

First time posting about myself

Posted by taherlibeinu - 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.

=====

Re: First time posting about myself
Posted by Emes-a-Yid - 03 Jan 2023 00:41

[Teshuvahguy wrote on 29 Dec 2022 14:04:](#)

[taherlibeinu wrote on 29 Dec 2022 10:46:](#)

So Baruch Hashem passed the 40 day mark yesterday. Lots of work still to do but with Hashems help will keep moving forwards. One thing worth noting is that I realise that change in this area comes in steps. Rather like when you are in Yeshiva, often you don't see the day to day improvement in your learning but that doesn't mean you are not getting better.

It used to be that certain sudden urges would pull me strongly to give in. Now i text my partner and list out my feelings. This is a massive help as it makes me stop and realise what i want. The YH wants you to act quickly.. quick run to the computer, turn it on and don't think.. but sometimes you need to go against that just a little bit.. reach out and let someone else know how you are feeling. Just the other day I had exactly that, a really strong sudden urge, the biggest challenge for me was to reach out - that in itself is 80% of the battle as it removes the isolation factor which is what allows me to fall time and time again - the feeling of I am alone and I can do what I like.

Real growth, real and genuine growth in this area is not instant. It takes time and work. But there is a Guarantor on High who guarantees success for those who try. Looking back over the past year or so Baruch Hashem i can see the growth in me, to have reached 100 days earlier in the year is something i use as a marker of success and it drives me forward to get there again. Yes there might well have been bumps along the way but that is part of the journey, I don't live in a bubble wrapped life, there are challenges I would love to avoid but sometimes can't. The

game changer is how I manage that choice when it comes about - to paraphrase something I heard from Rabbi Paysach Krohn, "Hashem I might be in a test right now, and if this is a test I am going to pass it 100%". Just those words themselves are magical.. to say them is to invite Hashem into my test, to invite Him into my world right now, how special is that! Isn't that the essence of what I am trying to achieve anyway, to live each day with Hashem at the centre of my life..

Wishing this holy and chashuv olam all much Hatzlacha and may we all live with Hashem at the centre of our lives.

Beautiful post! Thanks for sharing. May you have continued success.

Nice just want to say hi and great work tahelebeinu hatzlacha rabah with continuous success, very happy for you!!

=====

Re: First time posting about myself
Posted by tahelebeinu - 05 Jan 2023 14:27

I set myself a target of 30 days - in my current situation surrounded by temptation i managed to get to 6 weeks and i slipped. Am celebrating the 6 weeks whilst at the same time crushed from the fall. The 30 days i initially dedicated last time to 3 causes

- 1) Refuah Shelaimah for a close friends wife
- 2) A shidduch for a cousin
- 3) A child for a couple i know going through fertility struggles.

Now am taking on 90 days for the same 3 causes.. BH i should be successful and this should go to their merit.. If i can get to 40+ days then i can get back to 90.. must keep thinking positive.

Currently back on day 5 now. iyH should be Matzliach.. Onwards.. always onwards.

=====

Re: First time posting about myself
Posted by taherlibeinu - 13 Jan 2023 09:35

Haven't had a chance to log into GYE in the past week, only have access to work computer safely.. now have safe spot sending a quick update.

BH another week has gone by B'kedusha V'tahara. will savour each and every precious moment and looking forward to being Mekabel Shabbos..

Wishing this Chashuv and wonderful Olam a wonderful Shabbos and iyH a successful Shovavim!

=====
=====

Re: First time posting about myself
Posted by taherlibeinu - 20 Jan 2023 13:20

Not much to update but posting nonetheless.. Baruch Hashem another clean week. Was a little bit of a bumpy ride as one night I was inches from giving in. Baruch Hashem for a phone call from "heaven" which allowed me to take a step back and message my partner. Struggling at some points during the day with invasive inappropriate thoughts but i guess this is part of the recovery process.

Sof Kol Sof still clean and looking forward to being Mekabel Shabbos B'kedusha V'tahara. To say Shalom Aleichem to the Malachim tonight and not be embarrassed. To look at my family tonight and feel pride and joy within **myself**. Tov L'Hodos L'Hashem. I post enough about my failures on this forum so its nice to post when things have gone well too.

Wishing this special, special Olam, full of tremendous Tzaddikim Nistarim, a wonderful Shabbos.

