

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 - 12 Jan 2023 13:52

Good Morning

Today is day **70** which is also the longest I've ever been clean for (since keeping records).

BH, and halevai many many more days to come.

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Re: At a low point right now...
Posted by Teshuvahguy - 12 Jan 2023 14:36

[yud909 wrote on 12 Jan 2023 13:52:](#)

Good Morning

Today is day **70** which is also the longest I've ever been clean for (since keeping records).

BH, and halevai many many more days to come.

Mazal tov!! Keep going, my friend. We are all pulling for you to be successful like never before.

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Re: At a low point right now...
Posted by Hashem Help Me - 13 Jan 2023 12:29

Keep it up tzaddik. 70 means that obviously this garbage is not necessary for happy living. You are BH "graduating". In reality there is no difference between 70 and 700.

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Re: At a low point right now...
Posted by excellence - 14 Jan 2023 19:57

[Hashem Help Me wrote on 13 Jan 2023 12:29:](#)

In reality there is no difference between 70 and 700.

Pls elaborate. I don't understand.

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Re: At a low point right now...
Posted by yud909 - 15 Jan 2023 04:39

[excellence wrote on 14 Jan 2023 19:57:](#)

[Hashem Help Me wrote on 13 Jan 2023 12:29:](#)

In reality there is no difference between 70 and 700.

Pls elaborate. I don't understand.

I think what HHM means (please correct me if I'm wrong) is that if you can go 70 days clean then you can go 700 days. Someone might be addicted but can go a week or two clean and then revert back to his old ways so he might convince himself that he needs this. Once you get to a certain point, for example 70 days, it's quite obvious that you don't need it. In the last 70 days I've gone through all my typical cycles of life. Boredom and busy, inspired and blah, happy and sad, good shalom bayis day and bad shalom bayis day, good day at work and bad, etc. And through it all I've been able to survive (thrive actually) without reverting to shmutz. So at this point there's no reason why I can't get to 700 days.

thats how I understood it at least

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Re: At a low point right now...

Posted by Eerie - 15 Jan 2023 08:18

[yud909 wrote on 15 Jan 2023 04:39:](#)

[excellence wrote on 14 Jan 2023 19:57:](#)

[Hashem Help Me wrote on 13 Jan 2023 12:29:](#)

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Beautifully said, my friend. I think that is what he meant. If I may add, I don't think I know all of what HHM meant, ??? ??? ??? ?? ??? ??? ?? ?????? ??, but I think he also meant that when you ease into realizing that this is the life that you choose to live you can come to the point of comfort of knowing that 90 days is a goal that will help a person change some of his inner landscape, relieve some of the pressure of addiction, but in reality each and every day is it's own goal. When we work with the 90 day goal, if we fall we view ourselves as losers, we have nothing to show for our efforts. In reality, each and every minute is its own goal! We have to internalize that these struggles are a part of life, and even if we fall that does not take one iota away of whatever we have accomplished, those days that were clean are still ours. Especially like in you case, when a 70+ days have gone by, you've had ups and downs, and your here!

BH! Now, this is life. Remain vigilant, don't become complacent, but know that you are now living life, in a healthy way, the correct way, and keep on trucking, one day at a time! Waiting for

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the update at 7000 days!
Re: At a low point right now...
Posted by yud909 - 16 Jan 2023 22:17

I'm not sure why it took so long for me to get the message but approximately 74 days ago, I was informed that I don't work for (nor have I ever worked for) Gentech or any other filter company.

Such a relief that I don't need to constantly test out their system and make sure it actually works.

anyone relate?

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Re: At a low point right now...
Posted by yud909 - 29 Jan 2023 16:31

Just checking in with the oilam, BH going strong on **day 87**.

This week will have challenges as I will have more free time then usual but Bezras Hashem I'll get through it unscathed. The goal is to read Battle of Generation daily (for this week). I've picked it up a few times in the past but never really read it for more than 2 days at at time, will try again.

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Re: At a low point right now...
Posted by Geshmak! - 29 Jan 2023 19:53

3 more days to 90!!

Wheres the party?!?!

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Re: At a low point right now...
Posted by Nerlight3 - 29 Jan 2023 20:36

Very inspring!

What did you decide about booking the trip to E"Y

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Re: At a low point right now...
Posted by Nerlight3 - 29 Jan 2023 21:08

[yud909 wrote on 11 Dec 2022 18:09:](#)

I don't believe I've mentioned this earlier but I do watch movies, netflix etc. Very often at night for just 30 minutes to an hour to unwind but sometimes like on a long Motzei Shabbos ill watch for several hours. I try to stick to relatively clean stuff but that's obviously not so realistic. I was mekabel yesterday to not watch anything until after Chanukah. Which bezras Hashem I'll be able to stick to without too many issues. My dilemma is going forward after that. On one hand movies are often a trigger, even if not right away but they slowly plant the seed in my little head so they should seemingly be avoided at all costs. On the other hand I find that boredom is a much larger trigger for me and when I'm able to occupy myself with a relatively clean (relative to porn that it is, I'm well aware that a good ben Torah shouldn't watch 92% of what I watch) outlet, it's helpful. As I said, I'm going to try it for the next 2 weeks and then take it from there. I don't think I'm ready to quit them completely yet but maybe just watch less and see how it goes.

Any words of wisdom?

How did this work out?

What did you decide for the future?

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Re: At a low point right now...

Posted by Eerie - 29 Jan 2023 21:29

[yud909 wrote on 29 Jan 2023 16:31:](#)

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Wow! Keep trucking, my holy friend! It is very special to me to have you as a friend!

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Re: At a low point right now...

Posted by yud909 - 29 Jan 2023 22:52

3 more days to 90!!

Wheres the party?!?!

hmmm... have to get there first....was starting to slip today, don't want to elaborate but BH caught myself and quickly came here.

thanks evryone for the messages... gives me chizuk

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Re: At a low point right now...

Posted by yud909 - 29 Jan 2023 22:53

Very inspring!

What did you decide about booking the trip to E"Y

Thanks!

did not end up booking

I'll celebrate over here

maybe for day 180...

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