

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 - 27 Aug 2023 21:56

And my heart sings with you, my friend

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Re: At a low point right now...

Posted by yud909 - 24 Sep 2023 02:23

Here I am on Motzei Shabbos Erev Yom Kippur on **day 90**.

I opened my phone to look at my log of times I fell. In the previous year From R"H (2021) until Y"K (2022) I have a record of being nichshol 26 times. However those were only times that I paid money and therefore had a record, the times I was nichshol with just regular free p!@# was probably another 30+ times.

This past year, from R"H (2022) until now I was nichshol 5 times.

I joined GYE a few weeks after Yom Kippur last year after being nichshol for the 3rd time and feeling at a state of yeush (hence the name of my thread).

BH since joining, I had one long clean streak, a fall followed by 18 clean days and then another fall and BH clean for the last 90 days.

What's the point of me writing this? I'm not sure. I wasn't sure what the point of me starting this thread almost a year ago was either. I don't know a lot of things. One thing I do know, is that I'm in my late 30's and have been struggling with this addiction for as long as I can remember. Other than one tekufa as a bochur in Eretz Yisroel I have never been able to maintain a clean streak for any considerable amount of time. This past year was my first year where I feel I was victorious against my Yetzer Hara. Not perfect, far from perfect. I have plenty to klap al cheit for tomorrow night. But it's the first time in my married life of 15 years that I can honestly tell Hashem, look I've actually kept some of what I said I would. I wasn't a complete liar to You last year. I'm trying. I'm a work in progress, but I'm progressing.

Like I said, I don't have the answers and there's a lot I don't know. Was it the continuous writing on the thread and getting chizuk from anonymous people that helped? 100%

Was it the calls and texts I had with HHM, Eerie, my anonymous Chasidish friend who would

call me frequently with a blocked number, and others that I shmoozed with that helped? 100%

Does it get easier with time? 100%

Is it still hard at times? 100%

Am I extremely grateful to the entire GYE community? 1000%

As time goes on, what I need to constantly remind myself of is don't grow complacent. Always be on guard. I don't post as often as I should and that's because BH I'm busy but I do hope to continue checking in here.

A Gmar Chasima Tova to all and may we merit for this year to be year filled with Yeshua and may we all be zoche to make incredible strides against our Yetzer Haras and addictions !

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Re: At a low point right now...

Posted by Yeshayahu 41:6 - 24 Sep 2023 12:48

What was the point of writing this?? I'll give you my humble insight: TO GIVE ALL OF US INCREDIBLE CHIZUK!!!

Wow my friend, you are UNREAL!! I think you tefillos this yom kippur will be extra super powerful!!

Please daven for our whole community!

Gmar chasima tova!

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Re: At a low point right now...

Posted by yud909 - 29 Oct 2023 15:22

BH at **123 days** but today I have been fighting the urges like back in the day. Haven't had it this hard in a very long time. I just left the house, hopefully a change of scenery will help.

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Re: At a low point right now...
Posted by Heeling - 29 Oct 2023 15:34

Wow! Just read your thread from the beginning. I'm amazed at what you've accomplished! look at the past 123 clean days and take courage to fight these urges. You can do this. Its these tough moments that make us stronger.

Keep on fighting. Focus on the good. Please keep us posted.

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Re: At a low point right now...
Posted by yud909 - 01 Nov 2023 10:53

BH doing good, after I wrote that post on Sunday I left the house and distracted myself with other stuff. Got a call from the one and only HHM and thankfully the rest of the day (and week so far) has been much better.

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Re: At a low point right now...
Posted by eerie - 01 Nov 2023 17:37

How are you, my dear friend? I know I've said it so many times, but I repeat it anyway. I owe you so much! Keep trucking...and please let us know about it:)

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Re: At a low point right now...
Posted by yud909 - 03 Dec 2023 19:43

This morning was day 160 (or 157, who's counting?)

however today has turned into day zero.

Last Sunday, I struggled hard but didn't end up falling. What I should have done is figure out what led up to that and try and counter it however I didn't. The rest of the week was fine because I was busy, but today being tired and rainy weather I just gave in. I had no fight left in me. The only thing holding me back was how can I break my clean streak since before Yom Kippur? How can I break my streak right before Chanuka? Alas, it didn't help.