=====
=====

Re: First time posting about myself

Posted by Emes-a-Yid - 20 Jan 2023 21:06

[tahrilibeinu wrote on 20 Jan 2023 13:20:](#)

Not much to update but posting nonetheless.. Baruch Hashem another clean week. Was a little bit of a bumpy ride as one night I was inches from giving in. Baruch Hashem for a phone call from "heaven" which allowed me to take a step back and message my partner. Struggling at some points during the day with invasive inappropriate thoughts but i guess this is part of the recovery process.

Sof Kol Sof still clean and looking forward to being Mekabel Shabbos B'kedusha V'tahara. To say Shalom Aleichem to the Malachim tonight and not be embarrassed. To look at my family tonight and feel pride and joy within **myself**. Tov L'Hodos L'Hashem. I post enough about my failures on this forum so its nice to post when things have gone well too.

Wishing this special, special Olam, full of tremendous Tzaddikim Nistarim, a wonderful Shabbos.

Thanks for the update! Keep up well doing your progress!

=====

Re: First time posting about myself

Posted by tahrilibeinu - 27 Jan 2023 13:33

Just to provide an erev shabbos update.. Baruch Hashem made through another week clean. A thought came to me this week. Why is it in Shacharis when we say B'kdusha, V'tahara B'shira UvZimrah, Mevorchim.. we start with kedusha and tahara before shirah and zimrah. Perhaps its because one is the key to the other.. if you want to be B'shira UvZimrah you need to first be B'Kedusha V'tahara.. one leads to the other.

Looking forward to welcoming the Malachei Hashareis very soon..

Wishing this holy and special Olam full of Kedusha V'Taharah a wonderful shabbos.

=====

Re: First time posting about myself
Posted by Emes-a-Yid - 03 Feb 2023 21:06

[tahrilbeinu wrote on 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/Physicologist 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.

Unreal everyone should take a look at your strategic ideas in staying away maybe people will try it out.. I'm printing this bzh the numbers u said, it is very good shkoyach

=====
=====

Re: First time posting about myself
Posted by taherlibeinu - 24 Feb 2023 13:13

I haven't posted for a little while so just wanted to write down some thoughts.

Unfortunatly two weeks ago I fell, I saw the glow of the computer late one night and we all know what happened next. I was so disgusted with myself afterwards, that shabbos i attended a simcha of a close friend. My friend happens to be a very Choshuva person who is very well known in the torah world in our community. Many Dayanim and Rabbanim were at this simcha. It was very special for me because i have known him since we were in school and to see what he has become is so inspiring - almost like one of the Abe Rottenberg songs with the cards (Hamivin Yavin). Something clicked with me in Mussaf, I started crying and i couldn't stop (BH for a Tallis), the whole way through Mussaf through Anim Zemiros i cried like a baby, it was as if these tears were coming from my Neshama. Funnily enough afterwards i felt so much better, it was as if i had become unfrozen. I hadn't genuinely davened like that in a while. Since then i checked in with my partner and have BH moved forwards.

I hope won't need to share these type of thoughts again.. I hope that going forwards my tears will be tears of joy, tears of connection and love.

On a positive note i am excited to have gone another week clean and am looking forward to welcoming the Malachei Hashareis tonight.

Wishing this Chashuv and special olam a wonderful shabbos.

=====

Re: First time posting about myself
Posted by Eerie - 24 Feb 2023 19:38

Thank you so much for this beautiful and inspiring post! Truly powerful!

=====

Re: First time posting about myself
Posted by taherlibeinu - 03 Mar 2023 15:06

Baruch Hashem another week clean.. Small wins in a big battle.. looking forward to welcoming the Malachei Hashareis soon..

Wishing this Olam full of Tzaddikim Elyonim a wonderful shabbos

=====

Re: First time posting about myself
Posted by Emes-a-Yid - 06 Mar 2023 04:54

[taherlibeinu wrote on 03 Mar 2023 15:06:](#)

Baruch Hashem another week clean.. Small wins in a big battle.. looking forward to welcoming the Malachei Hashareis soon..

Wishing this Olam full of Tzaddikim Elyonim a wonderful shabbos

Nice! Hatzlacha taherlibeinu, keep trucking your way!!

=====

Re: First time posting about myself

Posted by taherlibeinu - 17 Mar 2023 11:58

Hi Chevra, Unfortunatly I had a slip last night.. 37 days in and I slipped. BH managed to stop and regain some control which is why i don't call it a complete fall but was very frustrating nonetheless. I messaged my partner straight after as well to ensure some accountability.

