

First time posting about myself

Posted by taheerlibeinu - 01 Sep 2021 12:10

Hi Everyone,

Firstly I just want to echo much of what has been said. This is a tremendous site. Tremendous Yashar Koach to those who founded it.

I just want to share my story. I hope it will help people as well as myself. I am in my 30's with BH an incredibly loving family... but my story begins way before then..

I grew up back in the late 90's/0's in what can probably be defined as a modern orthodox home. Back then the internet was just coming to the forefront. There wasn't such a thing as a filter on both TV or computer (not that it is an excuse!) download speeds were about 3KB! Unfortunately there was still pornography.. I quickly became completely hooked acting out most days. In fact throughout my teenagehood i don't think once i went from Shabbos to Shabbos without slipping up. Somehow at the same time i grew in Yiddishkeit, I had this tremendous thirst for learning Torah and closeness to the Ribono Shel Olam, i went through incredible highs of learning and focusing on Limud Hatorah and then a fall.. a cycle which am sure you are familiar with.

Like you all i didn't want to let anyone know about it so i suffered in silence. Throughout Yeshiva (which i did much better - went nearly 2 months at one point with no fall) and then after.. I went through a lot in my early 20's but my addiction was always with me.. In Yeshiva i met with a Rabbi/Phycologist and discussed this issue but it didn't really help.

As i have grown up I realise how this is so much a part of me but at the same time not. I am able at sometimes to go long periods without acting out and then all of a sudden i fall.. as an addict - and yes that is exactly what i am - i know that the only way i have a chance is to completely limit my access to such material. I don't have a smart phone and my laptop has webchaver installed which my wife gets emails for. It took me so long to get this installed but it is amazing to know that someone is looking at what i look at and it really helps stop the urge. Yet somehow there seems to always be a way for me to fall.. for example yesterday i came across my wifes old Iphone.. whilst i didn't go the full way i had a complete fall in terms of what i saw. I threw away the old charger so for now i cannot use it again but i will also remove the phone.

Despite these fallbacks I am determined to succeed. The greatest power the Yetzer Harah has is one of despair. Don't ever let it fool you into thinking you are too far gone..

I wanted to list out some of the things that helped me.. You will know most if not all of them but just in case it helps is worth mentioning.

1) Make it as difficult as possible to access pornographic material. Many of my sudden urges all come because i realise there is an "opening" to see something inappropriate. If you close the loophole often the urges might not come as often or as strong. This is absolutely critical - without this we are not giving ourselves the chance we deserve. Not having a smartphone is one of the biggest blessings in my life. Do not think for one minute it will impact your Parnassah. He who gives Parnassah is perfectly able to give me what i need without requiring a smartphone.

2) Have hobbies, be involved in other things.. whether it is a board for a charity/shul or chavruta or seeing friends. especially if you are single fill your day and give yourself less of a chance.

3) I keep a Cheshbon Hanefesh, i try each day to write in it and i keep track of how many days there. I list my goals and thank Hashem for everything each day. It is a very powerful tool. Accountability is also important, if i fall i try give Tzedaka afterwards and i fast half day on the following Sunday. These are not extreme things but i make sure to do them as a form of Teshuva. After that i move on.

4) Rav Moshe Weinberger Shlita has incredible shiurim on this topic. He has a Chaburas Yosef Hatzadik which deals precisely with this inyan. There is also a hidden gem of a shiur on YU torah which he has about this
- www.yutorah.org/lectures/lecture.cfm/914698/rabbi-moshe-weinberger/kedusha-is-it-within-our-reach/ I cannot recommend this highly enough. I try jogging at least twice a week and i often listen to this shiur

5) I am talking to myself here -- Remember He who put you on this world gave you this challenge. He knows you and He has given you the kochos you need to win this battle. One day you will have to go back to him with to paraphrase Ki Tzavo "Your Basket of fruit" all your Mitzvot and deeds. You have the opportunity whilst here to make a difference, to do so much good. "The day after" i have to remind myself. If Hashem let me wake up today its because He trusts in me. If He didn't want me here He is perfectly able to take me anytime He wills. I am here because He believes in me. Its time to believe in myself also.

