

finally posting!

Posted by Smokey - 28 Jun 2021 04:48

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Hey everyone! I originally signed up to GYE over 3 years ago however i only really started using it a couple of months ago when i realized that if i want to quit myself from P&M for good i need to really buckle down and commit myself to climbing this mountain, it won't just happen from reading up what's wrong and watching inspiring chizuk videos, you have to internalize make a decision that i will commit myself to do whatever it takes to stop. B'H a bit over a year ago- before i committed myself, i got rid of my smartphone just because i was so i addicted to it and i letterly didn't have a life outside it (my screen time was 10-14 hours a day) and since then my struggle against pornography has been much easier, just because my main access to the internet now is through my laptop, which is generally much more in public and im not with it all the time, that doesn't mean since then i haven't watched anything, however since pesach this year my eyes are clean B'h! A bit before purim time this year i connected with a mentor on GYE and he really inspired me to buckle down and really change myself, ive been mansturbating for over 4 years and before i connected with him the longest i ever was clean was less than a week, now my longest streak is BH 20 days, however it is still a massive struggle for me, i have ADHD and am extremely impulsive and i frequently get depressed (not clinically, just feel down for a few days) and that triggers me alot even when i'm on a high and clean for 2+ weeks i can just turn the other way and act out from one second to the next, cause something went wrong... so i'm working on coping with my depressing feelings using ACT (acceptance and commitment therapy) and smart recovery, and how to not use my "Penis as my Pacifier" Bh now im clean for 10 days and i feel like this is the time-to 90 days, of course taking it one day at a time. I'm so glad that i finally got my act together to post on the forum i've always wanted to for the past couple weeks just was never up to it. i thank everyone for the amazing chizuk and inspiration they post and are to me, and i hope that i'm able to be mechazek other alsos, lifes a journey and we each have our own struggles, but in this inyan we all have this struggle-some more and some less, but we can all hold each others hands and keep climbing together and overcome this! looking forward to continue posting!wishing you guys all the best!-smokey

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Re: finally posting!

Posted by smokey - 03 Sep 2024 09:36

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Yes

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Re: finally posting!

Posted by smokey - 03 Sep 2024 09:42

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Im honestly pretty frustrated, I'm going back to Israel for elul, I had a stopover overnight in Athens, I was pretty much by myself, I had a massive desire to go to a club, I walked around....went to a bar, didn't go to a club ( I wasn't ready to spend any money so I wasn't that scared) but when I got a back I basically watched porn (basically means watching movies and skipping straight to the romance scenes)

After 11 days of incredibly emotional awareness I fell,

I guess that's life you win some you lose some, although it wasn't really by chance I was alone and vulnerable, I texted a friend who didn't respond right away but I should have posted publicly on the forum, good data for next time.....

I'm going to try really hard to not let this bring me down and to continue fighting strong!!

Love u all

Smokey

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Re: finally posting!

Posted by tzaddikvikam13 - 03 Sep 2024 12:53

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keep fighting and don't give up!

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Re: finally posting!

Posted by smokey - 04 Sep 2024 21:19

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Honestly I'm pretty darn frustrated. I came back to Israel after leaving for almost a year to

shteig, before I start working (where once I start I won't be able to just pack off for a month like this) I want to learn and grow to the next level and tap into my potential and connect with a good environment.

I Know it's only my first day here but I feel like what on earth am I doing here, Im so not motivated to learn and tap in, making food for my gluten free diet is so hard (especially with ADHD and procrastination) and I want to flirt with every single pretty girl i see (for those of you that don't know Jerusalem is filled with the finest of them)I'm dying to call the hotline now and talk to a girl, I feel so lonely and vulnerable I'm craving connection, I feel lost in the sauce and zero motivation to give my soul the energy and consistency it's craving.

Maybe I shouldn't be so hard on myself after being here for less then 36 hours and having a 36 hour journey to get here but I want to feel some love, I don't know how to give it to myself

Struggling Together is better then alone so here I am

Signing off-Struggling with difficult emotions that hopefully one day will come together and make me the beautiful person I want to be (or I have to recognize I am in myself)

Striving to shteig smokey

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Re: finally posting!

Posted by hopefulswan89 - 04 Sep 2024 22:49

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[smokey wrote on 04 Sep 2024 21:19:](#)

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Striving to shteig smokey

It's the beginning of the zman blues. See the post of stop surviving. Once you get into learning, your lust will subside. Chodesh elul in yeshiva will lift you up.

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Re: finally posting!

Posted by smokey - 09 Sep 2024 12:06

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[hopefulswan89 wrote on 04 Sep 2024 22:49:](#)

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Hey hey

Baruch Hashem I'm doing amazing.

