

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 - 19 Jan 2025 22:52

Been a while...

I had some good streaks but since Yom Kippur, I have fallen 5 times.

Trying to get back on track, hope checking in here helps.

What is wrong with me? I'm 40 years old, happily married with kids, good job, daily chavrusas and enjoy when I learn. But I just get "possessed" (for lack of better word) every few weeks or months and feel the need to act out. It's crazy!

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Re: At a low point right now...

Posted by stopsurvivingstartliving - 19 Jan 2025 23:17

Seems like you've been here a while. Nice to have you back. I think the fact that you only (and I mean only) fell a few times since YK after fighting for so long is a major thing.

What's wrong with you? Ever asked yourself in the mirror after noticing a pimple growing, what's wrong with myself? Probably not, and that is because humans grow pimples and it's normal. Well this ichy thing called "lust" is also human. The fact that your still fighting is the way your supposed to do it, and you are.

Wishing you the best of luck moving forward.

PS Sorry for the random mashal about pimples, that's what came to my head first.

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Re: At a low point right now...

Posted by excellence - 21 Jan 2025 10:15

[yud909 wrote on 19 Jan 2025 22:52:](#)

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The fact that you have an urge is completely normal. The way you deal with this feeling is what needs to change. You have ingrained in your brain that this particular feeling = a NEED to act out. This is a myth. Tell yourself that the new "me" does not respond to these feelings by acting out, rather I find a distraction that works for me, I let the urge pass and move on. However I don't respond by acting out. Period.

Every time you let the urge pass, you are rewiring your brain that the body does not respond to this feeling by acting out, and with time the same urges will no longer feel as strong to act out.

In addition to the above we must avoid triggers. If any location or device is a trigger then it's imperative that you have the correct boundaries in place to distance that trigger as much as possible.

Keep on posting....

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Re: At a low point right now...

Posted by upanddown - 21 Jan 2025 12:54

[yud909 wrote on 19 Jan 2025 22:52:](#)

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I feel your pain brother.

Have you seen this recent Vayimaen video? It might be a chizzuk for you, especially 2.30min into the video, (the words of the ??? ?????).

torahanytime.com/lectures/342808

Stay strong,

UpAndDown

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Re: At a low point right now...

Posted by einoidmelvado - 21 Jan 2025 22:29

Hey Tzadik!

were glad you're checking in!

Nothing is wrong with you, all you are is human! hashem created human beings with urges and as the "Tanya" says it might be the fight for your entire life, (i know its not easy to accept this, however the more you accept it, the more you will understand yourself) all hashem wants from you is to fight, fight fight, our new 47th president had a million reasons to back out of the race, but he didn't, because he knew he fighting for something great, keep in mind you're fighting for something great!

Look forward, I also have a wife and kids and still struggle, I guess that's part of (or my entire) mission in life.

lets continue to fight and fight for something much greater than the false joy!!!

STAY STONRG! Look forward. FIGHT FIGHT FIGHT!

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Re: At a low point right now...

Posted by yud909 - 26 Jan 2025 16:01

Thank you all for responding with chizuk, truly appreciated.

especially thank you to my good friend Eerie for calling and texting me and supplying much needed chizuk, your an inspiration.

BH I'm doing well.

Especially proud that in the last week I've had 3 major nisyonos directed at me (due to my former actions some people have my phone number...) and was able to relatively easily overcome them and delete any messages with out looking at them or responding to them.

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Re: At a low point right now...

Posted by eerie - 26 Jan 2025 17:52

Dear Yud909, the inspiration is you! Your gevura is amazing!

I know I've told you in the past, but I want to put it out here. I owe you so much for the first post you put on my thread, a long time ago. It was a paradigm shift for me, and I have said it over to so many people since. ????? ?????????!!!

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