

At a low point right now...

Posted by yud909 - 06 Nov 2022 22:26

Hi All

I would like to share my story with the hope that it will keep me from falling yet again.

I've struggled with pornography and masturbation for as long as I can remember. I naively thought it would end as soon as I got married, it obviously did not. I was in kollel for many years and had my ups and downs, some good months some terrible months. When I went out to work, things pretty much remained the same with ups and downs, mainly with pornography sites but occasionally phone lines as well. I'm sure this sounds cliché but I'm a "regular good guy", what many people call yeshivish. I live in a great community, have a shaychus with my Rav, good friends, chavrusas, loving wife and kids etc. I daven with minyan and learn daily with multiple chavrusas etc.

A few years ago I worked out of town for a few days a week. My life has never been the same. I first visited a massage parlor, then had ladies come to my hotel room and the list goes on but at the risk of being a trigger for myself and others I'll stop there. I no longer work out of town but unfortunately once I was exposed to that, I found out all too easily how everything that's available over there is available at home as well.

Every Yom Kippur I do teshuva, real sincere Teshuva. I cry and beg Hashem for help to stop my addiction. Sometimes I make it past Sukkos other times I don't. But this Yom Kippur was different for me. I felt it was on a whole new level. I stumbled right before Rosh Hashana and I really felt this Yom Kippur with my kabolos and my resolve this would be the end. I made it through Sukkos and had an incredible Simchas Torah and thought maybe just maybe this time would be different.

Alas, it was not so and here I am. I've stumbled 3 times since Sukkos and while I'm not giving up, it is EXTREMELY DEPRESSING. Will this be my fate until the day I die (or get caught) ? A few good weeks and then a few weeks of depravity?

Today is Sunday, my last complete fall was on Thursday. Since then I went to the mikvah, had a beautiful Shabbos, davened, learnt etc, and today I was fighting the urges constantly and flirted with disaster but ultimately didn't succumb (probably would've if I didn't have filters on computer and phone).

I'm not sure what writing all this will accomplish, but I'm at a loss and looking for any chizuk and advice.

Would love to hear from anyone that has stumbled as low as I have and has been clean for long periods of time.

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Re: At a low point right now...

Posted by Eerie - 19 Feb 2023 23:25

[yud909 wrote on 17 Feb 2023 21:48:](#)

Ahh the feeling of going into Shabbos with another week clean is amazing. Not like some high that I feel by Neillah but more of a relaxed and warm and fuzzy feeling of basking in the last **106 days** being clean and davening that Hashem gives me the strength to continue.

This week I did have what I felt was a major victory. I went on a business trip (with another person, so no potential to really stumble other than the standard daily shmiras enayim challenges) and unfortunately it was not too successful. I came home feeling like I wasted so much time and money with nothing to show for it. In the past after such a day, my go to escape was the computer (or worse). B'H my mind didn't even venture there. The day was a flop but I knew it wouldn't help to try and escape with something that would make me feel worse.

I'm very certain that my challenges are not behind me and I will have struggles for many years to come, but the fact that I didn't automatically go to that place in my head, makes me think

Have a great Shabbos!

One word comes to mind: **MOIRIDIG!!!!**

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Re: At a low point right now...

Posted by DavidT - 20 Feb 2023 02:21

[yud909 wrote on 17 Feb 2023 21:48:](#)

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Have a great Shabbos!

Just clicking "thank you" does not justify my feelings while reading your post.

You're a true role model to me and many many others here on GYE.

You're giving us all strength and inspiration showing us that YES! is IS possible!

Keep it up Tzadik!

maybe this whole "90 days to rewire the brain" has some truth to it.

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Re: At a low point right now...

Posted by iLoveHashem247 - 20 Feb 2023 03:59

[yud909 wrote on 17 Feb 2023 21:48:](#)

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By the way, if you calculate how much you would have paid in order to have such a fresh experience, and compare that to how much you're hoping to make from the trip, I think he would see that you actually made more than you would have otherwise.

