

Not given up yet

Posted by Goldfish - 26 Dec 2021 14:13

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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 Shtarkandemotional - 23 Jan 2022 21:06

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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.Hey! Keep on going! You can do this!

If I can add a quick point which you probably know yet it's important that it should be emphasized! I think working on this struggle has to have a correct perspective... this is a life long struggle and there's no solution to suddenly end taivah... a filter won't do it! Nor hiding devices either! Sorry for the breaking news :-) yet there's a lot we can do to make us stronger people! How about coming up with a system to help yourself not wanna watch porn even if your using an unfiltered phone here and there! Not that I'm recommending that! Filters are so important!! But I think that should be the mindset that even if I would come into an unfiltered phone here and there my clarity not to fall is so strong! My gedarim are like a metal wall regardless of where I am! Any thoughts of where you think you can start to reach that clarity? I have some ideas if you'd like.

perhaps starting with a 1/2 hour a day for the next few hundred days on

- 1.reminding yourself why you don't wanna watch porn?
  
2. All the hardships it'll cause in the long run.
  
3. all the misery it'll cause in the short run. And then of course distance yourself from the triggers like you've been doing in an awesome way until now!

theres a lot to think about to build up a clarity and if it's done on a daily basis you'll see a new person in the mirror! Keep it up buddy! Your a real inspiration!

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Re: Not given up yet  
Posted by Shtarkandemotional - 23 Jan 2022 21:10

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Hey! Keep on going! You can do this!

If I can add a small point which you probably know yet it's important that it should be emphasized! I think working on this struggle has to have a correct perspective... this is a life long struggle and there's no solution to suddenly end taivah... a filter alone won't do it! Nor hiding

devices either! That's only part of breaking free! Sorry for the breaking news :-) yet there's a lot we can do to make us stronger people! How about coming up with a system to help yourself not wanna watch porn even if your using an unfiltered phone here and there! Not that I'm recommending using unfiltered devices! Filters are so important!! But I think that should be the mindset that even if I would come into an unfiltered phone here and there my clarity not to fall is so strong! My gedarim are like a metal wall regardless of where I am! Any thoughts of where you think you can start to reach that clarity? I have some ideas if you'd like.

perhaps starting with a 1/2 hour a day for the next few hundred days on

1.reminding yourself why you don't wanna watch porn?

2. All the hardships it'll cause in the long run.

3. all the misery it'll cause in the short run.

And then of course distance yourself from the triggers like you've been doing in an awesome way until now! that's also a super important part of succeeding!

theres a lot to think about to build up a clarity and if it's done on a daily basis you'll see a new person in the mirror! Keep it up buddy! Your a real inspiration!

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Re: Not given up yet  
Posted by clean830 - 23 Jan 2022 21:28

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Hi Goldfish, read through this thread and really sympathize with your feelings of helplessness and hopelessness which are coming through your writing. I did not see anyone mention trying SA and the 12 step program. Have you considered that? It might be an avenue to pursue. When you are powerless over lust (in any form - even just plain fantasy), getting into an SA meeting and committing to the 12 step program can change your life, literally! Just throwing this out in case you've never considered it. Feel free to pm me or connect with me through the partner

program to discuss further if you want more information. Wishing you continued success in your journey to recovery and sobriety!!

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Re: Not given up yet  
Posted by Goldfish - 24 Jan 2022 17:52

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Hello, everyone. Thanks for your insightful comments. I really appreciate them. I just got a new job working in a local store. Although it fills my time up successfully, making me less bored, it does mean learning how to talk politely to women etc. Boruch Hashem going well so far.

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Re: Not given up yet  
Posted by Shtarkandemotional - 25 Jan 2022 17:50

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[Goldfish wrote on 24 Jan 2022 17:52:](#)

Hello, everyone. Thanks for your insightful comments. I really appreciate them. I just got a new job working in a local store. Although it fills my time up successfully, making me less bored, it does mean learning how to talk politely to women etc. Boruch Hashem going well so far.

keep it up!

