

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 mechayei 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 AlwaysHappyAlwaysHopeful - 06 Mar 2024 22:35

You are not alone. I started my active addiction in my mid 50's, seven years ago, when I was really feeling down about my life situation. But Baruch Hashem, I am doing really fantastic now, thanks to Hashem and my program of recovery. It is working for me. I am happy to share more if you are interested.

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Re: First time on GYE long time ...

Posted by eraygrand - 25 Jun 2024 16:22

It's been almost 4 months since I last posted and closing in on 500 days! I had the absolute honor and privilege to speak to someone on the phone today who has been fighting this fight for longer than I have. The ability to give over that the fight is worthwhile was so rewarding!

I really encourage everyone to sign up for the daily ?????? WhatsApp. You can sign up on www.vayimaen.org/

I have found the daily dose of inspiration while eating breakfast is a great start to the day!

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Re: First time on GYE long time ...
Posted by eraygrand - 19 Sep 2024 15:42

From July 2023 - *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*

I just hit 570 days and am on the verge of going into a second RH/YK clean! I recently heard a shiur from Rav Wallerstein zt"l that really is applicable to all of us in this fight especially to those who have lost the battle multiple times and feel like there is no hope. He speaks to the thought that I have highlighted note above. If it worked for me after 40+ years it can work for anyone! Keep fighting!

There is a shorter version on utube that you can find by searching "wallerstein keys story" (GYE - doesn't allow including a link to a youtube video)

Longer version (and those who don't want to go on YouTube) - the main story is in the first 15 minutes: torahanytime.com/lectures/194446

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Re: First time on GYE long time ...
Posted by odyossefchai - 19 Sep 2024 16:30

Wow I'm in awe of you.

To be able to fight this monster (and I use that term with all the definitions possible) is a huge

HUGE deal.

You have been misgaber on the yetzer hara.

You have stepped up to the plate and smashed it out of the ballpark.

570 days of winning. Unbelievable.

I am truly respectful of your accomplishments.

It gives me great hope.

I am at the beginning of my journey. Today is the 19th day.

I hope to get into RH which without me knowing when I started, will be the 30th day.

May Hashem shower you with Baracha Ad Beli Dai for your tremendous win over the yetzer hara.

The Gra says that a person's tafkid on this world is to change his bad middos.

Looks like you are a gigantic huge WINNER.

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