

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 accountability 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 stroyes 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 yechielmichel - 06 May 2022 14:59

[Goldfish wrote on 06 May 2022 14:29:](#)

Hi, I'm back after a 47 day media-silence. I've had many many falls and very rare purity. I don't know if I'll succeed and I have no strategy which means I'll definitely fall again, but I want to be here, to show I'm still in. I still believe that some day something could change in me and with Hashem's help I can get out of the darkness but I have no clue how. I tried getting a therapist and b'ezras hashem it will still happen but for now i haven't been successful. I don't feel hopeful because my brain is switched off from feeling anything. I just know that I'm a yid and I need to

care about kedusha. Have a good shabbos.

I skimmed your posts. Wondering if there is anything in life you are passionate about at the moment?

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Re: Not given up yet
Posted by Ahz - 06 May 2022 17:50

"I don't really have much of an option between being a tzaddik and a rosho."

That is completely not true. We're all a combination of everything. A part of being human is making mistakes.

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Re: Not given up yet
Posted by Ahz - 06 May 2022 17:54

Reading everything you wrote up until this point was so inspiring. As another younger individual, I can relate to you.

I'm excited to see how much you continued to progress!

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Re: Not given up yet
Posted by Hashem Help Me - 08 May 2022 11:23

Have you ever met with a GYE mentor or a rebbi from your "real life"?

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Re: Not given up yet

Posted by Goldfish - 08 May 2022 16:56

[Ahz wrote on 06 May 2022 17:50:](#)

"I don't really have much of an option between being a tzaddik and a rosho."

That is completely not true. We're all a combination of everything. A part of being human is making mistakes.

After searching hard I finally found what you were quoting. I wrote that a few months ago so i had to read it again to work out what i was saying. I meant to say that my mind was too closed to appreciate there being someone who's not a tzaddik or a rosho but somewhere in between. I wasn't saying it was true, just that it was my perception. I understand its not true and that everyone has good points and bad points, things they find easy and things they find hard and that you can't judge where someone else is holding.

I haven't really spoken to anyone. I spoke generally to my rov and he is trying to find me a therapist but he doesn't want me to waste time with a useless one so its taking time while he talks to different people trying to find me a good one. B'ezras Hashem he'll find me one soon and I'll start really working out the problem together.

Thank you to everyone who reads my thread, it makes it worth posting. You should be blessed.

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Re: Not given up yet

Posted by Goldfish - 10 May 2022 16:12

Boruch Hashem things are going well. I davened all tefillos so far this week and I've learnt quite a lot. That compliments the not giving in to the taiva for lust and for sugar. All in all, quite good, Boruch Hashem.

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Re: Not given up yet

Posted by Goldfish - 12 May 2022 14:31

Day 6. Best I've done in recent memory. Thank you hashem.

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Re: Not given up yet

Posted by Goldfish - 13 May 2022 14:26

A full week. The first time I ever saw the level three coin. Boruch Hashem. Last night I spoke by phone to one of the members of gye and B'ezras Hashem I'll keep up with him and it will be helpful. Also, a whole week of davening all three tefillos every day and almost all with a minyan. Haven't done that in ages. Hodu Lashem Ki Tov.

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Re: Not given up yet

Posted by DavidT - 13 May 2022 14:49

[Goldfish wrote on 13 May 2022 14:26:](#)

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Amazing! If there's a will, there's a way! Keep it up...

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Re: Not given up yet

Posted by Vehkam - 13 May 2022 15:35

I can sense your excitement in your post. Enjoy the amazing feeling of growing. Keep on building one small step at a time.

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Re: Not given up yet

Posted by Goldfish - 20 May 2022 11:32

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Boruch Hashem, 14 days. I could never have imagined going so long without masturbating or looking at arousing content. Its a gift from hashem of purity. I don't know if I'll fall again and being human I probably will, but for now i can enjoy the great gift of being clean, of being able to go to mikva on erev shabbos without feeling guilty for having made myself tomei. Although I might be a baal keri (not certain) it wasn't directly my fault if i am. Hashem loves me and despite the fog in my brain, He has given me a taste of holiness. I've davened all three tefillos every day for the past 2 weeks, almost exclusively with a minyan. Additionally I was zoche today to finish sefer shemiras haloshon today for the first time ever and to finish the sefer chofetz chaim for the fourth time. These two seforim have greatly impacted my life and have made my life more pleasant.

(thank you is also due to anyone and everyone who has posted on my thread or sent me pms. Hashem should shower you with berochos and you should be zoche to reach the highest levels of kedusha and to have happy married lives and holy healthy children.)

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Re: Not given up yet

Posted by DavidT - 20 May 2022 13:23

[Goldfish wrote on 20 May 2022 11:32:](#)

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(thank you is also due to anyone and everyone who has posted on my thread or sent me pms. Hashem should shower you with berochos and you should be zoche to reach the highest levels of kedusha and to have happy married lives and holy healthy children.)

Amazing chizzuk for all of us! May you continue to grow and being an inspiration for many years to come.

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Re: Not given up yet
Posted by Goldfish - 26 May 2022 14:00

I wanted to share something I found inspirational in the hakdoma of sefer shemiras haloshon. The chofetz chaim is refering specifically to shemiras haloshon but I feel it can also apply to our situation. I would've cut it down but he writes so beautifully.

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Posted by sleepy - 26 May 2022 14:36

[illegible]

very true, thank you !

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