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Re: Not given up yet  
Posted by Goldfish - 26 Jan 2022 18:55

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My mother left the computer unlocked for a few minutes while she went out. i just felt I couldn't control myself. As soon as I heard the door close I closed the desktop and went to my bedroom and masturbated. I'm not a total failure though. I'm just unprepared and can't stand under pressure....

Hashem will help.

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Re: Not given up yet  
Posted by Goldfish - 30 Jan 2022 21:28

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I had a three day stint. Then I failed. A bit miserable. I just wish I had some self control. In any area. I feel so empty when I find myself indulging in pleasure just for self-gratification without any thought of its ramifications. As Hillel said "If I am for myself, what am I?"

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Re: Not given up yet  
Posted by Bilaam Harasha to Yosef Hatzaddik - 30 Jan 2022 23:31

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Is there any way you can maybe do the act in a less enjoyable way the next time you fall? Maybe that can help you get started to succeed more. This is probably a bad idea so talk it over with a partner or friend if you have one. And if anyone here thinks that's a bad idea post below.

And to make sure you do it in whatever less enjoyable way you choose, you can make nedarim in line with GYE's TaPHSiC method.

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Re: Not given up yet  
Posted by jackthejew - 31 Jan 2022 09:29

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Is there any way you can maybe do the act in a less enjoyable way the next time you fall? Maybe that can help you get started to succeed more. This is probably a bad idea so talk it over with a partner or friend if you have one. And if anyone here thinks that's a bad idea post below.

And to make sure you do it in whatever less enjoyable way you choose, you can make nedarim in line with GYE's TaPHSiC method.

I wouldn't recommend this. Trying to act out , even in a less enjoyable way, can make things worse

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Re: Not given up yet  
Posted by Goldfish - 02 Feb 2022 16:23

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I masturbated last night. It was sort of a success though because I told myself I was going to wait 5 minutes and I did. After 2 minutes I'd basically lost that desperate urge, but the voice inside me which loves predicting failure made me do it anyway. Better luck next tim, hopefully 10 minutes or more. Thanks for everyones' support.

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Re: Not given up yet  
Posted by Markz - 02 Feb 2022 18:21

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[Goldfish wrote on 02 Feb 2022 16:23:](#)

I masturbated last night. It was sort of a success though because I told myself I was going to wait 5 minutes and I did. After 2 minutes I'd basically lost that desperate urge, but the voice inside me which loves predicting failure made me do it anyway. Better luck next tim, hopefully 10 minutes or more. Thanks for everyones' support.

What support?

, but that's not the real thing.

How about some real support?

Plenty friends here ready to give that!!!!

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Re: Not given up yet  
Posted by Goldfish - 02 Feb 2022 19:05

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I meant the various private messages but also the very fact that I know I can post here gives me support.

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Re: Not given up yet  
Posted by Goldfish - 09 Feb 2022 19:12

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I'm not in a good place right now. The day before yesterday, I travelled quite a few hours by train. I fantasized almost the entire time as well as looking at any pritzus i could see. When I got home I masturbated. For the past few days in general I've fantasized a lot as well as eaten a lot. All this has made me feel out of control. Add to that lying around in bed until 15 minutes before work and davening very little and I'm a right mess. Feeling very depressed and distressed. Just thought I'd share, in the only place I can.

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Re: Not given up yet  
Posted by Bilaam Harasha to Yosef Hatzaddik - 09 Feb 2022 19:45

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Were you able to beat your last highest streak or at least match it? If you were, then that is a success that will likely lead to other successes. If you weren't able to do that (and even if you were able to do that) you still have an opportunity to use this stumbling block as something you actually step on to move up and forward instead of falling back again and stumbling over it.

If there's anything in specific that can help you or bring you to do this, please post below. I can say that in regards to my most recent fall yesterday when I watched p, I took it upon myself to call apple support today to put in the appropriate hishtadlut to hopefully have the problem I have fixed.

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