

The story of my struggles

Posted by iwillmanage - 25 Mar 2022 14:02

WOW! Mi Keamcha Yisroel!

I've been hanging around here for a few weeks and I'm totally in awe at what's going on here. The battlefield of Klall Yisroel! I really find it hard to believe that for so many years I was struggling on my own when there was a whole world out there giving chizuk, tips and advice, fighting this battle together. So many of you have such profound insightful things to say! I'd like to tell my story, it's actually the first time I'm thinking of this aspect of my life as a story, and definitely the first time sharing it. I think writing it will be a help for me.

I'm 30 and I've been struggling for around 18 years. It started right from when I picked up the concepts of sexuality (actually from a classmate showing me a dictionary...). Throughout my teenage years in yeshiva I would be MZ"L frequently, at first feeling very guilty but as time went on those feelings faded. Although I never gave up the battle, I rarely managed to stay clean for more than a few weeks. I would fantasize quite a lot and had an irresistible pull to any inappropriate material (catalogues, radio music, books etc) I could get my hands on. During those years I didn't have any access to internet so didn't come across porn (other than when I was about 14 and I looked through a mag in a kiosk, until the storekeeper caught me and I ran for my life), but I for sure wouldn't have been able to withstand the burning desire that such an opportunity would trigger. May seem funny after what I just wrote, but I actually did very well in yeshiva; loved learning (I still do) and was considered a good bochur. Then got married and at first things were going good, for first two years of marriage I don't remember acting out at all. My pull to 'lower level' inappropriate material also lessened. But then the nissoyon of internet showed its ugly face and sent me flying, I was straight away onto porn. Although we never officially had unfiltered internet at home and even filtered only when my wife needed it for work, I found (or created) plenty of opportunities to access porn, and with time chat sites as well. That's where I'm holding now; it goes with tekufos. When I have a way of accessing the internet, I'm possessed by this ruach shtus that knows no limits or boundaries and walk around with this burning thumping chest bursting with lust... And when I have no access (like now, [I use a filtered internet suite]) I'm back to the person I want to be, focused on my learning and not acting out in any way and can easily forget that I have a problem. This past elul (!) I got a huge teiva to buy myself a portable wifi with the sole purpose of chatting to a girl who'd been spamming me (from a different internet tekufo). I can't describe the impossible internal fight that went on! I couldn't dream of doing it with Rosh Hashono 2 weeks away but the ruach shtus in me was absolutely desperate and was even secretly hoping that things would get more real than just online. I was dragged to the store (that's what it felt like) bought the device and kept it until 2 days before yom tov. Rosh hashono wasn't easy. But I got back to myself pretty quickly, until a few months ago when I realized a really easy way to get hold of an internet dongle, which triggered a powerful urge to get one, which I did, again after an internal battle (this time not as dramatic). I chucked it a few weeks later and was back to normal... until a few weeks ago when I realized the filter of the internet suite I use was totally down. Within 5 minutes I had downloaded porn onto a stick to view in private... And that's when I decided to look into GYE (I only learnt of its existence a few months ago from an ad I saw).

I don't know where or when the next nisoyon will pop up, but I know it will and also know I won't be able to withstand it, unless I do something about it now. But how can I fight a yetzer hora when it's not there? In my present matzav I have absolutely no desire for porn, think of it for what it is, empty trash that has absolutely nothing to offer me, but that's all meaningless once the ruach shtus takes over. (Of course I still have a YH and got plenty to work on, but I'm not overtaken with lust and busy with things I shouldn't be). I've sometimes held on to the internet instead of getting rid of it just to be able to resist and overcome it but it's a lost case. I've learnt from the GYE handbook that we shouldn't be fighting it head on, but I'm still not sure the right course of treatment for me.

Thank you for reading this far. It's amazing to be able to share all this with a non-judgmental growth orientated crowd that can relate to it all, only why didn't I hear of you earlier? I'm really hopeful of finally getting somewhere in this battle.

iwillmanage. B'ezras Hashem.

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Re: The story of my struggles

Posted by chizuk613613 - 16 Nov 2022 16:29

Have you tried getting a partner here on the site for accountability?

After I reached out to someone shared mu struggles and gedarim I need to make and stick, check in daily, two months later, the rest is history.

Sounds like you're

Able to break away but then trouble holding onto the resolution when the taavah gets strong.

