

i'm finally posting

Posted by Horizon - 30 Mar 2023 20:24

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 Grant400 - 19 May 2023 18:06

[Horizon wrote on 19 May 2023 16:29:](#)

a guten erev shabbos chevra!

bh today is day 9

i had a dream last night that i was nichshal, and i was very disturbed about having to 'start over'. bh i woke up and realized its just a dream (i know, funny dream). im excited to continue and keep growing (and trucking).

i wrote earlier that i had made a deal w someone to stay clean for the week. bh that worked well (for the two of us) and we're nearing the end of a successful week. while obviously there's no hocus pocus snap of the finger solution to being clean, the deal helped me tremendously at some weak moments, and i feel that if not for it i would have watched porn a couple times this week when i was in a mood.

having that in mind im a little nervous for the coming week when the deal is expired. i need something to push me through a *shvache* moment. im not talking about crazy strong urges, its more like the moments that im like screw it, just go for it. forget everything, let go, give in and jump into it.

if anyone relates and can offer some advice i'd appreciate it.

thanks guys,

hatzlacha

Regarding the dream, it's very common. Many people have posted about this, and I've experienced it regarding this and other addictions.

The deal helped you stay clean but did it change you, your mindset or your natural response to triggers in any way?

I would recommend getting a strong clarity on why you want to be clean. Weigh the pros and cons. Make a strong decision, learn strategies, learn yourself, make changes and stay connected.

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Re: i'm finally posting

Posted by Horizon - 22 May 2023 07:25

hey grant, thanks for responding to my post!

first off i want you to know that i really like your posts, especially grants rants. thank you for always inspiring.

interesting that the dream thing is a thing, i guess it makes sense.

i'm sorry to hear you've struggled with multiple addictions, i hope things are doing well by you and should only get better.

you point out that the deal was an external, temporary thing, and inner work has to be done. from reading some of your posts it seems as if this is your motto. svava says that you're right. im gonna go through your points and try to answer them one by one. (not that im answering to you, more that im clarifying things for myself. oh, and i wouldn't mind your insight)

- getting clarity on why i want to be clean:

number one reason, is to get married. i very much want to get married and have a good strong healthy honest relationship w my wife. hiding stuff, and doing things that a future wife disapproves of dont really work w that goal. (also i've come to understand from reading the forums and from talking to HHM that porn ruins a healthy sex life. ?? ??? ????? ??????)

number two i find that watching porn distances and alienates me from others. which is something i don't want.

number three i find that it distances and alienates me from avoidas hashem. which again i don't like.

number four (cuz of the above reasons?) i feel uchhhh after watching/acting out.

- learn strategeis:

i should probably give the F2F another try. i briefly tried it like 8 months ago (before i tried the forums) but never followed up.

but on a simple level, i've learned that exercising does magic. also, doing small things to take care of myself, stay organized and be on top of things can help.

- learn yourself:

i'm bh working w an amazing therapist to get this taken care of. over the last couple months i've grown tremendously, and became much more comfortable w myself.

- make changes:

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i mean i got rid of my phone if thats what you mean. wasnt easy.

- stay connected:

this is why im here.

k i wrote this up late at night. this should be a good post for me to come back and reflect on.
thank you!

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Re: i'm finally posting

Posted by Horizon - 23 May 2023 02:19

day 12 bh

the guy i had a deal w for last week reached out to renew. i'm confident that we'll tackle this one.

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Re: i'm finally posting

Posted by Grant400 - 23 May 2023 02:44

[Horizon wrote on 23 May 2023 02:19:](#)

day 12 bh

the guy i had a deal w for last week reached out to renew. i'm confident that we'll tackle this one.

But...still work on F2F...ok?

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Re: i'm finally posting

Posted by monseyid41 - 23 May 2023 15:01

[Horizon wrote on 22 May 2023 07:25:](#)

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thank you!

Hey, it sounds like you really thought this through. I can see you're really motivated to make this a lasting, permanent change. Keep listening to Grant and you'll be alright. And keep posting. You got this and we're all behind you.

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Re: i'm finally posting
Posted by Eerie - 24 May 2023 18:02

Ah, the power of the brotherhood!

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Re: i'm finally posting
Posted by Horizon - 29 May 2023 20:38

hi guys, disappointing update.

i finished shavuos w a nice 16 day streak, and shavuos itself was very nice bh.

motze shavuos however. thats when it happened. a slip and then a fall. it happened so randomly out of the blue. i dont know what to say.

i felt really disgusting yesterday, and im slowly pulling myself out of this. oh well.

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Re: i'm finally posting
Posted by Eerie - 29 May 2023 23:42

My dear friend, remember that every moment that you held strong is still there, it's still yours, all those shining moments, and you will get past all this beH! Slowly, yes. But surely:) my friend, we are here for you, we admire your tenacity, don't ever give up, just keep trucking!

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Re: i'm finally posting

Posted by monseyid41 - 30 May 2023 14:52

I honestly can't say that I would have the courage to post following a fall. I don't know how you do it. To me, this shows that you're still in the fight, that no matter what, you want to get back up again.

This is so encouraging to me. One challenge that I've been dealing with since I joined GYE is the fear/anxiety of how long will it last? Will I be able to keep my streak going or will I fall at some point? I know that it's almost inevitable for there to be some point where I'm not going to be as strong as I feel now. But when I read about people like you who have fallen, and yet are still here and still posting, it makes me more secure. It's almost like a Pas B'salo of sorts in the sense that I don't have to fear that moment. If and when it comes, I'll still be here and I'll still be okay.

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Re: i'm finally posting

Posted by yitz23 - 30 May 2023 17:40

I'm here with you

Shavuot was hard for me and for a lot of the oilam on GYE that I've spoken to as well.

Lets keep going brother

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Re: i'm finally posting

Posted by Horizon - 31 May 2023 00:22

thanks guys

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Re: i'm finally posting

Posted by Horizon - 01 Jun 2023 18:01

day 4 bh

ODAAT

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Re: i'm finally posting

Posted by monseyid41 - 02 Jun 2023 14:12

YESSS!! Keep going! We're right here along with you.

But I'm just curious: What is ODAAT?

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Re: i'm finally posting

Posted by Gevura Shebyesod - 02 Jun 2023 15:04

One

Day

At

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Time

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