

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 iLoveHashem247 - 21 Jun 2023 22:43

[Horizon wrote on 21 Jun 2023 19:15:](#)

hi everyone

today is day 6 bh.

i randomly felt a need to look up some things i shouldn't be looking up, obviously not xxx - it wasn't so bad that i was ready to jump right off, plus i currently only have a very filtered pc, so my only access is to borderline stuff so i'll be safe.

in the past, the battle in my mind would be (the all too familiar):

- im not actually falling
- technically its still a win
- i deserve to cut myself *some* slack

vs:

- you know a slip always becomes a fall
- you dont need this
- you'll be happier if you stay away.

today however i had a different thought process (as i was trying the second search): it'll be so much easier to control myself now, then in 10 minutes. and if i beat this, im strengthening myself for the future. im learning how to say no, and not give in on demand. so at that first point in the struggle, where its easiest to win, i can build myself for the future. its not just about how i'll feel right after, or about 'losing' my precious clean days. its the choice to utilize this opportunity to grow, or let it go wasted and worse.

forgive me if im writing dvarim pshutim:)

shout out to the friend who gave me some words of advice over chatt

p.s. i usually dont post during/right after a tough moment. i wonder what changed

Maybe you are finding solace in camaraderie instead of in porn

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Re: i'm finally posting

Posted by Eerie - 23 Jun 2023 02:09

[Horizon wrote on 21 Jun 2023 19:15:](#)

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Maybe you are just plain growing, my friend...make that you are most definitely growing, my friend! Your words speak of enormous internal growth. Keep it up, my holy friend, and keep sharing it with us!

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Re: i'm finally posting

Posted by Horizon - 25 Jun 2023 22:05

thanks for the warm words chevra.

today is bh day 10.

im feeling calm, and quite comfortable p&m wise.

on a different note im leaving for camp tomorrow, so i wont be around here much (no access), which should also mean i won't be around other sites i shouldn't be on (no access). in the past when i went away things went much better, so hoping it'll be like that again. come to think of it, i have a real opportunity here to come back w big numbers. im leaving at a good place, and going to easier circumstances so iy"h this will go well.

on another note, im kinda nervous about camp. im gonna be responsible for learning w a group of kids, and im not well enough prepared. also im feeling pressure from the other guys im going w who are really preparing well.

hope you all have a great summer:)

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Re: i'm finally posting

Posted by chaimoigen - 25 Jun 2023 23:12

Go with Hazlacha, with a Nesiyas Chein! Help the kids have a warm, Yiddishe summer, as you give them over your special, ehrlicher essence as a Ben Torah who will care about them. That's what matters, more than anything else.

Keep Shteiging, keep alert for the inevitable Nisyonos, you have what it takes to crush them, and come back full of refreshed Kochos, dreams, a realities!

A Gezunte Zummer, my friend. The Horizon beckons.

As Cords would say, Godspeed!

With Gutteh Malachim....

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Re: i'm finally posting

Posted by EccentricComposer - 26 Jun 2023 00:47

I think you'll do great, just let it flow!

Hatzlacha!

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Re: i'm finally posting

Posted by horizon - 29 Oct 2023 19:49

hey all, its been some time.

today is day 4. since i've last posted i bh had some longer streches of clean days which i'm happy to share. recently however i had a couple shvache weeks.

in other news i'm switching to a different yeshiva away from home where i'll be in a better environment and won't have access. so bh for that.

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Re: i'm finally posting

Posted by true_self - 29 Oct 2023 23:47

???? ???? ???? ???, wishing you much hatzlacha, and don't let the schevache weeks pull you down, fresh start!!

Please keep us updated more often.

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Re: i'm finally posting

Posted by horizon - 04 Nov 2023 23:28

a gut voch chevra!

shabbos was day 10 bh. this week was a walk in the park. good things are coming. (kk i wont get too excited too soon, ODAAT)

l'chaim!

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Re: i'm finally posting

Posted by chaimoigen - 05 Nov 2023 03:53

A gut voch, friend!!

Keep it up. Keep strong, and stick around.

Hazlacha in your new Yeshiva and in the Zman!

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Re: i'm finally posting

Posted by horizon - 12 Nov 2023 04:46

a gut voch again!

its been another week, and i've grown a week. shabbos was day 17 and counting (although i try not to count).

i was thinking that being that i have some free time at the end of the day when i get bored, if i would have access to porn i don't think i would resist. not cuz i had any strong urges, rather cuz i'm used to being entertained by hand held devices, and that entertainment inevitably leads down a slippery slope. its a scary thought. (or maybe not so scary, it shows that i'm not doing so bad, its more like an open cookie jar syndrome. go figure)

hope you all have a bunch of hatzlacha!

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Re: i'm finally posting

Posted by Hashem Help Me - 12 Nov 2023 12:26

[horizon wrote on 12 Nov 2023 04:46:](#)

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That's why limiting access is so key. Situations like what you describe - open cookie jar - are tremendously difficult nisyonos. Most of us would not drive to a Walmart to buy a phone, but with easy access in the privacy of our homes/offices....

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Re: i'm finally posting

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[Hashem Help Me wrote on 12 Nov 2023 12:26:](#)

[horizon wrote on 12 Nov 2023 04:46:](#)

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Definitely!

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Re: i'm finally posting

Posted by horizon - 08 Dec 2023 02:27

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im writing this post with mixed feelings; on the one hand i should be yelling out loud the brocho we said tonight ?????? ?????? ?????? ??????, i reached a milestone i haven't reached in a couple of years. since i've joined this community about two years ago, my biggest streak was 22 days. in the last couple weeks bh i've done 22 days without p&m, plus another 20 days without porn. its a gevaldige accomplishment which im not taking lightly. a huge 42 days.

having said that, the last week or two was very tough for me, i've masturbated a couple times. and then today i porned.

that's the ?????.

hope everyone has a lichtigen freilichen chanuka!!

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Re: i'm finally posting

Posted by true_self - 10 Dec 2023 22:16

!???? ?????? ??? ?????? ?? ????? ?????? ?????? ?? ?????

We fall, we get back up....

Congrats on the 42 days!

Did the ??? end??

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