

I just discovered GYE

Posted by Avrohom - 10 Oct 2021 22:32

Hi, it's my first time posting

.

I decided to check out GYE a little over a week ago, and I wish I had known about this years ago! I thought I knew about the options to help someone in my situation, and I thought there was little chance for me to really change. Here's my story and some thoughts I've gathered from GYE so far

I'm in my 30's, married to a wonderful, supportive wife, a beautiful Mishpacha, and I've struggled with masturbation since around age 15. Though I had over a year clean when I was a Bachur in Yeshiva, by speaking with my Rosh Yeshiva daily, eventually that became weekly, and when I thought I didn't need it anymore, that stopped and the issues returned. As many have stated already, though I thought it would end after getting married, it didn't.

For the most part, I've always been fighting and never gave up. I, Boruch Hashem never turned to real pornography, and my acting out was limited to the little I could find to stimulate myself - books, thoughts of women I saw, Youtube (I only had internet access after I got married). For the most part, I was strong enough Shelo Bshaas Maaseh to create good barriers and limit what I could get caught up with. (no smartphone, password protected computer at home - which worked most of the time). In more recent years, I started looking for women to seek out, flirt with, with the hope? fantasy? that it could go somewhere. Though it almost never amounted to anything more than looking, maybe a few words exchanged, I was often walking around with an urge to act out with no strategy to deal with it. I went to a therapist at some point for a couple of years, but he was focused on understanding the cause of acting out (shame etc.) so while I did get a better understanding of myself it didn't help any of the behaviors - he gave me no strategies for working on them, and I was left with the impression that other than enrolling myself in a 12 step program or the like, the only thing I can do is continuing to fight on my own - using the basic strategies of cheshbon hanefesh, mussar, Knas systems, and never giving up the fight.

I had seen ads for GYE, but I never viewed myself as "drowning in shmutz" and didn't think there was anything out there other than more therapists and 12 step programs. Like I said, I never turned to hard core pornography, and I've lived with the battle of both success and failure in fighting my Yetzer Hora. (Parenthetically, I never really viewed myself as a Rasha or terrible person. I felt that though the things I'd done may have been the worst Aveiros in my life, my successes and work I'd done to fight were likely the greatest things I had done, and who knows whether I came out ahead.) I had discussed my struggles with my wife, and she has been very understanding and supportive. Though I never really shared details, I was committed to being honest, and shared with her whether "things" were going well or not. The scariest thing for me

was the possibility of having an affair and wrecking my marriage and my life, but other than the fact that I was constantly looking for that, I hadn't really gotten too close. A few years ago I reached out to another Rebbe (who I thought was knowledgeable in the Sugya) asking for a reference for a therapist, and he said he didn't really know anyone, and perhaps it's simply a Nisayon that all men deal with and it is what it is. (Granted, I didn't disclose to him the full extent of my problem). So I thought this was just something I would have to live with.

As far as 12 step programs, I thought that would require me to expose myself to possibly meeting someone I knew (I have a position of some prominence locally, which makes it more worrisome to possibly bump into someone). Additionally, I always felt I can "basically contain it", and my limited knowledge of 12 steps is that it requires a kind-of total life overhaul, which I didn't feel I needed or wanted.

If you're still reading - thank you!

Then I discovered GYE - and it seems from the short time that I'm here that there are so many other strategies available to use, the forum, partners and mentors to connect with and gather Chizuk from, and other methods such as SMART recovery.

I'm looking for information or Chizuk from - anyone - and what I think would be particularly helpful is someone who has had experience with something like "seeking out women" etc. and anyone who can be helpful with the SMART recovery program.

Thanks for listening!

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Re: I just discovered GYE

Posted by Ybird - 04 Oct 2022 14:56

Wow, I'm amazed

I discovered GYE the same time as you, it was the Thursday before Rosh Hashanah last year that I got a phone call to donate to GYE and I gave \$10, and the guy on the phone told me if I could give to guard your eyes so something clicked that there is hope for this, I googled it and here I am, just six weeks away from a full year clean!!!!!!

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Re: I just discovered GYE

Posted by Face the challenge - 04 Oct 2022 15:29

Wow! Amazing! Keep up the great work!!!

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Re: I just discovered GYE

Posted by Avrohom - 09 Oct 2022 04:50

[Ybird wrote on 04 Oct 2022 14:56:](#)

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Amazing!

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Re: I just discovered GYE

Posted by Avrohom - 12 Mar 2023 03:29

I'm back.

