

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 Vehkam - 26 Dec 2022 02:19

The feeling of breaking free and exceeding our expectations is exhilarating.

with regards to complacency, reading a book every night (the battle of the generation or positive vision etc...) should definitely help if you are religious about it. personally i try to have a few things spread throughout the day that remind me of my resolve.

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Re: At a low point right now...

Posted by Teshuvahguy - 26 Dec 2022 03:52

[yud909 wrote on 06 Nov 2022 22:26:](#)

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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.

As you may know, I spent 40 years stumbling way lower and more frequently than you! And I have not acted out with anyone for 16 years and I am really working on the p and m and am now at 66 days. You can do this and you will. You have amazing resolve and in the merit of all the strength you give to others with your comments to them, you will do this.

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Re: At a low point right now...
Posted by yud909 - 30 Dec 2022 17:27

Just checking in with the oilam on with **57 clean days**. I believe my all time record is 70 days so I'm pretty close bezras Hashem to breaking that. But... I feel that I need to focus less on the days clean or the "streak" as I'm nervous that will lead up to a "post 90 day let down". So my plan is to continue checking in here and posting but the actual amount of days isn't on the top of my head. Before I wrote this post I had to actually calculate how many days it was (GYE is still off by 2 days for some weird reason) as it's not my focal point.

This week was not without it's challenges, I definitely had some urges, some of which may have been do to oversharing past experiences with a fellow GYE member but B'H made it through and continuing the good fight.

Have a great Shabbos everyone!

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Re: At a low point right now...

Posted by Teshuvahguy - 30 Dec 2022 18:07

[yud909 wrote on 30 Dec 2022 17:27:](#)

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This week was not without it's challenges, I definitely had some urges, some of which may have been do to oversharing past experiences with a fellow GYE member but B'H made it through and continuing the good fight.

Have a great Shabbos everyone!

Just keep your head down and your brain focused. One day at a time, and each day is its own separate victory. You will get there, my brother!! Have a beautiful Shabbos!

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Re: At a low point right now...

Posted by yud909 - 01 Jan 2023 18:25

Today would be a great day to fall off the wagon... but instead I came here to check in.

Typically on a day like today I would set out with no intention of actually doing anything too serious but let me "**just** look a little", nothing graphic chas veshalom. Just a little something to whet my appetite and satisfy my cravings. After that I will turn it off and continue being a great Tzadik. Obviously we all know all too well where that ends up. Usually didn't take more than an hour until I was in middle of the deepest depths of filth...

BH today I am cognizant of the fact that I don't want to go down that road no matter how much I'm being encouraged to.

Halevai Vaitei....

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Re: At a low point right now...
Posted by Teshuvahguy - 01 Jan 2023 18:30

[yud909 wrote on 01 Jan 2023 18:25:](#)

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Halevai Vaitei....

Really proud you made the right choice and came here instead! Keep on going!

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Re: At a low point right now...
Posted by Eerie - 01 Jan 2023 19:48

[yud909 wrote on 01 Jan 2023 18:25:](#)

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Typically on a day like today I would set out with no intention of actually doing anything too serious but let me "**just** look a little", nothing graphic chas veshalom. Just a little something to whet my appetite and satisfy my cravings. After that I will turn it off and continue being a great Tzadik. Obviously we all know all too well where that ends up. Usually didn't take more than an hour until I was in middle of the deepest depths of filth...

BH today I am cognizant of the fact that I don't want to go down that road no matter how much I'm being encouraged to.

Halevai Vaiter....

You are a real inspiration, my friend! Keep trucking...and take us along in your wagon!

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Re: At a low point right now...
Posted by Trying to be the best I could be - 01 Jan 2023 20:27

Awesome keep going strong. Your positivity is inspiring!!!

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Re: At a low point right now...
Posted by yud909 - 03 Jan 2023 11:44

6:30 in the morning on a Taanis is a strange time to have strong urges and start thinking about all my past experiences.

Not sure what the "voice" is expecting me to do right now, but I'll give him a few more minutes and listen to his tirade and then I'll get out of bed and begin my day like a normal human being instead of following him down the rabbit hole.

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Re: At a low point right now...
Posted by chizuk613613 - 03 Jan 2023 11:46

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Re: At a low point right now...
Posted by Eerie - 03 Jan 2023 16:56
Should go well. Try and give him a kick in the pants as well!

Hold strong, my friend! You are amazing and an inspiration to us all, your honesty and clarity are enlightening. keep trucking!

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Re: At a low point right now...
Posted by yud909 - 06 Jan 2023 11:35

Good morning all

Just checking in, BH all is good and going strong.

I want to add something to my daily routine to keep me aware and in-line as BH my clean streak continues. I'm thinking of trying to read battle of generation as everyone's always talking about it. The few times I glanced at it I got easily distracted and didn't get too far, will attempt again.

have a great Shabbos

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Re: At a low point right now...
Posted by Vehkam - 06 Jan 2023 13:12

the book works best when you read small amounts each day. It takes focus.

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Re: At a low point right now...

Posted by yud909 - 09 Jan 2023 11:32

Just checking in with the oilam with 67 days clean. Baruch HaShem, Thank You HaShem

I happen to be out of town on business in a hotel room by myself right now for the first time in a while. Can't say it didn't bring back any memories or I didn't have a some urges to act on but BH all is good and I'm staying strong. Going back tonight already so BH looks like this trip was a success (so far).

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