

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 - 01 Jun 2023 23:45

Made it to 94 days and 103 out of 104. Yesterday I was working from home alone for several hours and the urges to try and find a way to access P may have been the strongest and longest since this streak has started. Having to disappoint the GYE chevra was definitely a factor in getting past it. I pulled out many of the tactics from F2F including baking a cake to distract. Definitely a reminder that this is still very much an ongoing war with many battles remaining. BH today was much better but need to come up with a more thought out battle plan for days that I know I'll be home alone.

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Re: First time on GYE long time ...

Posted by Grant400 - 02 Jun 2023 02:46

[eraygrand wrote on 01 Jun 2023 23:45:](#)

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know I'll be home alone.

Great job!

Facilitating change in a real way. A1!

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Re: First time on GYE long time ...

Posted by Hashem Help Me - 02 Jun 2023 11:32

Hero!! An accountability partner is very helpful in these situations.

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Re: First time on GYE long time ...

Posted by eraygrand - 07 Jun 2023 02:42

100 days!!

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Re: First time on GYE long time ...

Posted by yitz23 - 07 Jun 2023 04:27

[eraygrand wrote on 07 Jun 2023 02:42:](#)

100 days!!

UNBELIEVABLE!!!!!! MAZAL TOV!!!!!!!!!!!!!!

You inspire me. How does it feel at 100?

And how are you celebrating??

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Re: First time on GYE long time ...

Posted by Hashem Help Me - 07 Jun 2023 10:53

Mazel Tov buddy! Now start helping other guys.....

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Re: First time on GYE long time ...

Posted by eraygrand - 08 Jun 2023 00:08

[yitz23 wrote on 07 Jun 2023 04:27:](#)

[eraygrand wrote on 07 Jun 2023 02:42:](#)

100 days!!

UNBELIEVABLE!!!!!! MAZAL TOV!!!!!!!!!!!!!!

You inspire me. How does it feel at 100?

And how are you celebrating??

There really are no words to truly capture how this feels.

I celebrated today by spending quality time with my wife. The celebratory aspect to that is exponentially greater than it would have been 100 days ago!!

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Re: First time on GYE long time ...
Posted by Yosef90 - 08 Jun 2023 10:26

That's incredible!

Mazel Tov!

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Re: First time on GYE long time ...
Posted by Eerie - 08 Jun 2023 19:55

So beautiful, my friend! Thank you for sharing the inspiration!

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Re: First time on GYE long time ...
Posted by eraygrand - 21 Jun 2023 16:58

114 days! BH the last two weeks have been relatively smooth especially considering other things that have been going on that have been extremely stressful. 4 months ago this stress would have led to daily (and probably more than once) falls. The amount of time that had now passed has allowed me to take a step back and realize the incredible additional benefits of not falling including:

- Time, it's still somewhat intimidating when I think about the time I lost in the past but incredibly uplifting knowing that going forward I will have more time to spend on more important things.
- Focus, even when not in the act of P&M just thinking about it was a drain on my focus. This impacted efficiency for work (which leads right back to time), davening and learning.

- Physical- M is physically draining (especially at my age) which once again leads right back to my first two benefits of time and focus.

I know the war is not over by any means but putting these thoughts in writing is another weapon in my armory to use for the next battle.

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Re: First time on GYE long time ...

Posted by Horizon - 21 Jun 2023 22:24

incredible!

i just went through your thread, its inspiring how quickly you're kicking this.

keep up the good fight

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Re: First time on GYE long time ...

Posted by Eerie - 23 Jun 2023 02:03

The word that comes to mind is **WOW!**

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Re: First time on GYE long time ...

Posted by eraygrand - 23 Jul 2023 16:03

Now at 146 days (and 155 out of 156). I really don't know to begin to express my amazement. I am virtually certain that I have not had a streak this long in over 25 years!!! I can tell everyone here that it continues to get easier. I went and looked at my dashboard today and it was amazing to look at the 6-month graph. The purple line that shows urges over time was an incredible visual aid to watch how it steadily drops over time (I attached a picture). I would love . For all of those out there who are just joining and are struggling I want to assure you it does get easier. If I can get to where I am today after struggling with this for 40+ years..... Not to mention the fact

that my marriage is in a place that it has not been for longer than I can remember. For those of you who are younger and have the opportunity to beat this monster and put it in your rearview mirror before you enter marriage the rewards are beyond anything you can comprehend!

In all my years when rosh chodesh av came around on the calendar, the sense of loss for the bais hamikdash took a distinct background to the dread brought on by knowing that Elul and yomim noraim were just around the corner and wondering how I could possibly face Hashem after another year of abject failure. The last couple of years as I shed tears (and doing so now) on RH & YK (I used to have to bring my personal box of tissues to neilah) I told Hashem that I have tried to stop and had not found a way. I said at this point I am putting myself in your hands since I had nowhere else to turn. "Randomly" this year I had started to listen to the Halacha Headlines program. In February the program included an interview with the founders of GYE. It was an absolute eye opener and tremendous chizzuk just knowing that I was far from alone in this struggle! It is beyond the scope of my writing skills to try and capture the concept that I am within realistic reach of coming into Elul with a 6 month streak!

Happy to speak with anyone if you think that I can help. Wishing everyone on this amazing sight continued Hatzlachah! To all those that have given me chizzuk (even the little "Thank you's" are like little diamonds that I treasure) I thank you from the bottom of my heart.

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Re: First time on GYE long time ...
Posted by redfaced - 23 Jul 2023 16:52

Very well said.

146 days is amazing. You should be zoche to reach tremendous multiples of where you are now

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