I'm feeling great about myself, exercising, learning and connecting to great people around me and trying to avoid triggering areas and making myself as least vulnerable as possible (for falls, I love being vulnerable and connecting to males around me)

I'm not sure if it's the kedushas haaretz, OR it's the great environment, rabbeim and structure I have set up for me over here bh that's causing me to be shteiging away, probably a combination of both

Thanks so much to all these that reached out to me with love and support.

If anyone is in the holy land and would like to meet im Definitely open to making myself vulnerable and hopefully being mechazek each other.

Keep up the great work everyone!!!

(P.s. if you pm me with your Hebrew name im happy to try to daven for you by the kosel)

Loving life and everything it has to offer,

Striving to shteig Smokey

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Re: finally posting!

Posted by BenHashemBH - 09 Sep 2024 12:14

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[smokey wrote on 09 Sep 2024 12:06:](#)

[hopefulswan89 wrote on 04 Sep 2024 22:49:](#)

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Loving life and everything it has to offer,

Striving to shteig Smokey

**It's definitely a lot of YOU too**

Continued Hatzlacha!

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Re: finally posting!

Posted by smokey - 10 Sep 2024 21:00

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I'm super frustrated

Life is just full of highs and lows, I feel like I can't take it, it's a emotional rollercoaster and I'm so sensitive to it! doesn't feel good to not be feeling good

Im feeling the pain of feeling down so strong I don't even want sex as an escape, I am so clear that's not what I need right now, I want to be feeling great and loving life, I want to just breathe in the fresh air and enjoy life.

Life freaking sucks.

Do I need love and validation? Probably.

How will I get it, unsure. Why did god make me like this So vulnerable, so needy, so unpredictable, so sensitive Being in touch with yourself is amazing, But it comes at a high cost of truly feeling the pain when you're in it

Lacking a love of life

Smokey

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Re: finally posting!

Posted by smokey - 10 Sep 2024 21:56

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Love love love love

It's the four letter word we all need in our life

It's the lack of it that causes so much pain and strife

But of course a lot of it is just the minds fantasy

Because there's nothing in this world that comes for free

Love won't help u or change your cup of tea

If you don't work on yourself to become someone who can receive

So get up and realize what real life is about

Cause it ain't about Dopamine hits-I have no doubt

Learn to live life, while regulating your emotions

It's not easy at all, And there ain't no magic potion



But if You learn to do this, while accepting who you are

Trust me My friend this will take you really far

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Re: finally posting!

Posted by vehkam - 10 Sep 2024 22:10

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[smokey wrote on 10 Sep 2024 21:56:](#)

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Hanging around with people that are emotionally supportive can help somewhat with this. I used to fly across the country for a hug.

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Re: finally posting!

Posted by smokey - 17 Sep 2024 15:42

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Hey everyone

I'm following the journeys people are posting on their forums and it's incredible, its inspiring honest and real

Regarding me, bh I'm doing pretty well, some days I feel so much pain and have real struggles and some days I have so much love and desire for life, sometimes it's really hard but I've learnt that if I'm not going to really feel my pain, I won't be there to really feel my joy either, it's all about embracing the present moment ( ayin R wolbe speaking about Daas and Eckhart Tolle in the power of now...) and that has been life changing for me, when I'm faced with a urge I try to examine where it's coming from, what part of smokey is uncomfortable and needs me to give it attention, but also I try to understand that the urge is not me, it's a desire that comes and goes,

learning to not identify with my mind and the thoughts it produces has helped me tremendously.

When I started out this battle I was very much into streaks, it was all about 30 and then 90 days, when I would masturbate on day 12 I masturbated 2 or 3 times to "chap arein" before I started the streak again

this cycle repeated itself multiple times, and was a big part of my journey. I made it once to 30 something days and then another time to 47 but I paid big time for it, the rest of the 2 years I spent fighting for the streaks, and feelings like a failure because I consistently fell short

When I started working with a coach we started a different strategy, where i stopped caring about streaks, I barely even cared when I acted out, all I cared about was "why"

Why did I act out?

what situation was I in or feeling like and what can I do to not get myself in this situation again or help myself when I'm in it.

I amassed tonz of data and became a much healthier person, however I rarely used willpower to stop myself in a urge, there were times when I was very aware why I was acting out- I would think I'm feeling vulnerable and lonely and I'm going to give in to this escape, but since I prioritized data and accepted myself so much for my struggle I didn't really fight head on in the moment, I also did not beat myself up at all for falling And could go on with regular life after I fall no problem. Obviously as you can see there was pros and cons to this mehalech, But for me, I think that's what I needed as a reset to get out of the streak mindset, I finally realized how much I graduated out of it, When recently I realized these days when I fall it's pretty much just once and I move on that was never the case for me, it always used to be whenever I fell once, upwards of 80 percent of the time I fell again in the next 24 hours, the vicious cycle mindset owned me, bh now that's no longer the case, and I'm learning how to be in touch with every urge and help myself out right at the beginning stages of an urge before it can over power me when I'm vulnerable.

