

First time on GYE long time ...

Posted by eraygrand - 26 Feb 2023 07:05

I just joined GYE after listening to Halacha Headlines and getting a better sense that I'm not alone. I'm in my 50s with kids and grandchildren. Like many others I've had my ups and downs but other than this major issue of porn and masturbation definitely more ups. This has been going on since I was 15, started with magazines, then to theaters and VCR. As a bachur in Israel I would even take a bus once a month to Tel Aviv because there was a theater right near the bus stop! However nothing compares to the ease of access on the internet and the daily urges. The lack of ability to control myself has brought shame and lack of self confidence. The amount of tears that I have shed every Yom kippur... I feel the words of the brocha of mechaye'i hameisim in shmonei esrei, especially matir asurim, are all about me! I have been clean for 9 days now.

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Re: First time on GYE long time ...

Posted by eraygrand - 22 Mar 2023 02:33

Just my semi-regular virtual shout out at 23 (and 31 out of 32). Hard to imagine that it has been over a month since I joined this amazing chevra.

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Re: First time on GYE long time ...

Posted by excellence - 23 Mar 2023 10:35

Incredible!! Generally the longer the fall the harder it is to get up, but uv'e proven us here that we can all do it!!

Chazk v'eemotz!!

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Re: First time on GYE long time ...

Posted by eraygrand - 28 Mar 2023 01:20

Day 29! Today was a very stressful day that a month ago would almost have certainly driven me

to P&M as an escape and distraction. There were definitely some urges but nothing that I wasn't able to overcome with a little bit of effort.

Special shout out to Emes-a-yid for keeping the pressure on not to fall more than 5 days behind him!

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Re: First time on GYE long time ...

Posted by Eerie - 28 Mar 2023 18:29

[eraygrand wrote on 28 Mar 2023 01:20:](#)

Day 29! Today was a very stressful day that a month ago would almost have certainly driven me to P&M as an escape and distraction. There were definitely some urges but nothing that I wasn't able to overcome with a little bit of effort.

Special shout out to Emes-a-yid for keeping the pressure on not to fall more than 5 days behind him!

You are an unreal inspiration! Amazing, keep it up and keep sharing!

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Re: First time on GYE long time ...

Posted by Emes-a-Yid - 30 Mar 2023 11:21

[eraygrand wrote on 28 Mar 2023 01:20:](#)

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Hey just saw this, sweet shoutout! To many more of course and onwards!! B'Hatzlachah!!

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Re: First time on GYE long time ...

Posted by eraygrand - 04 Apr 2023 04:18

Being in this space and getting chizzuk has created a small light which I'm hoping leads to "Pischu li **PESACH** k'chudo shel machat". My short term goal is to keep the streak through Pesach and be zocheh to sit at a seder enjoy a Yom Tov with my children, grandchildren and parents in a whole new and larger light.

36 Days! Looks like BH I will achieve my first short-term goal of making it to Pesach (very confident that I will be too busy with last minute preparation for Pesach and around too many people). Thank you again to all the chevra who have provided support here, over the phone and PMs. There is no way I could have made it here w/o every one of you. Chag Kosher V'Sameach (Wow! Even those words take on a whole new meaning!)

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Re: First time on GYE long time ...

Posted by chancy - 04 Apr 2023 16:21

Chazak Chazak V'nischazeik!!

This year you will be able to understand a little deeper the meaning of Ytzias Mitzrayim, we are all in our own little prisons that the YH created for us and we are all looking to escape from it. You have learned the last 36 days how to escape one of your prisons, it will never be the same, as you see now that its possible to escape..... the trick is to see that there is a way out.

Bchol Dor vudor chayiv udon lrois as atzmoi k'ili HE Yutzo Mimitzrayim!

Chag Kosher V'sumayach!

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Re: First time on GYE long time ...
Posted by eraygrand - 16 Apr 2023 04:32

Checking back in at 48 days! Had an absolutely amazing and uplifting yom tov with 4 generations of my family. I did have some days with urges that served as a reminder that this is still an ongoing battle.

I heard a speech on the last day of Pesach that when hashem took the bnei yisroel out of mitrayim it was the ultimate chessed. All they needed was the desire to want to get out (as rashi points out regarding the difference between the 80% of bnei yisroel who died during makos choshech was the desire to leave). However, once they got out it was their job to continue to grow and not just rest and be satisfied that they were freed. I think many of us are in a similar situation where we took some form of inspiration to want to get out from under this and with siyata dishmaya we experienced an initial "freedom" but it is our job along with the support of this great chevra to continue to fight the war.

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Re: First time on GYE long time ...
Posted by Eerie - 16 Apr 2023 16:37

Thank you for sharing! You are a real inspiration!

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Re: First time on GYE long time ...
Posted by Emes-a-Yid - 19 Apr 2023 23:34

[eraygrand wrote on 16 Apr 2023 04:32:](#)

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Wow! still at it BH - very proud to see! Givaldik Hatzlacha Rabah

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Re: First time on GYE long time ...

Posted by eraygrand - 30 Apr 2023 07:25

62 days still and counting and fighting! Every time I think it's all in the past the YH sneaks in and whispers in my ear. This past week I was home all alone and very tempted to try to find someway. I told myself to just wait 5 minutes and that was sufficient to get past it!

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Re: First time on GYE long time ...

Posted by yud909 - 30 Apr 2023 10:58

Following this thread, keep up the great work, you have a fan club here.

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Re: First time on GYE long time ...

Posted by eraygrand - 15 May 2023 02:51

My bi-weekly check in shout out - 76 days (and 85 out of 86).

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Re: First time on GYE long time ...

Posted by Hashem Help Me - 15 May 2023 10:41

My bi-weekly check in shout out - 76 days (and 85 out of 86). Super!

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