Oy

we fall down we get back up

need time for introspection and see what I can change

I was about to go be nichshol again but caught myself and said what the h\$&@ is wrong with you? It's not going to be easier to stop after doing it "just once more" it will just be harder so might as well fight it now.

ok I'll end my rambling, hopefully will keep on checking in with the oilam over the next few weeks

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Re: At a low point right now...

Posted by yud909 - 03 Dec 2023 19:49

And just to add something else that makes me feel terrible.

HaShem gave me so many chances. Without going into too many details, I tried to be nichshol, HaShem prevented it, tried again, prevented, I had to really work in order to fall. It's like HaShem was right there saying I got you, I won't let you fall in this momentary lapse of judgment and I just kept pulling my hand away and saying no! I'm determined to fall, no matter

what.

sad, pathetic, feel embarrassed to face HaShem by Mincha.

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Re: At a low point right now...
Posted by eerie - 03 Dec 2023 20:00

Hey! Hi there, my friend and inspiration

I'm sorry for your pain. I really am. First of all, can you please tell me how many times you have fallen since last Chanukah? I believe the answer is twice, maybe three times. My friend, just over a year ago you wrote that you fell "in the last year more than ever before", if I remember correctly, is was about 50 times in the year. So please put on your dancing shoes and dance!!! You have made such major progress!!! Celebrate!

And about the Mincha, I'll tell you what I do when I do something wrong. I face the wall in a quite spot, and tell Hashem, "Hashem, I know I disappointed you. You were so kind, you tried to stop me, and I did all I could to fall. I am so sorry I did that. Hashem, you know how hard my YH is. You also know how hard I work to break free. I ask you, I beg you, please forgive me. I really will try to keep up what I've done till here, and not fall again. Please Hashem, accept my teshuvah, as You have promised you would. And help me stay close to You. I'm sorry I have done something wrong, and I seek your closeness, your forgiveness. Please Hashem, allow me to come close and Daven to You"

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Re: At a low point right now...
Posted by yud909 - 03 Dec 2023 20:10

Thank you Eerie as always for your words of chizuk.

You are correct, this is my 3rd time being nichshol since last Chanuka, will have to work on internalizing that thought so I can light Chanuka neiros feeling holy instead of dirty as I do now.

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Re: At a low point right now...
Posted by Hashem Help Me - 03 Dec 2023 21:21

Do yourself a favor and celebrate the accomplishment - and say the tefilla we say by a siyum
"Hashem, the same way you helped be mesayem this masechta of 600 days, please help me
start and be mesayem many more."

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Re: At a low point right now...
Posted by true_self - 03 Dec 2023 21:24

[yud909 wrote on 03 Dec 2023 19:49:](#)

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HaShem prevented it, tried again, prevented, I had to really work in order to fall. It's like
HaShem was right there saying I got you, I won't let you fall in this momentary lapse of
judgment and I just kept pulling my hand away and saying no! I'm determined to fall, no matter
what.

sad, pathetic, feel embarrassed to face HaShem by Mincha.

No matter how sad this is I find these lines very inspiring, Here's someone that has such a
PROFOUND relationship with Hashem, realizes how he wanted to save him and is honest
enough to admit that he is guilty for wanting to fall (so am I many times btw) and is ashamed of
facing him by mincha!!!! I'd just skip that mincha or just rush it through. Reb yud, I hope that you
realize that you have a special relationship with Hashem, ne which many of us desire and you
should be grateful for this, and btw I'm sure you know that unlike we human's Hashem is a
"forgiver" now all that's left is for you to forgive yourself, get back up on your feet, dust off, learn
the lesson and keep on trucking!

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Re: At a low point right now...
Posted by foolie - 03 Dec 2023 21:29

Seems to need to be said a lot these days, but perhaps posting more often than once every 33 days would be more helpful to you. You know stay connected so that you're already reaching out before you fall, where there is a chance that someone might have that right bit of chizuk to help you avoid the fall. We're all here anyway after you fall, to pick you back up and get you back on the road again, but perhaps there is something to be said for allowing us to try and help keep you on the road to begin with instead of just being there to pick you up. It's free advice so you know what it's worth.

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