6) Daven, Daven and Daven some more. Hashem is here to help, He wants to help us. I pray He gives me strength and may He help you too.

For me my next step is to seriously take on the 90 day challenge.. 30 days has been my average period recently apart from the odd time over Pesach when i went 50+ days, my last fall yesterday was 21 days which is not good. One day at a time but for me bring on 90 days! I pray

that with the Ribbono Shel Olam's help i will achieve this.. 90 days takes me to Tuesday 30th November. Please Hashem help me to get there.

If you are still reading.. thank you for taking the time to read my thoughts. BH you should be matzliach in your own Nisyonos. May Hashem grant us all a Shana Tova Umetuka.

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Re: First time posting about myself

Posted by taheerlibeinu - 25 May 2022 15:25

I had a tough day yesterday and felt for a moment like reverting to old ways. Then i remembered the tzaddikim on this forum who discussed how they were down but came through, I reminded myself this is the Yetzer Hora and ploughed on.. Baruch Hashem one day at a time.

I wanted to note something - I sometimes don't think about the positives enough:

Its amazing to wake up and feel pure

Its amazing to have a close connection to Hashem

Its amazing not to feel like you are hiding something from your wife and kids

Its amazing to be able to feel close to them and people around you.

Its amazing to be able to FEEL... not to be walking around numb.
Day 30... just keep swimming

Its amazing not to lose yourself in the world of the basement.

Its amazing to be able to cry tears of emotion, of connection and joy not pain.

Its amazing to connect to Hashem in this way and not feel embarrassed and leave davening early because you just can't take the connection right now.

How many days have i not felt this way, i have lost count. But thats not important. Keep looking

forward one day at a time..

Have a wonderful day.

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Re: First time posting about myself
Posted by Vehkam - 25 May 2022 16:07

great post. you nailed it with every single one of those thoughts. YOU are amazing!

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Re: First time posting about myself
Posted by committed_togrowth - 25 May 2022 16:22

Beautiful, thank you

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Re: First time posting about myself
Posted by Yissie - 25 May 2022 16:39

Thank you very much taherlibeinu for this entire thread. Especially this most recent post. Something that seems underused (at least to me) is this idea of positive reinforcement. Not pushing yourself by thinking about how much I do not like the bad feelings, or how much I want to do better, but rather reminding myself of all the good feelings that I can only have when I am not in the mud.

Keep it up and keep us posted with these types of thoughts.

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Re: First time posting about myself
Posted by taherlibeinu - 08 Jun 2022 17:00

Yesterday was a hard day.

In truth its been a hard few days/week and was getting harder as i went but peaked massively yesterday. I felt so overwhelmed with desire I was sure i was going to fall.. It felt like i was battling 44 days worth of fights in one moment! In the most Tzanua way i can describe I wasn't able to stand properly at mincha i was that overwhelmed (how or what i davened i do not know). At one point i threw myself face first onto my bed and begged Hashem to help me - i looked at myself in the mirror and had that raw feeling of desperation. I felt like i was about to fall. BH i reached out throughout the day to my GYE partner and Chasdei Hashem I didn't fall. I should note here that this is not the normal outcome.. usually when i have this Yetzer there is only one outcome and it is not the sort of one where you feel like you can connect to Hashem the next day..

It made me realise the power of a partner. Part of the reason why i didn't fall was that i didn't want to have the conversation with my partner to let him know i fell - there was a level of accountability finally in my life. I realise that when I am in that zone i need a connection to someone outside the zone to help me through.. I couldn't have done it alone, its that simple. My desire was too strong.. I was willing to give it all up then and give in. Thank you GYE for the tzaddikim on this site.

I am only half way to 90 days.. there is a very long way to go.. I will take each day as it comes.. I hope and pray though that I don't have to have another day like yesterday anytime soon though.

