

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.

=====  
=====

Re: At a low point right now...  
Posted by yud909 - 16 Nov 2022 18:58

---

Hi all

Just checking in, BH still clean and no major urges. The challenge I'm having now (other than growing complacent) is it's a really slow time at work and doesn't look like it will really pick until Jan. and we all know that boredom never leads to anything good....

On a side note, how come my clean streak days don't show up next to my name when I post?

=====  
=====

Re: At a low point right now...  
Posted by Teshuvahguy - 16 Nov 2022 19:07

---

[yud909 wrote on 16 Nov 2022 18:58:](#)

Hi all

Just checking in, BH still clean and no major urges. The challenge I'm having now (other than growing complacent) is it's a really slow time at work and doesn't look like it will really pick until Jan. and we all know that boredom never leads to anything good....

On a side note, how come my clean streak days don't show up next to my name when I post?

There is a place on the site (I think it is on the dashboard where it says "go to 90 day chart"), you can set the count to not show when you post on the forum. Maybe you accidentally hit that at some point. Go on the 90 day chart and see if you can adjust that so it shows.

=====  
=====

Re: At a low point right now...  
Posted by yud909 - 16 Nov 2022 19:45

---

There is a place on the site (I think it is on the dashboard where it says "go to 90 day chart"), you can set the count to not show when you post on the forum. Maybe you accidentally hit that at some point. Go on the 90 day chart and see if you can adjust that so it shows.

It gave me the option to "not display" so don't think that was the issue. I toggled it back and forth but still no luck.

Whatever, not the biggest deal, just wondering more than anything.

=====  
=====

Re: At a low point right now...  
Posted by yud909 - 18 Nov 2022 18:23

---

BH today is day 15 being clean, what a great feeling being able to go into Shabbos.

Other than a long streak I had from late Elul until after Sukkos, this has been about the longest I've been clean in a while. So really hope I can keep this going, aiming for 30 days (really aiming for the rest of my life but trying to take a few days at a time).

I will say, I get tremendous chizuk from reading the forums and seeing how so many other people go through the same struggles as myself. However one of the things that gets me down (maybe gives me chizuk at the same time) is following some ones journey and watching him go from 10 days to 15 days to 20 to 30 to 40 and then bam, a fall. It makes me wonder, is there really any hope for me long term? I'm not in any way discounting the 40 clean days someone has in between falls, but the goal (at least my goal) is to get over this and stop looking at porn, stop texting and meeting with women.

Anyways, I'm rambling, have a Good Shabbos all and keep up the good fight.

=====  
=====

Re: At a low point right now...  
Posted by Vehkam - 18 Nov 2022 18:36

---

[yud909 wrote on 18 Nov 2022 18:23:](#)

BH today is day 15 being clean, what a great feeling being able to go into Shabbos.

Other than a long streak I had from late Elul until after Sukkos, this has been about the longest I've been clean in a while. So really hope I can keep this going, aiming for 30 days (really aiming for the rest of my life but trying to take a few days at a time).

I will say, I get tremendous chizuk from reading the forums and seeing how so many other people go through the same struggles as myself. However one of the things that gets me down (maybe gives me chizuk at the same time) is following some ones journey and watching him go from 10 days to 15 days to 20 to 30 to 40 and then bam, a fall. It makes me wonder, is there really any hope for me long term? I'm not in any way discounting the 40 clean days someone has in between falls, but the goal (at least my goal) is to get over this and stop looking at porn, stop texting and meeting with women.

Anyways, I'm rambling, have a Good Shabbos all and keep up the good fight.

the yetzer hara wants you to think that you are stuck with this (and that there is no point in trying.) this could not be further from the truth! Keep fighting and learning from any setbacks. For most, the falls are part of the process and should be viewed as such. It is much easier to fight this when views themselves as someone who does not do this stuff anymore and that any fall is a temporary slip. If someone views themselves as still stuck in the mud and still trying to escape it can be much tougher. Reading the Battle of the Generation or similar every day can help with that mindset change.

best wishes

vehkam

=====  
=====

Re: At a low point right now...  
Posted by Teshuvahguy - 18 Nov 2022 19:05

---

[yud909 wrote on 18 Nov 2022 18:23:](#)

BH today is day 15 being clean, what a great feeling being able to go into Shabbos.

Other than a long streak I had from late Elul until after Sukkos, this has been about the longest

I've been clean in a while. So really hope I can keep this going, aiming for 30 days (really aiming for the rest of my life but trying to take a few days at a time).

I will say, I get tremendous chizuk from reading the forums and seeing how so many other people go through the same struggles as myself. However one of the things that gets me down (maybe gives me chizuk at the same time) is following some ones journey and watching him go from 10 days to 15 days to 20 to 30 to 40 and then bam, a fall. It makes me wonder, is there really any hope for me long term? I'm not in any way discounting the 40 clean days someone has in between falls, but the goal (at least my goal) is to get over this and stop looking at porn, stop texting and meeting with women.