Hatzlacha.

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Re: The story of my struggles

Posted by iwillmanage - 07 Feb 2023 00:00

Enough is enough! I'm smashed from weeks of late nights from porn and masturbation. I can't think straight or concentrate in the day. I'm so tired I don't even enjoy the porn anymore, but I still do it. Why?! No excuse. Zero reasons. (minus 90000 to be precise).

I've been on GYE for almost a year and I haven't done a single serious move in the direction of quitting. I have no plan, haven't spoken to anyone, no accountability, haven't counted to 90.. I haven't even managed to get myself a filter on my laptop. Until very recently I sincerely thought that all this stuff is not for me. I just have to try and forget about it, carry on life and it will forget about me. Why does it take me so long to catch on to the simple things? Too haughty? Probably, but too proud to admit it. Fact is I can't do it on my own. I need to speak to real people make a real plan, fix up the petty pitfalls that I've made into mountains and get myself out of this mess once and for all.

And I'm starting to count 90 days b'ezras Hashem from now.

Tonight happens to be my birthday. Hopefully it will be my rebirth day as well.

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Re: The story of my struggles

Posted by Eerie - 07 Feb 2023 00:23

Couldn't agree more, my friend! Posting is a powerful first step, it brings us to be able to open, it's very therapeutic, there are good things to learn on the forum, there are great tools to learn on this site, but there ain't nothing like connecting to people who care and can help.

I felt the same, when I started my journey, I felt I was experiencing a rebirth. Keep posting, my friend, and stick around

Happy Birthday!!!

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Re: The story of my struggles

Posted by Geshmak! - 07 Feb 2023 00:35

[iwillmanage wrote on 07 Feb 2023 00:00:](#)

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HAPPY BIRTHDAY!!

wow you sound serious about changing... amazing! But I think you should do l'masiah like reach out to someone real tonight and make a real plan NOW ! Before the yh starts to make you chilled... like you have a hesirures put it in to action now! For me Hhm was my life saver reach out to him by emailing him at

michelgelner@gmail.com

good luck bro! And enjoy your birthday cake!

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Re: The story of my struggles
Posted by iLoveHashem247 - 07 Feb 2023 01:12

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you need HHM to show you how to love yourself and he will also beat you up if you act stupid

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Re: The story of my struggles

Posted by iwillmanage - 06 Mar 2023 14:25

I just noticed that it's a month now since my last post on this thread. That means that I'm a whole month clean! B"h! I've still got some way to go in letting go of this whole thing, but at least I feel that I've made some movement in the right direction. Most importantly, I've finally picked up the phone and spoken it through with a real person. It's truly a different experience, it takes recovery from being somewhere in the metaverse to the real world and the real me. Something simple like putting on a filter which I had agonised over for months with excuses that were very real in my warped mind was sorted in a matter of hours, easily. Daily accountability is also a powerful tool and I don't think I would have gotten to a month without it. I've started the F2F program, but I need to set aside time for it and be more consistent, maybe I should have accountability for that as well...

Just one question (for now): How long will these urges go on for? They haven't let go for a single day (besides for maybe one when I was extra busy). They're very annoying. And disturbing.

Keep climbing...

IWM

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Re: The story of my struggles

Posted by Hashem Help Me - 06 Mar 2023 15:38

To an extent you will have these urges for the rest of your healthy life, however they will usually amount to the same nuisance level as a fly buzzing around your head.

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Re: The story of my struggles

Posted by willdoit - 06 Mar 2023 16:07

[Hashem Help Me wrote on 06 Mar 2023 15:38:](#)

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@HHM, Thanks for this post. I am having some urges buzzing around my head last few days and started to get irritated, and this is what I needed to hear: Its totally normal and nothing to get worried about - its normal and will pass ly"h...

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Re: The story of my struggles
Posted by Eerie - 06 Mar 2023 21:03

[willdoit wrote on 06 Mar 2023 16:07:](#)

[Hashem Help Me wrote on 06 Mar 2023 15:38:](#)

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And the more we think about that fly, the more we agonize and obsess about it, the more central it will be in our focus. And then it begins to bother us even more, and we start seeing everything through it. We gotta think"oh, there goes that fly. Oh well. Where are those papers again..."Just move away from obsessing about the urges. They will subside and become regular urges, and don't think too much about them

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Re: The story of my struggles

Posted by iLoveHashem247 - 14 Mar 2023 21:43

[Hashem Help Me wrote on 06 Mar 2023 15:38:](#)

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It helps to also have HHM buzzing in the other ear every once in a while....