Second haiku of the night:

Warning: Spoiler!

A thought just for you

He comes and goes; but for whom?

Perhaps for Hashem

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Re: At a low point right now...

Posted by Vehkam - 21 Feb 2023 16:35

[yud909 wrote on 19 Feb 2023 04:13:](#)

[excellence wrote on 18 Feb 2023 22:43:](#)

Ur a Hero!! Just don't take this victory for granted. You must celebrate this victory somehow.
Looking forward to hearing from you how you celebrated!!

Warning: Spoiler!

really bad at celebrating, what do you do?

sometimes its as simple as having in mind my victory when dancing at a wedding. or buying an ice cream or chocolate bar etc.....

sometimes its more substantial such as sponsoring a kiddush or shalosh seudos

celebrating the victories is one of the most important elements of breaking free and should not be underestimated. It really helps change your perspective and feeling about your relationship with the struggle. The idea of celebrating is not new - see chapter 25 in the battle of the generation.

best wishes

vehkam

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Re: At a low point right now...

Posted by yud909 - 22 Feb 2023 13:33

[DavidT wrote on 20 Feb 2023 02:21:](#)

[yud909 wrote on 17 Feb 2023 21:48:](#)

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Have a great Shabbos!

Just clicking "thank you" does not justify my feelings while reading your post.

You're a true role model to me and many many others here on GYE.

You're giving us all strength and inspiration showing us that YES! is IS possible!

Keep it up Tzadik!

Wow, thank you so much for the warm words. It's always nice to know that the posts are actually helping others (even though I primarily post to help myself).

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Re: At a low point right now...

Posted by Nerlight3 - 26 Feb 2023 16:29

Maybe its time to book that big trip you were talking about?

Thanks for keep us updated and for keeping the streak going- we are all rooting for you and getting chizuk from you!

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Re: At a low point right now...

Posted by Nerlight3 - 26 Feb 2023 16:31

[yud909 wrote on 19 Feb 2023 04:13:](#)

[excellence wrote on 18 Feb 2023 22:43:](#)

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Re: At a low point right now...

Posted by eraygrand - 28 Feb 2023 05:08

Reading through this and seeing someone else who had gone though this for 25+ years is beyond words. The nechama on some level that others have struggled and are fighting and I'm not alone is priceless. I just joined and unfortunately failed after day 9 but reading this gives me chizuk to get off the mat and start again. The worst part of my experience is feeling alone and unable to share. Please keep this post going and know that you're inspiring others just by sharing.

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Re: At a low point right now...

Posted by yud909 - 28 Feb 2023 15:23

Been in a bit of a rut last few days probably due to being overtired and stress at work.

Last night and again this morning for some strange reason I once again was under the impression that I was employed by the filter company and tasked with making sure that it still works. The good news is that it does work and that after a few minutes I snapped back into reality and realized that no they don't require nor desire my services. BH I'm by **117 days**

I plan on coming here to post daily from now until Purim to check in with the oilam as a way of accountability.

Have a great day all and keep up the good fight!

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Re: At a low point right now...

Posted by jackthejew - 28 Feb 2023 20:41

[yud909 wrote on 28 Feb 2023 15:23:](#)

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If I had a penny for every time I got around those filters...

Warning: Spoiler!

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Re: At a low point right now...

Posted by Eerie - 01 Mar 2023 00:58

Hi, my holy friend! You never cease to inspire, keep up the good fight and keep us posted! We care and are waiting to hear

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Re: At a low point right now...

Posted by shlomo99 - 01 Mar 2023 05:17

117, cant wait till i get there

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Re: At a low point right now...

Posted by excellence - 01 Mar 2023 09:58

@shlomo99, Don't forget ODAAT

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Re: At a low point right now...

Posted by yud909 - 02 Mar 2023 15:20

BH all good, **119 days.**

seems like maybe I got over this rut but still on extra guard over next few days.

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