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Re: First time posting about myself
Posted by DavidT - 08 Jun 2022 18:20

[taherlibeinu wrote on 08 Jun 2022 17:00:](#)

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This is an amazing testimonial for the power of accountability! Stay connected and Hashem will help you get freed from the bad desires.

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Re: First time posting about myself
Posted by Dave M - 08 Jun 2022 18:48

That is so amazing. I think we can all relate to how difficult it is to withstand the challenge when the temptations reaches that level. Thanks again for reinforcing the importance of having an accountability partner.

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Re: First time posting about myself

Posted by Hashem Help Me - 08 Jun 2022 22:10

[taherlibeinu wrote on 08 Jun 2022 17:00:](#)

I am only half way to 90 days..

Only?! Why is that deserving of an "only"?

Let's rephrase that "I am BH at 45 days." (The fact that there is a 90 day goal is irrelevant to the daily hatzlacha. And let's remember that after day 90, the yetzer hara is still alive and well - just not as overwhelming...))

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Re: First time posting about myself

Posted by Yissie - 09 Jun 2022 19:07

Thank you for that story. It is very inspirational. We see how hard the yetzer hara may fight, but Hashem gives us the strength to overcome him.

Remember this story, and whenever you have have any urges, which you should anticipate, look back at this story, remember how well you fought and the feeling of accomplishment the next day, and it should give you the strength to continue overcome the yetzer hara.

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Re: First time posting about myself

Posted by taherlibeinu - 15 Jun 2022 10:27

Hodu La'Hashem Ki Tov - reached 50 days! (Small raise of the bat for those who are Machshiv)
This is a milestone for me. Small steps.. small celebrations.. but one day at a time.. As a

celebration I will go and buy a nice Iced Coffee and have extra Kavana when i make the Bracha that Hashem should continue to help all of us in this battle..

Had one of those weeks where i think the Ribono Shel Olam decided to have a little fun with me (Which as the Manhig Shel Olam He is perfectly entitled to do!) The string of events happening at the moment is not normal! But what i see is that i am being pushed to a place where i want to act out - BH i will be strong. Possibly this is why all these events are happening.. to try and get me there.. I don't know I can only speculate but what i do know is how i respond to any scenario is within me. Do I turn to the Ribono Shel Olam and ask for His help or do i go down a well trodden path to no good.. This sits with me..

In the meantime.. I'm off for my iced coffee..

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Re: First time posting about myself

Posted by committed_togrowth - 15 Jun 2022 17:05

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Re: First time posting about myself

Posted by Kavey - 15 Jun 2022 18:43

Thank you. Your thread is inspiring.

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Re: First time posting about myself

Posted by Ki Sorisa - 16 Jun 2022 14:26

Hi, you brought me to tears, I read through your posts, and felt like somebody had access to my whole internal world and was writing them out... Your Neshama on fire longing to be close to our loving father.... full of yearning and desire, wow! You are an inspiration! So many setbacks and

yet such resilience and determination, exposing the beauty of the Neashama of a Yid the way you just did, Thanks for your posts! wishing you from the bottom of my heart much success and mazal tov on your 50th day!

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Re: First time posting about myself

Posted by taheerlibeinu - 24 Jun 2022 09:43

I owe the olam an apology.. I fell last week. So disappointed with myself. I was in this make believe world that if i texted my partner before and after using an unfiltered computer i would be ok, this seemed to work for a while but then it just takes one time for it not too.... I have taken on myself not to use the machine again (which thankfully is not in my house!) where possible and definitely not to be misyached with it.

Ironically looking back the yetzer was not as strong as it was back on day 44 where i felt literally overwhelmed. There was one difference.. then i was not in front of a machine i was away from the front line, this allowed me to reach out to my partner and be strong.. when I am right in the front line even a small push will get me over the edge.. Something for me to take away and learn from.

However.. I am now 8 days on. Looking ahead and continuing to grow. I'll never give up. Never give up play hard was a mantra i remember seeing on a wallpaper in our house growing up.. Maybe the Ribbono Shel Olam put it there to remind me about this..

Wishing you all a good shabbos.

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