

Just saying hi! (I'm new)

Posted by tractatek - 15 Dec 2022 16:23

Bye bye GYE and ty. Streak is at 423 days strong. I deleted posts Bec I feel that the chapter of my life dealing with shemiras einayim shouldn't haunt me rather I feel empowered however it's time to turn a new leaf and move on in life. Good luck to you all and I can be reached via email, take care.

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Re: Just saying hi! (I'm new)

Posted by DavidT - 15 Dec 2022 16:30

[tractatek wrote on 15 Dec 2022 16:23:](#)

1) The only thing that's ever worked for me was knowing that Hashem is too nice to me for me to go and ruin my own life which He gave to me as a gift. 2) I've struggled with masturbation and viewing inappropriate content at different levels on and off for the last 5 years or so, I "got over it" when I was scared Bec of corona but I had a relapse. Right now I joined GYE to commit to continuing my clean streak which is currently at 105 days bh!

105 Days is amazing!

Can you please share with us what you feel is helping you stay strong?

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Re: Just saying hi! (I'm new)

Posted by tractatek - 15 Dec 2022 16:38

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Re: Just saying hi! (I'm new)

Posted by Eerie - 15 Dec 2022 20:05

You sound like an amazing guy to me, Reb Masechta! Keep inspiring us all! I also found that opening up to someone live was the greatest game changer. Keep trucking, my friend, and keep us posted!

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Re: Just saying hi! (I'm new)
Posted by tractatek - 15 Dec 2022 20:56

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Re: Just saying hi! (I'm new)
Posted by Eerie - 15 Dec 2022 21:03

Wow! First of all, I love that you keep reminding yourself, and us, that it's a cesspool out there. Because as long as we think it's a swimming pool we still have the urge to jump back in and swim. But you are amazing that you found yourself the right place, and you are fighting back! Keep me in mind in your teffilos, too. will ya? Somebody who himself feels he's davening sincerely, nay, extremely sincerely, WOW! I take my hat off to you, my friend. And I'm sure you are making Hashem really proud. Keep fighting and keep posting!

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Re: Just saying hi! (I'm new)
Posted by jackthejew - 15 Dec 2022 21:06

Welcome! Taking on accountability shows you're in it for the long haul, and being open with a Rebbe is a crucial step. Much admired, we're all rooting for you. Thank you for posting on what's worked so far. Much Hatzlacha!

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Re: Just saying hi! (I'm new)
Posted by DavidT - 15 Dec 2022 21:06

Amazing!

Rav Avigdor Miller Z"L said that learning torah – is like vitamins against the Yetzer Ha'rah. Hakodosh Boruch Hu sees that you're learning and He says, "I'm going to protect you from the Yetzer Ha'rah." Without any other logical explanation – it's called "segulah." Torah study provides us with spiritual fuel to fight the yetzer hara. Studying Torah automatically strengthens us and makes us want to serve Hashem properly.

Another interesting idea is to focus on the benefits of Kedusha. The struggle, then, is no longer between enjoying a certain pleasure and giving it up, but rather between choosing one pleasure in favour of another one. Sending ourselves positive messages and cultivating a positive attitude might be far more helpful. We could reiterate our basic premise that deep down we really want to stay inside the Torah's safety net and be clean and pure. We're not seeking to be awash in momentary thrills; we choose to rise above that kind of thing. They leave long term damage and have already caused untold havoc in enough areas. We'll go for the gold – true spiritual wealth and eternal bliss.

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Re: Just saying hi! (I'm new)
Posted by tractatek - 20 Dec 2022 06:35

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Re: Just saying hi! (I'm new)
Posted by jackthejew - 20 Dec 2022 11:58

[tractatek wrote on 20 Dec 2022 06:35:](#)

Amar Abaye: Hareini kiben azzai bishukay teverya... (Ask me any shailah and I'll answer...)
(Tractate k - 20a)

So feel free to ask questions on what I post.

?I also consider myself an introvert and like most teenagers I enjoy sports tremendously. I'm studious (got an award in high school for grades) and I like learning. I struggled with my weight for a bit which impacted my sports playing abilities but am currently slim bh (btw disclaimer if u know who I am - don't be shy, plz reach out to me). Like most introverts I have few friends (I'm super close with them tho) but lots of "acquaintances" and I consider myself normal Bec I can carry conversations with ppl and play quarterback, albeit listening to music is what I'd rather be doing than making small talk.

Funny thing. This sounds like how I used to think about me. Not saying it's the same but... I always thought the reason I usually preferred music to small talk was because I'm just an introvert. A side effect of months in therapy led to the discovery that because I was consumed with evaluating every action in order to conceal my Porn and Masturbation problem from those around me, I preferred the least exposure to others possible without being crazy antisocial, which could also have given my secret away. So I would rather read books and listen to music, tuning out the world around me to avoid the slip-ups which might betray me. After beginning recovery and therapy I'm in the process of metting the real me, and he's not as introverted as I thought.

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Re: Just saying hi! (I'm new)
Posted by Eerie - 20 Dec 2022 23:19

Hi my friends! That piece is amazing, reb Kiddushin! I love your honesty. Just my two cents, as we recover and we begin to be at peace with ourselves it makes sense that we would be more open to conversing and socializing with others. As long as we can't look at ourselves in the mirror without grimacing, how comfortable can we be to be open and connect to others? Keep

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Re: Just saying hi! (I'm new)
Posted by tractatek - 21 Dec 2022 01:29

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Re: Just saying hi! (I'm new)

Posted by Geshmak! - 21 Dec 2022 03:34

p.s. ik everyone's rooting for each other and in general I like positivity, but c'mon... Hope to post more when I get the time.

Hope so too!!!

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Re: Just saying hi! (I'm new)

Posted by Human being - 21 Dec 2022 03:52

[tractatek wrote on 15 Dec 2022 16:23:](#)

Overall 2 quick insights: (for a little abt myself read further) 1) The only thing that's ever worked for me was knowing that Hashem is too nice to me for me to go and ruin my own life which He gave to me as a gift. 2) I've struggled with masturbation and viewing inappropriate content at different levels on and off for the last 5 years or so, I "got over it" when I was scared Bec of corona but I had a relapse. Right now I joined GYE to commit to continuing my clean streak which is currently pretty long bh!

Welcome! You sound like such a wonderful person! Post away my friend, we are all reading.

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Re: Just saying hi! (I'm new)

Posted by Eerie - 21 Dec 2022 05:55

Ah! A guy who thinks he's normal! Where do I get in line to shake your hand?....Of course your normal, why not? Because your somewhat quiet? I know I can't keep quiet but hey, at least some people are quiet so I have people who listen to me:) Keep posting my friend, so maskim to that last post

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