I haven't visited in a while – and I've been struggling of late – I masturbated for the first time in over a year a couple of week ago and been trying to get back on track. I have a couple of great mentors and Chaverim who I'm in touch with, but I think it's important for me to get back here and post some ideas and commitments to help me get back on track. (I'm here for accountability more than for Chizuk, but feel free to share any thoughts or feedback)

I'd like to commit to posting the following daily for the next 2 weeks:

1) On a scale of 1-10 my Shmiras Einayim/fantasizing success rating – I'm specifically working on using nisyonos that arise as opportunities to remind myself why I'm fighting and not giving in. (I believe that will make it more of a positive act than simply sur mera - resulting in a deepening of that good habit)

2) Confirm that I read through –once a day- the following list of reasons why I don't want to go back to my old self:

a) My relationship with my wife is one of the most valuable things in my life, and it waxes and wanes by definition based on my loyalty and commitment which is reduced every time I engage in lustful gazing, internet viewing or fantasizing. The more I avert my gaze increases my relationship with her.

b) The reason, generally, why I'm chasing lust is to fill a void inside – which will not get filled with this temporary pacifier – instead I should fill the void by increasing connection and being more real with my kids, my wife and Hashem.

c) The intensity and frequency of urges will dramatically increase or decrease based on how well I'm dealing with smaller Nisyonos such as looking at women and fantasizing – it's impossible to chase after lust "in moderation", if I do, it will eventually lead further toward worse places.

d) Viewing a woman (whether in real life or on screen) in such a way is a denigration of the greatness that lies within her and within me – turning me into an animal (activating the nefesh habahami) and her into a piece of meat. Imagine someone looking at my daughter in that fashion.

3) Exercise 4 times a week

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Re: I just discovered GYE

Posted by Grant400 - 12 Mar 2023 14:17

C! C! C!

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Re: I just discovered GYE

Posted by Avrohom - 13 Mar 2023 00:26

1) 7/10

2) Yes

3) 1

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Re: I just discovered GYE

Posted by excellence - 13 Mar 2023 22:52

Dear Avrohom,

Your determination is truly inspiring and incredible. Would you mind to share the cause of the fall after such a long streak? so that way i myself and others can learn from it too...

Thanks,

love excellence

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Re: I just discovered GYE

Posted by Avrohom - 14 Mar 2023 03:00

1) 9/10

2) Yes

3) 1

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Re: I just discovered GYE

Posted by Avrohom - 14 Mar 2023 03:13

[excellence wrote on 13 Mar 2023 22:52:](#)

Dear Avrohom,

Your determination is truly inspiring and incredible. Would you mind to share the cause of the fall after such a long streak? so that way i myself and others can learn from it too...

Thanks,

love excellence

Thanks for your kind words - and great to hear from you!

It's a good question. I'm not really sure if it's really one thing that can be pointed to, but the list I made above are certainly all related to it. In short:

1. Understanding the cost/benefit equation
- 2.realizing it's a pacifier to fill a void
- 3.Staying consistent on the "small" things
4. Appreciating my own value as it relates to acting this way

I realize that the initial motivation and desire to maintain a long streak eventually wears off - and you're left with the reality of yourself and the daily choice to succumb to the temptation that presents itself or not. For the most part, once I pulled myself out of the mud, and was on a long road of not falling - the urges and temptations are generally small, so they're not as difficult to overcome. But when presented with a given urge or temptation - small or big, at that moment, you have only the core values that are deeply embedded to draw on, and if they aren't strong or a part of you enough you can slip. Generally, one step in the wrong direction can be corrected - reach out to someone, or draw on inspiration or strategies that have worked in the past. But if you don't, and at some point I didn't, you can end up a few steps down and then it's more difficult to pull up, and you may not have the motivation. I don't think it was some major inner change or life turmoil, just the basic recipe that this is a battle that doesn't go away and requires constant vigilance, consistency and a regular deepening of the values that keep us fighting. That's all I have for now - perhaps I'll think of more later.

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Re: I just discovered GYE

Posted by Avrohom - 14 Mar 2023 03:22

And as DavidT just articulately posted - (as always) :

The Gemara tells us, "Yitzro shel adam misgaber alav b'chol yom – A person's evil inclination prevails upon him every day" (Kiddushin 30b). Therefore, "l'olam yargiz adam yetzer tov al yetzer hara – a person should always excite and engage his yetzer tov against his yetzer hara" (Berachos 3a). It's a perennial battle that demands constant attention. If we are not engaged in struggle, we've already lost.

Some people think: "I'm already in a good place, I don't need to be vigilant anymore". While this day can sometimes last a while, if we're complacent, it's just a matter of time before we get caught off guard.

We can increase our efforts from both ends – powering our yetzer tov more and fueling our yetzer hara less. The end result will be increased success in the most important battle of our lives.

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Re: I just discovered GYE

Posted by Avrohom - 15 Mar 2023 01:36

1)9/10

2)Yes

3)2

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Re: I just discovered GYE

Posted by DavidT - 15 Mar 2023 16:04

[Avrohom wrote on 14 Mar 2023 03:22:](#)

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Some people think: "I'm already in a good place, I don't need to be vigilant anymore". While this day can sometimes last a while, if we're complacent, it's just a matter of time before we get caught off guard.

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Thank You!

Positive feedback is very important. Sometimes I wonder if all this time and effort I put into this forum bears any fruit...

?(constructive criticism is just as important - but it's hurt's too so we don't go looking for it..)

Keep up your great progress!

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Re: I just discovered GYE

Posted by Avrohom - 16 Mar 2023 04:10

1)8/10

2)Yes

3)2

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Re: I just discovered GYE

Posted by taheerlibeinu - 16 Mar 2023 11:27

Avrohom - you are an inspiration. I have no doubt you will bounce back and stronger then the

last time.. Wishing you much Hatzlacha and tremendous Siyata Dishmaya.

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