Anyways, I'm rambling, have a Good Shabbos all and keep up the good fight.

Try to remember that a fall after 20, 30, or 40 days is not a failure and does not negate the clean days. They are still victories, each and every one! This is a process. It is the YH telling you that since other people got further than I did and still fell, there is no point to trying. And trying again and again. Don't let the YH win. You are a winner and you can beat the YH at his own game. Good Shabbos!!

=====  
=====

Re: At a low point right now...  
Posted by excellence - 20 Nov 2022 16:07

---

[yud909 wrote on 18 Nov 2022 18:23:](#)

BH today is day 15 being clean, what a great feeling being able to go into Shabbos.

Other than a long streak I had from late Elul until after Sukkos, this has been about the longest I've been clean in a while. So really hope I can keep this going, aiming for 30 days (really aiming for the rest of my life but trying to take a few days at a time).

I will say, I get tremendous chizuk from reading the forums and seeing how so many other people go through the same struggles as myself. However one of the things that gets me down (maybe gives me chizuk at the same time) is following some ones journey and watching him go from 10 days to 15 days to 20 to 30 to 40 and then bam, a fall. It makes me wonder, is there really any hope for me long term? I'm not in any way discounting the 40 clean days someone has in between falls, but the goal (at least my goal) is to get over this and stop looking at porn, stop texting and meeting with women.

Anyways, I'm rambling, have a Good Shabbos all and keep up the good fight.

I can only talk from my own experience, but I can certainly say that I am only am where I am because of all the "falls". Not only are falls not a contradiction to long term recovery, they can actually be used as a tool to completely get over all this and leave it behind...

=====  
=====

Re: At a low point right now...  
Posted by Steveblum - 20 Nov 2022 22:11

---

Keep up the good work !!

=====  
=====

Re: At a low point right now...  
Posted by Hashem Help Me - 21 Nov 2022 12:21

---

If someone climbs a mountain for 30 days and then falls into a ditch, he has two choices. The fool will roll down the hill to the bottom. The wise man will enjoy the view and fresh air as he bandages his wounds, and then will study how he fell in and forge ahead.....

=====  
=====

Re: At a low point right now...  
Posted by cordnoy - 21 Nov 2022 19:06

---

Autobiography in Five Short Chapters

By Portia Nelson

I

I walk down the street.

There is a deep hole in the sidewalk

I fall in.

I am lost ... I am helpless.

It isn't my fault.

It takes me forever to find a way out.

II

I walk down the same street.

There is a deep hole in the sidewalk.

I pretend I don't see it.

I fall in again.

I can't believe I am in the same place

but, it isn't my fault.

It still takes a long time to get out.

III

I walk down the same street.

There is a deep hole in the sidewalk.

I see it is there.

I still fall in ... it's a habit.

my eyes are open

I know where I am.

It is my fault.

I get out immediately.

IV

I walk down the same street.

There is a deep hole in the sidewalk.

I walk around it.

V

I walk down another street.

=====  
=====

Re: At a low point right now...

Posted by Teshuvahguy - 21 Nov 2022 19:18

---

[cordnoy wrote on 21 Nov 2022 19:06:](#)

Autobiography in Five Short Chapters

By Portia Nelson

I

I walk down the street.



There is a deep hole in the sidewalk

I fall in.

I am lost ... I am helpless.

It isn't my fault.

It takes me forever to find a way out.

II

I walk down the same street.

There is a deep hole in the sidewalk.

I pretend I don't see it.

I fall in again.

I can't believe I am in the same place

but, it isn't my fault.

It still takes a long time to get out.

III

I walk down the same street.

There is a deep hole in the sidewalk.

I see it is there.

I still fall in ... it's a habit.

my eyes are open

I know where I am.

It is my fault.

I get out immediately.

IV

I walk down the same street.

There is a deep hole in the sidewalk.

I walk around it.

V

I walk down another street.

Hey, Cord, great post! Thanks for sharing it.

=====  
=====

Re: At a low point right now...  
Posted by yud909 - 21 Nov 2022 23:42

---

just checking in with ya'll. Day 18 clean

BH

Thank You Hashem

=====  
=====

Re: At a low point right now...  
Posted by Teshuvahguy - 22 Nov 2022 00:14

---

[yud909 wrote on 21 Nov 2022 23:42:](#)

just checking in with ya'll. Day 18 clean

BH

Thank You Hashem

@yud909...keep the good news coming!

=====  
=====

Re: At a low point right now...

Posted by Geshmak! - 22 Nov 2022 01:36

---

[yud909 wrote on 21 Nov 2022 23:42:](#)

just checking in with ya'll. Day 18 clean

BH

Thank You Hashem

??!!!

=====  
=====