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Re: The story of my struggles

Posted by willdoit - 14 Mar 2023 21:53

[iLoveHashem247 wrote on 14 Mar 2023 21:43:](#)

[Hashem Help Me wrote on 06 Mar 2023 15:38:](#)

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Re: The story of my struggles

Posted by m111 - 15 Mar 2023 01:10

Hi,

Your patterns of urges sound familiar. I go through the same thing.

But being in GYE brings real hope for the better.

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Re: The story of my struggles

Posted by iwillmanage - 17 Apr 2023 12:19

Besides for the force of lust that drives me to places I have no business being, I believe there's also another, subtler one that has an influence over me. It's the pull and lure of the culture and lifestyle that lies beyond the walls of our society. Don't get me wrong; I know fully well that I'm on the side of the fence where the grass is lush, richer, way more satisfying and fulfilling. But I still keep peering over the fence to peek at what's on the other side, where the grass seems to be a more glittery glossier green. This attraction doesn't necessarily lead all the way to porn, it has taken me to concerts, nightlife, shows, films and all the rest that's to be found on YouTube. But it's interesting that before I joined GYE I perceived my struggle with porn and obsession with pritzus as an extension of this interest, and was surprised that it wasn't discussed more. I now realize that the main player is lust and that has nothing to do with this, but I still think that this element of my struggle needs to be addressed. The truth is that it may be that initially lust was the only player and the sense of fun and illusion of freedom of their culture rubbed off on me as a poisonous by-product.

The answer isn't just to make the fences higher. It'll end up with holes all over the place. What I have to do is bend down and dig in to the delicious grass by my feet and live the pleasure and enjoyment of a truly meaningful fulfilling way of life with every fibre of my being. Especially now as we come out of the days celebrating the true freedom of asher bochar bonu and count towards matan torah, it's a time to appreciate that I'm not missing out on anything with the all-encompassing torah and find total contentment and serenity in its way of life.

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Re: The story of my struggles

Posted by chancy - 17 Apr 2023 17:53

[iwillmanage wrote on 17 Apr 2023 12:19:](#)

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Hi,

I completely understand you as i was in a very similar situation.

I was exposed to not only P and M at a very young age, but also to Movies and Tv shows and Theaters and everything else that the secular society around us has to offer. I struggled very hard with the M and P issues but the others issues i didnt deal with as i didnt see the problem at first!

It took me a long time to realize the i have to stop with all of that as well for 2 reasons.

1. It was leading me to fall, every scene that was trigering was a cause for me to fall and i was seeing that its impossible to stop M and P as long as I continue watching Movies and TV and Listening to FM or reading goyishe books.

2. As I was growing in yidishkeit, i started to realize that this doesnt match with my beliefs anymore. Here I am trying to be a good yid and grow in my Avoda and getting closer to Hashem and here i was transgressing on serious Aveireos every day without realizing, So I made a list of Issurim attached with these behaviors. Ill give some examples.

Going to the the Theater - ?????????? ?? ?????, ?????, ??? ????? ????? ?????? ??????, ?????? ???, ?????? ?? ??? ??????? ??????.

Watching a Movie- ??? ????? ????? ?????? ?????? ???????, ?????? ?? ??? ??????? ??????, ??? ?????, ??????? ??? ??? ??

This is just a small sample, this list is in no way extensive, there are many more Issurim involved.

So I had no choice but to face facts and see the truth. It was extremally hard for me, it was my escape and i loved it. But slowly but surely i gave it up.

It tool a while as i moved slowly and only gave up one thing at a time. But now I dont have a desire to watch anymore.

Even When i go on a plane or in a hotel with nothing to do, I will look for an only watch Cartoon or National Geo or similar. My wife plotzes from me....

Sometimes i will slip in hotel and while scrolling see something and will not go away, Im not a tzaddik! But overall its possible to overcome this addiction as well.

So Good for you that you realize that there it nothing there and the Goyishe world is sooooo deep in the garbage its disgusting and you realize that a erliche yid such as yourself has no business interacting with them.

Real authentic yidishkeit is sooooo pure and beautiful its a waste not to live in it while we are still alive.....

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