

Not given up yet

Posted by Goldfish - 26 Dec 2021 14:13

Hi. I've been meaning to write for some time but I didn't have the courage. I'm 20 years old and essentially yeshivish. I am a lust addict. not necessarily porn, which I haven't seen for a few weeks already, but i masturbate and fantasise regularly. I've been involved since i was about 12. At first it was due to my mother leaving her unfiltered computer on, progressing to the library and internet cafes and onto owning a smartphone with a filter i learnt to get around and finally this laptop i have now. It now has netfree, which is genuinely kosher, but i've gone through many fazes. Throughout the period when i had a smartphone, any time i found a loophole i'd first use it for a few hours before getting sick enough to get the problem fixed. throughout the many years of the problem being my mother's computers she never picked up on the problem and i even remember her calling the acountabilty company for reporting things she'd never done, apparently not dreaming that anyone else would use her computer. Eventually, once i'd grown up enough to admit to other people, someone else told her to make sure never to leave devices unlocked. Although there has been a few slipups in the few months since i came home, it generally hasn't been a problem. this means i'm only left to deal with on a regular basis masturbation and fantasies. I hope to get a therapist at some point, which may help. I'm also losing weight and doing exercise a lot, which often puts me in a good mood. when i'm happy and my day is full i dont have much problems, but when one of my chavrusas cancel or i get bored for some other reason, i inevitably start fantasizing. As I have become very disconnected from my thoughts and emotions and have trouble living or reliving most events, my fantasies usually revolve around making stroyies in my head. I sometimes even write them down and immediately delete them, because the point of them is to actualize my lust, not for the contents of the story. I signed up many years ago to gye, but mostly used it in the wrong way, allowing myself to be triggered by almost anything. A few weeks ago I realised how amazing this beautiful website is and I've restarted the 90 day program and am getting a lot of chizzuk from the forum and all the holy people on it. I've written enough for now and would really appreciate any comments or chizzuk and can respond if you have question. thank you.

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Re: Not given up yet

Posted by Goldfish - 02 Jan 2022 19:47

Boruch Hashem, I'm still holding on. This is the longest I've managed in ages. 5 days!

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Re: Not given up yet

Posted by Goldfish - 03 Jan 2022 13:01

Still clean, Boruch Hashem, though I had 2 close calls earlier. When I was in bed this morning after not getting up for shacharis, my brain tried going to its autopilot mode of lust but boruch hashem it didn't develop into anything too serious. After morning seder I saw my mother go into work so I knew she'd been working from home until then, meaning she might have left the computer on. Despite my better judgment I headed straight home to check. From what I could see the computer was on. I controlled myself and instead went to the bathroom. Afterwards I fought a bit with myself in an almost hopeless battle and I asked hashem to help. I gave in and went to the office. The computer was off after all that. Thank You Hashem.

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Re: Not given up yet
Posted by growup - 04 Jan 2022 04:10

Your honesty was reacognized by all from your first post. It should be guide, every time you get triggered - just let loose be honest - start low and slow but say "hashem....I love you please help me...and detail.." i wish i was so honest

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Re: Not given up yet
Posted by Goldfish - 05 Jan 2022 18:37

Boruch Hashem, I'm still clean by my standards. It was painfully hard for me to pull myself out of bed this morning instead of falling into the comfortable option of lust but I managed. One day at a time...

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Re: Not given up yet
Posted by jackthejew - 05 Jan 2022 19:21

[Goldfish wrote on 28 Dec 2021 22:13:](#)

I haven't really tried anything, other than being happy. Flight2 Freedom is af of yet unaccessable to me on netfree. I couldn't do it on a computer without netfree as i might suddenly find i have much more "interesting" things to do once i'm on the computer already. GYE said they will try to

arrange a system for F2F to work on netfree, just as they did with the main website and I am looking forward. Thank you for the chizzuk though.

GYE and f2f both work on techlog filtered computers if that's an option for you

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Re: Not given up yet
Posted by Human being - 05 Jan 2022 20:48

:-) 8 days is amazing! Wow that is a real accomplishment! happy for you.

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Re: Not given up yet
Posted by Goldfish - 06 Jan 2022 11:50

I fell. I struggle getting up in the morning and if I stay in bed for too long then things go down hill...

Startung again though and with Hashem's help I'll manage longer next time. As long as I'm still keeping up the fight.

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Re: Not given up yet
Posted by Goldfish - 06 Jan 2022 11:52

[jackthejew wrote on 05 Jan 2022 19:21:](#)

[Goldfish wrote on 28 Dec 2021 22:13:](#)

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Techloq or any other filter are out of question for me. I know how to find bad things anywhere I look. Only netfree (with the extra settings I have on) is safe for me to be around. thanks for the suggestion though.

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Re: Not given up yet
Posted by Human being - 06 Jan 2022 15:17

Although you fell, those 7 days of passing the test will always be with you! what a great accomplishment.

Keep on trying, you can do it!

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Re: Not given up yet
Posted by DavidT - 06 Jan 2022 15:21

You brought a streak of clean days into this world in such a challenging time. Falls are repairable and clean days are yours to keep forever!

Keep on fighting - on day at a time...

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Re: Not given up yet
Posted by Goldfish - 09 Jan 2022 20:08

I fell again. i went away for shabbos and I stayed in an empty apartment all by myself. Shabbos was good, but Motzi Shabbos I succumbed. I've started again though and with Hashem's help

I'll get there one day.

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Re: Not given up yet
Posted by Hashem Help Me - 09 Jan 2022 20:48

So, what is the plan next time you will be staying alone?

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Re: Not given up yet
Posted by Goldfish - 09 Jan 2022 21:57

So, what is the plan next time you will be staying alone? I don't plan on that happening. I don't usually go away. The main problem is and was motzi shabbos. At home I have more ways of keeping busy. I need to utilise them, but still at home its safer.

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Re: Not given up yet
Posted by Goldfish - 11 Jan 2022 16:44

I am feeling great right now. My friend got married last night which really reminded me that I need to start learning how to do the hard things or else I'll never successfully marry. I did a big workout and davened to Hashem and now I'm trying different things to boost my responsibility level.

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