

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 Vehkam - 12 Jan 2022 23:17

Nice ideas. Any thing that will change your usual patterns will help.

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Re: Not given up yet

Posted by Human being - 13 Jan 2022 07:37

Interesting thought. I believe its on target. the more structered we feel the more respectful of ourselves and the less lazy/sleepy/lusty.

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Re: Not given up yet

Posted by Hashem Help Me - 13 Jan 2022 12:10

You are changing the script - and the scene ends differently.....

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Re: Not given up yet

Posted by Goldfish - 13 Jan 2022 18:00

Boruch Hashem, still technicaly clean. I have a problem looming up though. My leg has started to swell and if its going to go like any of the other times I've had cellulitis it means not feeling up to the fight and staying in bed a lot. Daven for me it should work out well. (Shabbos isn't a problem as I usually have few kedusha problems then. The problem is afterwards.) Hashem will help.

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Re: Not given up yet

Posted by Goldfish - 14 Jan 2022 11:54

I fell. Staying in bed and not getting up is my biggest nisayon nowadays. I just can't seem to muster the energy to pull myself up. Any ideas? gut Shabbos

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Re: Not given up yet

Posted by Hashem Help Me - 14 Jan 2022 12:11

[Goldfish wrote on 14 Jan 2022 11:54:](#)

I fell. Staying in bed and not getting up is my biggest nisayon nowadays. I just can't seem to muster the energy to pull myself up. Any ideas? gut Shabbos

Maybe an accountability partner.

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Re: Not given up yet

Posted by Goldfish - 16 Jan 2022 12:22

Boruch Hashem shabbos went well. I have a cold/flu/omicron and I'm not feeling so well. I was lying in bed last night and fell. Now I'm up and optimistic. With Hashem's help I'll succeed.

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Re: Not given up yet

Posted by Goldfish - 17 Jan 2022 14:37

Its been terrible. I spent loads of time yesterday fantisizing. Then I remembered my mother's spare phone which I had made her seperate from its battery and hide both. I knew where the phone was so I went to look for the battery which unfortunately I found relatively easily. 2 disgusting hours later I turned it off but instead of putting it back where I could take it again I decided to be brave and I left it in my mother's room with a note telling her to hide it even better and to add a password. I also wrote that she shouldn't talk to me about it. So far its been ok, although the material I saw kept me stimulated till today, but at least I don't have access to it anymore. Today's masturbation was just an offshoot of yesterdays porn. Now I'm going to try extra hard to get back onto the waggon and with Hashem's help I'll succeed if I try hard.

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Re: Not given up yet

Posted by Human being - 17 Jan 2022 14:41

Wow such determination you have. Incredible, keep on trying brother, you got this.

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Re: Not given up yet

Posted by Goldfish - 19 Jan 2022 16:20

Feeling really depressed now. Almost all of my chavrusas for today have cancelled and when I get bored then I get depressed which is terrible. I don't have anyone to talk with about things that will make me happy. I need Hashem to save me from the abyss.

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Re: Not given up yet

Posted by 5Uu80*cdwB#^ - 19 Jan 2022 20:06

Hey Goldfish. I'm sorry your chavrusas cancelled on you. Are you able to learn by yourself? I wouldn't write off the whole day because they cancelled. That's your yetzer hara speaking. See if you can sit and shteig on your own for a couple of hours and see how it goes. Try to push yourself and enjoy the mental workout of focusing on your learning. Wishing you hatzlochah.

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Re: Not given up yet

Posted by DavidT - 19 Jan 2022 20:38

[Goldfish wrote on 19 Jan 2022 16:20:](#)

Feeling really depressed now. Almost all of my chavrusas for today have cancelled and when I get bored then I get depressed which is terrible. I don't have anyone to talk with about things that will make me happy. I need Hashem to save me from the abyss.

Did you ever talk to any GYE friends on the phone? That can be a great option for you... Please let me know if you're interested and I'll try to help.

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Re: Not given up yet

Posted by Goldfish - 20 Jan 2022 17:49

In this week's parsha it says that the shofar went increasingly loud. Rashi says that only Hashem can do this, unlike humans who strt loud then it goes quieter. I had a suggestion that maybe Hashem was telling us that if we fool ourselves that what we do is our own accomplishments, that we have the power to do anything, then He leaves us to run out of steam. But if we realise that only Hashem can help us realise our goals, then we can go higher and higher. Another suggestion I had was that Hashem was telling us how to succeed. Don't start off with a big blast, it's doomed to faliure. Try a little bit at a time and eventually you'll get there. As I quoted in my signature, "Its better 10 tefochim which stay standing then 100 amos which fall down." Hatzlocha.

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Re: Not given up yet

Posted by Goldfish - 23 Jan 2022 13:15

I fell. I do that often. I just find it so hard to pull myself out of bed in the morning and once I'm there then masturbation just seems natural. This 90 day program isn't really working for me as I just have to restart it every 2 days. It does help me keep track though of how long I can go but it doesn't show any progress. Maybe the solution is to find a morning job or something else which will force me out of bed. I'm feeling a little hopeless but I know Hashem will work everything out in the end.

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