

i'm finally posting

Posted by Horizon - 30 Mar 2023 20:24

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***i wroth this up yesterday but for some reason it didn't post. sitting down to rewrite it now.***

hi everyone! my name is horizon i'm a 23 yo yeshiva bochur. i created my account about a year ago, but haven't been active until about a week ago. in the little time i'm here iv'e met some wonderful chevra, and was encouraged to write about myself. i hope it will takeh help me, specifically w meeting and connecting with the chevra. although my 'story' is as cookie cutter typical as they get, i'm still sharing. partially to unload, but mainly to make connections with . here we go...

i grew up in a typical frum yeshivish home. my father is a respected rebbi, and my mother teaches in the local school. although my parents are good people, i never connected w them or felt understood. emotions were also pretty much nonexistent in our home. my father is very reserved and cold, and my mother was always a hard woker, and expected the same from us. (recently my siblings and i started discussing how this affected us. bh i have a pretty nice relationship w my siblings)

from quite a young age (probably like 10) i had a sexual rush. but i'd rather not elaborate on that. when i was 13 years old i went off to an out of town yeshiva ketana. although it was a nice yeshiva, and the chevra were nice, i had a hard time fitting in cuz i was a year younger then the class. i kinda felt like i don't belong and also had to prove myself. i was also embarrassed to share my age with orhers. it was a tough matzav.

others. so if you came for chidushim, i'm sorry to let you down. during the first year in yeshiva i started to become a very 'erlnste bochur'. taking davening seriously, waking up early to learn, i would get upset when guys were sitting around and chilling or talking loshon hara... you get the pic. it was kind of a distraction from social life which i wasn't very good at.

the next year i went the other direction. i started sleeping in, chavering zich with the more chilled guys in yeshiva, and being in beis medrash less.

one day i came across a store not far from yeshiva that sold (drumroll please) adult magazines. i took one. (i don't want to say stole). i was utterly shocked by what i saw. i was a naive sheltered boy, who didn't dream there was such a thing as women exposing themselves. i didn't either know about sex. that magazine really changed me (one of my rebbeim at the time pointed out that he sees i changed). it was at that point that a started to m\* (i hate the word, so a \* will

have to suffice). over the next two years i only took another two or three magazines, and occasionally when i'd be home i'd watch porn.

when i was 17 i went to eretz yisroel for the summer. seeing the attitude they have in israel towards the internet had a big effect on me, and it caused me to make strong gedarim for myself. i was clean from porn and m\* for 3 years (!)

after that the YH creapt in in the most ingenious of ways. i decided to be a ka'nu'ee and check to make sure our family's computer was kosher. it was not. ... ....

about a year ago i came across gye, and was convinced it was the end of my struggles. i now had a place to keep myself in track by using the success tracker and i'll live happily ever after. i was clean for 8 days.

i recently gave up my access to porn, and now have a phone that is really restricted (no really). bh it was a HUGE gamechanger. iv'e wanted to do it for the longest time but it was very hard. and that first night without it was very, hard. but surprisingly in the days since i was very much ok and didn't feel like i'm missing much. (although i'll admit that it gets annoying sometimes heving restricted access).

i'm gonna try for the future to be more involved in this community, and hopefully i'll meet some nice chevra:)

wishing everyone continued hatzlacha in everything,

horizon

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Re: i'm finally posting

Posted by horizon - 08 Jul 2024 19:32

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Alright folks, so much for the big strong man i said i'll be...

last night i fell deeper, darker and longer.

???! ??? ?????? ?????, ??? ?????

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Re: i'm finally posting

Posted by jewizard21 - 08 Jul 2024 22:17

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One day at a time!!

You got this!!

also try to analyze your situation to find out why your falling now

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Re: i'm finally posting

Posted by horizon - 12 Jul 2024 19:35

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today is day 5 bh.

i'm also at a 90% success rate for the last 30, 90, and 180 days. i think that's pretty cool.

yes many will roll their eyes asking when will this horizon chap that i'ts not really about days, i'ts the mindset that matters. i agree. and bh i'm slowly recovering and regaining the mindset.

i had quite a shvache week, not being very productive, but bh i stayed strong most of the week and weathered the storm.

next week i'm heading away for a bit, so things will be easier in the new environment iy"h, plus i'll barely have access.

hope you all have a wonderful shabbos!

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Re: i'm finally posting

Posted by horizon - 15 Aug 2024 01:11

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Hi chevra, i haven't updated here in a bit.

bh i come bearing numbers, i'm knocking on 40 days. boruch hashem!!

this week i took a long flight, and i had the wonderful opportunity to open a gemara and chap arain a couple heilige amudim while all the shkutzim were sleeping. ah... toira iz zees.

good days are coming on the

horizon

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