

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 yud909 - 25 Jun 2023 18:07

[DavidT wrote on 25 Jun 2023 18:01:](#)

[yud909 wrote on 25 Jun 2023 17:54:](#)

Day 0

I feel terrible, was hoping that fall 18 days ago was a one time thing, apparently it wasn't.

I need to get back into it. This is hard.

Falling is very painful. Let's review a few things:

1- You had 18 clean days. Think about it. Celebrate it.

2- You ARE back into it. The fact that you are not running away and you posted about your fall shows that you really care and you're back in the game!

3- Don't let a fall become part of your self image. You're a great warrior in this tough battle. You might have lost a battle but you're still on the way to win the war!

All true and thank you for the chizuk. I am a great warrior but it's a tough battle and while I know I don't want to give up and surrender, at this very moment I have limited cheshek to fight. ly"H I will get the cheshek back, just sharing my feelings at the moment.

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Re: At a low point right now...

Posted by chaimoigen - 25 Jun 2023 20:52

I feel you. Here's a hug, from a fellow-sufferer.

Focus on just getting through the day.

The Cheishik will return. Don't think on anything beyond today, for today. You can do it.

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Re: At a low point right now...

Posted by Eerie - 27 Jun 2023 02:03

Hey, my dear friend, besides for focusing on DavidT's great points, reach out to a friend! I know it's not easy, trust me. But boy is it worth it!

Keep trucking!

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Re: At a low point right now...

Posted by yud909 - 27 Jun 2023 12:35

[Eerie wrote on 27 Jun 2023 02:03:](#)

Hey, my dear friend, besides for focusing on DavidT's great points, reach out to a friend! I know it's not easy, trust me. But boy is it worth it!

Keep trucking!

Thanks Eerie. I actually picked up the phone pretty much right after I fell on Sunday and called HHM and have set up an accountability system with him. Here's to **Day 2**

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Re: At a low point right now...

Posted by chaimoigen - 27 Jun 2023 13:02

[yud909 wrote on 27 Jun 2023 12:35:](#)

[Eerie wrote on 27 Jun 2023 02:03:](#)

Hey, my dear friend, besides for focusing on DavidT's great points, reach out to a friend! I know it's not easy, trust me. But boy is it worth it!

Keep trucking!

Thanks Eerie. I actually picked up the phone pretty much right after I fell on Sunday and called HHM and have set up an accountability system with him. Here's to **Day 2**

Lichayim!! Here's to many more! you keep on!

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Re: At a low point right now...

Posted by true_self - 27 Jun 2023 14:29

GYE without the human heroes like HHM and many others, is almost useless. But without GYE, HHM would not be who he is right now and we would certainly not find our way to him.

Keep it up! one day at a time!

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Re: At a low point right now...

Posted by yud909 - 29 Jun 2023 13:22

You fall down, you get back up

You fall down, you get back up

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You fall down, you get back up

You fall down, you get back up

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No BH I did not fall again and I'm on Day 4 but this is the song that's playing over and over in my head (and in my car) and helping me get back on track.

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Re: At a low point right now...

Posted by yud909 - 30 Jun 2023 13:25

Note to self:

It's not worth it to fall because the next 30 days of attempting to get back on track will be much harder. Just fight the urge this one time or you will be stuck fighting it a lot more.

BH on **Day 5**

#theStruggleIsReal

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Re: At a low point right now...

Posted by yud909 - 12 Jul 2023 08:15

BH the last week the fight has been getting easier, now is when I need to work on not growing complacent.

Day 16

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Re: At a low point right now...

Posted by chaimoigen - 12 Jul 2023 16:46

[yud909 wrote on 12 Jul 2023 08:15:](#)

BH the last week the fight has been getting easier, now is when I need to work on not growing complacent.

Day 16

Keep on trucking!!

Something that might help is to review and think about your reasons and ambition to want to live clean.

After a couple of weeks it sometimes starts to be easy to take the Tahara for granted....And therein lies a pitfall

Hazlacha, friend!

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Re: At a low point right now...

Posted by Eerie - 13 Jul 2023 00:44

My friend Yud909, I never had a doubt! I knew you'd get right back up and keep soaring! Keep

sharing and inspiring!

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Re: At a low point right now...

Posted by yud909 - 16 Jul 2023 12:25

How long will memories of past encounters linger in my thoughts and rear it's ugly head when I'm lying in bed and with the YH convincing me to just play out the encounter again in my head and imagine what it would be like to go back and visit again??

It's been well over a year (prob closer to 2 years by now) since I've encountered this particular person and would love to completely forget it...

BH still going strong and not acting out on these thoughts other than letting it linger in my head longer than it should.

Day 20

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Re: At a low point right now...

Posted by Eerie - 16 Jul 2023 17:46

My friend, keep up the amazing work! Gevaldig!

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Re: At a low point right now...

Posted by yud909 - 06 Aug 2023 11:26

It's been a while since I last checked in, combination of being busy and not being inspired to write but BH I'm at **41 days** and iyH going strong.

As always, not to say I haven't had my struggles but the fight is for the most part getting a little easier. Now I feel like I'm moving into the just cruise mode which brings its own set of challenges, mainly not getting complacent and never letting my guard down.

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