Why am I writing this now? recently I started getting more active on gye and Im checking in with the 90 day chart, I really want to get there however I want to do it in a healthy way, I can't let the streak hijack my journey, the falls are part of it and I have to be able to accept that, however I do believe with a healthy mindset I can fight towards that goal taking it day by day

I'm now looking forward to make it to day 15!!

One day at a time and we'll make it there

together

Striving to shteig and overcome the battle one moment at a time-ahh deep breath in and embrace the present moment with all its joys and struggles!

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Re: finally posting!

Posted by smokey - 22 Sep 2024 13:23

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It's all about one day at a time

breathe in deeply and try to truly internalize "Life is a journey not a destination"

It's a pathway and a training ground, success is not defined by where u are at this point in life Rather how you continued fighting and pushed through countless struggles.

It's about the guy that fell so many times that he thought he couldn't fall worse or again, and still you pushed through and got back up.

Imagine you didn't go through your struggles would you want to be a regular medicore guy, who doesn't think deeply about life?

Would you rather be someone who doesn't realize what affects them, doesn't have emotional awareness, and doesn't value or appreciate the vulnerability and relationships humans can offer each other

Forget about marriage for a second, what about your relationship with yourself, are you comfortable or uncomfortable with you? Is there a tzad that this struggle didn't bring you closer to your own inner world? The struggles and desires that at times can be so hard, is what brings out the beauty of us being human, and forcing us to be honest with ourselves and realize what we need to give ourselves what we need to take away from ourselves so we can be the

healthiest and best version of ourselves. I'm not an expert in parenting and what you should talk to him about kedusha, but I do know one thing, if you can't have at least one uncomfortable conversation with your child that's not a reflection of an open and honest relationship with him,

but the huge point here—if you never dealt with an uncomfortable moment and struggle with yourself, how on Earth would you expect to have that conversation with your child from an open honest and authentic standpoint (obviously you can soldier through and just follow the script but is that what we're trying to build here?) all I'm trying to bring out here, all of us here that are fighting and battling this huge battle, let's take a moment to step back and appreciate it, no matter how many times you fall this is building you up to be the real person that we all want to be, there's no way around it, it doesn't come for free, Mr perfect who never battled through will never relate to the struggles of his children and the people around him struggles, and will always try to avoid the uncomfortable moments of life, is that who you want to be? Is it so beautiful to have a picture perfect resume but a mediocre (at best) inside because you never were forced to work on yourself?

For me the answer is pretty clear.

Obviously it's super hard to value this point in the middle of the struggle, but if you can zoom out and appreciate how much life experience and skills you are gaining now, it can make you so much more happy and motivated to fight this battle.

Keep fighting and keep the inner flame alive and smoking,

Smokey

**Warning: Spoiler!**

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Re: finally posting!

Posted by smokey - 27 Sep 2024 08:28

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Hey guys hope everyone is doing well

I just decided to go to Uman for Rosh Hashanah!

(I was there 3 years ago and had a profound and life impacting experience)

Firstly if anyone else is going and would like to meet up to be mechazek each other please pm me

Second I'm posting here for accountability and advice

Travel makes me so much more vulnerable as just happened to me when I flew to Israel.

I'm going to be flying and then going on really long bus/train rides. I can feel lonely, frustrated and sad, without a safe place to go, to calm myself, journal or meditate, how am going to handle all this along with being overtired without sleep

I want to use this is a training ground to learn how to be strong even when I travel and give myself what I need when I'm in such a vulnerable state

Any input would be greatly appreciated.

Smokey

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Re: finally posting!

Posted by BenHashemBH - 27 Sep 2024 14:53

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[smokey wrote on 27 Sep 2024 08:28:](#)

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Any input would be greatly appreciated.

Smokey

Shalom Brother Smokey,

Wow, that is such a special thing.

I think the best thing you can do is prepare yourself ahead of time. You already know the majority of what will test you, so figure out now how you will avoid and redirect as needed.

Do you have books, sefarim, shiurim, a machzor, games, and eye-mask, or whatever you need to keep busy on the plane / train? It's hard that you can see everyone's little movie screens, and some of the movies have nudity - which I think is the dumbest thing, since kids are on the plane.

Like what?!?!?

Planes have stewardesses. Be polite, look only at their eyes briefly and interact as a kiddush haShem.

For me, I behave better when I wear a white dress shirt (which I don't normally wear during the week), so I have been especially wearing one if I travel.

If you are out and about wandering, the things that pop up will be unexpected and more difficult to react to. Focus on what you are there for, which is a holy and special Rosh Hashana. Meditate on the experience you want to have before you go, and then call that into your mind if anything threatens to derail your mission. Find your comfort zone and keep it nearby. Have a safe space and a good person to connect to and help draw you away from distractions.

Have an amazing time, and please daven for all of your friends at GYE and everywhere that want help getting closer to Hakadosh Baruch Hu.

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