds ago were the source of so much pleasure....

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Re: Aiming to be better. Introducing myself :)  
Posted by neshamaincharge - 06 Apr 2022 02:57

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[EvedHashem1836 wrote on 06 Apr 2022 01:07:](#)

Still haven't acted out yet. Biggest concern is from rambam hilchos teshuva 4:1 where he says someone who says ????? ????? doesn't ever get teshuva. The desires have simmered down a lot since earlier today but are still there. Im kinda hoping they get to that point again where it takes over everything and I can't think bc then I can act out and not be thinking at the time that its ok bc I can do teshuva.

I so relate to this. Thanks for your honest share

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Re: Aiming to be better. Introducing myself :)  
Posted by Face the challenge - 06 Apr 2022 21:57

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Wow! That was a tremendous help. I'm assuming that many others here feel the same way after they fall. I know that i feel distant and i get into a bad place so this was a great chizuk!

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 06 Apr 2022 22:59

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Anyways so im done with the smartphone. I've said many times that im done w it but this time for real. I've been having fantasies about destroying it (lol) if im gonna throw it off the roof or use a saw or a hammer or something else. Been looking around for a good "dumb phone" but the ones I've found are all too smart they have radio or video games or internet etc. I just want a dumb phone! If anyone has any suggestions (need good service nothing trashy. Verizon t mobile at n t prefered) for me pls let me know!

Anyone? What do ppl have?

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Re: Aiming to be better. Introducing myself :)  
Posted by committed\_togrowth - 06 Apr 2022 23:08

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Hi eved, a couple of weeks ago I picked up a flip phone called the Sunbeam F1 Orchid, I've been very happy with it! The company has three options of phone. One is a completely locked phone with talk only, no text (F1 Dandelion). The next model is the F1 Daisy, which is talk and text. The one with the most features is the F1 Orchid, which has GPS maps and weather in addition to talk and text. These phones have no internet browser and no ability to install apps. I believe the company was founded by religious christians who are trying to protect their own community from shmutz. For me being able to text is important, the phone has talk-to-text so you can talk into the phone and it translates your voice to text messages, this works very well. I also drive a lot so I went with the Orchid to have access to maps. There's no way to access digital media. I will just mention one thing. You can save mp3s on the Orchid so in theory you could have unkosher audio recordings and save that one your phone...that would be a very inconvenient way to access shmutz and hopefully your computers are filtered too so getting those mp3s in the first place wouldn't be possible. I think the phone works with a wide range of carriers. I also think the Dandelion doesn't even have mp3 capability, you'd have to call the company and ask about that though. In sum I thoroughly recommend the product!

Here is the link:

[sunbeamwireless.com](http://sunbeamwireless.com)

Keep us posted on what you end up going with!

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