

I need help

Posted by indecisive - 12 Jan 2022 07:44

Hello. This is my first post over here but I've been getting the emails for a while. I've been struggling with porn/masturbation issues for a long time. Years ago i would struggle daily, and the last 3 years or so as I shtarked out I'm able to go a month or two, sometimes a couple months without porn/masturbation. I was only able to do that while using a flip phone.

I'm posting today bc I'm truly frustrated and feel like there's absolutely no end to this struggle. I'm writing this at 1am after finding a vulnerability in my flip phone and breaking like a one month streak. Because of that I ordered a flip phone with no data capabilities. But I know that, just like in the past, I'll find another loophole. This doesn't end, and I don't see a way out. I hate this.

After some thinking, I realized what my main issue is: a lack of a strong foundation of judaism and understanding that hashem runs the world resulting in me not caring/understanding the ramifications of this aveirah.

Anyone else struggling bc of this issue?

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Re: I need help

Posted by Hashem Help Me - 12 Jan 2022 12:23

Welcome. You have a lot of company here. read through the various forum threads and keep posting on this one that you started. Iyh you will break free.

As an aside, staying clean for a month by yourself is an incredible accomplishment - and if you can do it for a month - you can iyh do it for a year etc.

Removing easy access **is** a major strategy, and you should be proud that you are courageously and responsibly dealing with the access issue. Even if you are challenged elsewhere, not having a device in your pocket 24/6 - which goes with you into the restroom etc. is a real game changer. Besides the practicality of not having the constant nisayon, you have that much extra

shmira and syatta d'shmaya for listening to the directives of Gedolei Yisroel.

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Re: I need help

Posted by Captain - 12 Jan 2022 13:54

[indecisive wrote on 12 Jan 2022 07:44:](#)

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Great first post! You summed up an experience many of us have. We try to guard ourselves from access, and it helps us tremendously. As you mentioned, your best streaks were strongly aided by the fact that your access was limited.

At the same time, as you noted, if the problem is inside us, our work can't end there. There's a big taivah for a "lazy solution" where we don't need to work hard and change ourselves and just this stuff never bothers us again. But for most people, that's not realistic. Yeah, maybe if a person accidentally stumbled once or twice and he doesn't really have big taivahs, then maybe. But if it's a series of taivah, and lusting in the street, and lots more, for many years, we have to also change our insides.

I recommend you check out The Battle of the Generation (ebook) and The Fight (audio series)

for help with this part. They are free. See below in my signature for the links.

Hatzlocha!

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Re: I need help

Posted by 5Uu80*cdwB#^ - 12 Jan 2022 14:45

Welcome! I definitely can relate to what you've posted and your feelings of frustration that the battles often feel like they don't end. What I can say now in the one minute I have to write this post is just do not stop being involved in these GYE forums, posting and reading. Only through GYE have I been able to make it through the hardest of the battles. I hope you have tremendous hatzlacha and look forward to reading many of your posts!

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Re: I need help

Posted by Vehkam - 12 Jan 2022 20:39

Welcome.

I can definitely identify with your struggles. I've been through these struggles for many years, every once in a while deleting accounts and passwords etc. only to be drawn back in after a few weeks. I can say that since I signed up here and try to post regularly I have been able to stay off the bad websites for over 70 days. Stay connected and learn to use the tools and guidance here and you have a tremendous chance of success. We understand you and are all on your team rooting for you.

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Re: I need help

Posted by Goldfish - 12 Jan 2022 22:05

[indecisive wrote on 12 Jan 2022 07:44:](#)

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Anyone else struggling bc of this issue?

I can really relate to your problem. For a long time I was going from loophole to loophole until I finally decided to get rid of the phone. You should have much hatzlocha. One point however I want to point out is that you shouldn't view your repeated failures as an essential problem in you. The urge of arayos is totally natural and normal. Today's world and its accompanying challenges make it close to impossible not to be pulled after it. You are a hero for all the times you have abstained, not a failure for the times you found it too hard. As GYE believes, there's no point trying to fight addiction on the grounds of aveiros. You need to use the tools and fight the addiction as it is, raw disgusting lust. Not turning it into a defining point of how jewishly strong you are. Even if you understand, knowledge alone won't beat lust.

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Re: I need help

Posted by Shtarkandemotional - 13 Jan 2022 12:44

"Tried everything"

Shmuel - has a struggle with porn.. he gets triggered and falls every now and then... he can't seem to overcome this struggle.

Yehuda- a supportive friend.

This is a conversation that took place between shmuel and Yehuda..

shmuel- "I keep falling I'm so depressed I can't do this anymore"

Yehuda- "it's never too late keep trying"

Shmuel- "but I tried everything nothing seems to work"

Yehuda- "wow that must be so hard"

A couple hours later...

Shmuel- "I think I can do this.."

Yehuda- "wow! So nice what will you do differently"?!

Shmuel- "I'm gonna get a stronger filter"

Yehuda- "but this is your 6th time doing that."

Shmuel- "yea but maybe this time it'll work"

Yehuda - "if someone gave you 1 million dollars if you stop watching porn for the next 365 days... is that all you would put in place to make sure you don't fall?"

Shmuel- speechless.

Yehuda- that's how you know if a plan has a good chance... that's how you know when you tried...

Shmuel- hmm...

Yehuda- is suffering from porn with all the misery for years worth less then 1 million dollars?

Shmuel- no, way more then a million.. the pain is so way more intense...

Yehuda- if for a million dollars you'd do a lot more then the above plan...to take someone out of the deep ocean to happy free person shouldn't we Forsure do the same?

Lesson is -

Guys, you know when you tried- if you were to get 1 million dollars if this plan succeeds for 365 days.. would the plan just be a better filter?

Or.....

would it be a clear concise plan that blocks every trigger, every possible thing that can lead to a fall, a plan with motivation. With willpower...

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Re: I need help

Posted by omoH - 13 Jan 2022 13:45

hey i am inspired by your first post! you are an amazing person. i can totally relate to what you are going thru! for me the Easypeasy method really seemed to help its not the typical willpower/YouCanDoThis method i would strongly recommend you check it out easypeasymethod.org/easypeasy.pdf it defiantly cannot hurt and hey it may help you see how easy it can be to stop but why we have such a hard time stopping

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Re: I need help

Posted by Abcd123 - 13 Jan 2022 14:54

Hey,

I can relate to you been there, I don't know your situation but have you considered getting help? Nothing to be ashamed of!

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Re: I need help

Posted by jackthejew - 13 Jan 2022 16:40

After some thinking, I realized what my main issue is: a lack of a strong foundation of judaism and understanding that hashem runs the world resulting in me not caring/understanding the ramifications of this aveirah.

So well put! I definitely feel this is a part of my issue too

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Re: I need help

Posted by indecisive - 13 Jan 2022 20:40

Thank you. I'll check them out

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Re: I need help

Posted by indecisive - 13 Jan 2022 20:47

Although I completely agree with you that this addiction itself is powered by animalistic desire, understanding why the addiction is bad and the process to stop it from a torah perspective will ultimately lead me to never to it again. And without that understanding, no matter how long my streak is it'll eventually end if I don't see a higher purpose behind it. Abstinence alone and fighting the desire itself won't get me anywhere.

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Re: I need help

Posted by indecisive - 13 Jan 2022 20:49

Thank you. This is an important perspective to keep in mind.

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Re: I need help

Posted by indecisive - 13 Jan 2022 20:51

Ty for the chizuk

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