My YH is still extremely strong now since i let it in the door so it really helps to write here. Funnily enough 2 days prior i was feeling even more overwhelmed but i managed to not give in. Seems to come in waves, for a long time i can feel very little and then have a really hard week. For me now key is to remember however much i slipped is now irrelevant. Hashem values in the most tremendous way my successes and BH this week there were a few of them. Even last night to regain some control and stop is a success.

For me to now move forward is the most important part. Don't look back or worry about what happened. I heard from Rav Moshe Weinberger that Succah stands for Somech, V'Ozer Kol Hanoflim... Hashem it might not be Succos now but I need You to envelope me in Your Succah. I'm frantically looking for the entrance. Hashem we celebrated a number of successes this week, I'm sorry we are ending the week on a bit of a down. But I can give you the rest of the day clean, I CAN make it to shabbos clean and build on that. As pathetic as it is please accept this from me. Like a pauper offering a multi billionaire a penny.. but that is all I have.

Hashem, what am i going to say to You when that awesome day of Ani Hashem arrives, when i stand before You at the end of my life. I want to be better, I am trying to be better. I need You to be with me. Even during those terrible moments like last night where i go to that place on the computer and do those things. You are right there beside me, ensuring i breath ok, ensuring my blood still flows around my body, ensuring my senses still work. Hashem, this love You have for

us is incredible, unbreakable and inspiring. Please don't ever be distant from me, i need You now more then i did yesterday and the day before, when i am on the floor again i need You to help pick me up. I can do it i know i can, You wouldn't have given me this challenge if it was too hard, everything is tailor made. With Your help i will become YEARS clean, not just days. with Your help i can do it. Hashem, this wish, this desire to be pure and close to You is real. I might not be there yet but the desire is real. Please let me actualize it.

With Love and sincerity.

Wishing this special, Choshuv Olam full of Tzaddikim Nistarim, especially those Bachurim struggling who are some the most inspiring people i have ever met, a wonderful, pure and special shabbos. May the special Parashas Hachodesh of this shabbos bring Hischadshus to us all and grant us more shefa bracha and hatzlacha from shamayim to succeed in this battle. May we all lead fulfilling lives and actualize the incredible potential each and every one of us have.

=====

Re: First time posting about myself
Posted by BennyH - 17 Mar 2023 17:05

You are such a special person - it shines out from your words. Your emeskeit and your strength is unbelievable.

I heard an amazing vort from Rav Ephraim Wachsman Shlit"a:

There's a major kasha about ????? ????? - ????? - It seems to be copy/paste from previous parshiyos. Why not just write

'???? ??? ?????? ??? ??? ??? ? ?

It would definitley make ????? ????? this week a lot easier!

Another thing: The Ohr Hachaim writes that

???? ?? ????? ??????? ???

What's so special about this parsha?

So he answers ????? ??????.

Klal Yisrael was on the highest madreige after yetzias mitzrayim and kabalas hatorah. On an epic high.

Then Hashem said they should make the mishkan. Amazing.

?????? ????????

It's gonna be awesome. We're on a high. Hashem will be among us. We'll live happily ever after.

Then came the ??? ?????.

The greatest spritual catastrophe in the history of klal yisrael. Which was followed by the ?????
??? ?????? and a terrible ??????.

Klal Yisrael "fell" and they fell hard. It required Moshe to beg Hashem not to completely wipe us out.

Imagine the destruction they felt all around them.

And when the dust settled, they realized they have to build a Mishkan. They must have thought to themselves, "Us? A Mishkan? Lol. We're the worst of the worst! Hashem is not interested in

US. Hashem is going to dwell HERE??"

That's where ???? ????? comes in.

Moshe gathered the remnant of Klal Yisrael and he said: "You did Teshuva! Hashem said ?????
???????! We are going to build this Mishkan TOGETHER!"

And Hashem told him **to repeat every word from the previous parshiyos so that it's crystal clear that Hashem wants the SAME Mishkan just like He wanted BEFORE the ???.**

That's what the Ohr Hachaim means:

???? ?? ????? ?????? ???

Yes, we fell. But a Yid goes on. Hashem dwells in us the way we are. He still loves us with all of our flaws and imperfections.

A git Shabbos!

=====
=====

Re: First time posting about myself
Posted by 1084 - 19 Mar 2023 03:01

You mentioned about your cheshbon Hanefesh and thanking Hashem each day... here I have attached a PDF on the neuroscience of gratitude and how it affects the brain... I found it utterly

=====
=====