

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 dim12 - 05 Mar 2023 20:08

WOW

KEEP IT UP!!!!

You are AMAZING

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Re: At a low point right now...
Posted by yud909 - 16 Mar 2023 12:36

BH today is day 133.

Been busy last week with Purim and banks collapsing so haven't really had time to let the YH get to me.

But this morning finds me in bed still... very lazy to get out of bed... thoughts and urges creeping into my head... I just need to jump out of bed so nothing ends up happening... but I just want to lay here another few minutes...

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Re: At a low point right now...
Posted by Yeshayahu 41:6 - 16 Mar 2023 14:12

totally totally get the feeling

you are so not alone on this one..

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Re: At a low point right now...
Posted by Vehkam - 16 Mar 2023 14:22

[yud909 wrote on 16 Mar 2023 12:36:](#)

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one of the healthiest things that i did to help break my bad habits was to commit to waking up the same time every day. it takes away a lot of the uncertainty and helps get the day started on the right foot.

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Re: At a low point right now...
Posted by yud909 - 16 Mar 2023 14:43

[Vehkam wrote on 16 Mar 2023 14:22:](#)

[yud909 wrote on 16 Mar 2023 12:36:](#)

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Agreed and I usually do, but today my chavrusa cancelled... and I was exhausted and not in the mood... but BH I've been out of bed for a while now and back in the swing of things.

Was definitely helpful to have a forum to post my feelings to at the time.

Thank you all for continued reading and support.

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Re: At a low point right now...
Posted by Eerie - 16 Mar 2023 17:07

[yud909 wrote on 16 Mar 2023 12:36:](#)

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But this morning finds me in bed still... very lazy to get out of bed... thoughts and urges creeping into my head... I just need to jump out of bed so nothing ends up happening... but I just want to lay here another few minutes...

I have been finding getting out of bed so hard the past few days. And then I remembered, my friends, we are only human! This past Motzai Shabbos we changed the clock, and it takes a while for the body to get used to the new clock. If you wake up every day at 6. your body still thinks it's 5 o'clock. So give yourself a break! Yes, do what you can to wake up at the time you usually do. But don't beat yourself up, and don't get worried that you are tired.

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Re: At a low point right now...
Posted by yud909 - 26 Mar 2023 12:33

143 days BH going strong.

The last week was extremely busy so haven't had time to spend on the yetzer hara which is great. But at the same time I feel that being busy and just going with the flow and not having the self awareness of being on guard is always a dangerous path. I believe that at this point in my journey, my brain is rewired to an extent and my go to reaction for a trigger is not what it used to

be. However I am also very aware that it can be lost and I can end up doing all the terrible things again in an instant. I'm rambling and not necessarily being so coherent but basically when I'm sitting down and writing this I have the awareness but in my day to day and hour to hour conduct I feel like I'm growing complacent and not always on guard.

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Re: At a low point right now...
Posted by iLoveHashem247 - 26 Mar 2023 13:30

[yud909 wrote on 26 Mar 2023 12:33:](#)

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CONSTANT VIGILANCE

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Re: At a low point right now...
Posted by yud909 - 16 Apr 2023 11:29

Good Morning all

It's been a bit since my last post but BH that's because of Yom Tov and not feeling the need to come on here for the chizuk as I am BH **164 days clean** now. I had an amazing Yom Tov which is great as for in so many years past I either fell right before YT or on Chol Hamoed and lost any chizuk I might have received from the sedorim. One area which I'm still struggling with is watching movies. I've talked about in the past but unfortunately have still been watching and besides the complete waste of time (especially when I get into a show and binge it) I often see things that are at worst a trigger and at best just terrible images that a Yid shouldn't see (and subsequently think about them during shemone esrei). So I have once again been mekabel

upon myself to not watch any TV shows, movies, short YouTubes.... from now until Shavous. It may not sound like a huge kabbala but for me it really is. I'm hoping that if I can get through the rest of sefira without watching, I'll rewire my brain somewhat and it will get easier after that.

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Re: At a low point right now...

Posted by Grant400 - 16 Apr 2023 13:39

Hey, 100% understand the movie issue. The only way to do it is cold turkey like you are doing it. Good job.

To rewire your brain you may need a longer time but it definitely works as it did for me.

Please stick around and post because it can (will) get real tough. But like they say: When the going gets tough the tough get going!

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Re: At a low point right now...

Posted by Eerie - 16 Apr 2023 16:29

[yud909 wrote on 16 Apr 2023 11:29:](#)

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Thanks for sharing! Beautiful, keep trucking! I think the kabbalah you have made is huge! Keep sharing, and hatzlacha!

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Re: At a low point right now...
Posted by yud909 - 23 Apr 2023 02:56

Ok 1 week down not watching movies. Over all it wasn't as difficult as I imagined it would've been other than one night when I got back from a grueling travelling day and needed to unwind but BH after a few minutes of resisting the urge to watch, I got busy with something else. Motzei Shabbosim is when I watch the most so hopefully now with Shabbos ending later it will be easier to occupy myself without reverting to Netflix.

BH 171 days clean, hard for me to believe.

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Re: At a low point right now...
Posted by simchaft - 23 Apr 2023 05:56

Stay Strong!!!

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Re: At a low point right now...
Posted by Eerie - 23 Apr 2023 18:42

[yud909 wrote on 23 Apr 2023 02:56:](#)

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BEAUTIFUL! You don't know how inspirational your journey is for me to see. Keep trucking and share it!

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