

Saying hi at last!

Posted by HUDS - 17 Apr 2023 14:14

Hey,

I joined gye sometime ago but never wrote anything just enjoyed reading everyone else's.

But now I need a boost, its been a life long battle of p&m. b'H haven't watched in over 6 months. I've just set my Filters all the way up and got rid of my phone during zman, every time I fall I raise my filter higher - by now my filter is pretty high:surprised:

I had the longest clean streak I've had in ages, after I got suggested a girl, B'H im engaged. But then soon after boom right back to my old habits how do I pull my self out? I know I can as I've just done it and most of the time I wasn't even missing it, I felt freer and happier?

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Re: Saying hi at last!

Posted by DavidT - 17 Apr 2023 14:42

[HUDS wrote on 17 Apr 2023 14:14:](#)

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Welcome to the GYE forum!

One of the best pieces of advice that works for many members is to take the struggle only "one day at a time." Try never to focus on the future or wonder how we will manage. We must learn to live in the present only, focusing on staying "clean" or "sober" right NOW. When we focus on the future, we can easily fall. It's like someone walking a tightrope; if he looks down, it becomes so much harder not to fall. Therefore, when feeling weak we can tell ourselves, "just for today, I will stay clean." "Just for this moment, I will stay clean." The past and the future are out of our hands and belong only to Hashem. When we feel that we are about to fall, we may even tell ourselves that we reserve the right to act out tomorrow. We are not making a decision now for life. However, just for today we will do whatever we can to stay clean.

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Re: Saying hi at last!

Posted by Captain - 17 Apr 2023 15:12

[HUDS wrote on 17 Apr 2023 14:14:](#)

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Great to hear from you!

You might want to try thinking about your last three falls:

--What led up to them or caused them?

--What way did you fall, and what did you use to fall (if it was a device, etc.)?

--And is there any lesson you can learn from them to prevent them or to safeguard yourself? Or to be prepared before you are in a similar situation so you will be on guard and not asleep to the challenge that might come.

These are some things to think about. (No need to post your answers if you are not comfortable or if they might be triggering to others. But if you post the lessons you learned, others might be able to learn something from them as well.)

Also, to keep your motivation up it's a good idea to read from something motivating every day. I highly recommend *The Battle of the Generation*. It's a real game-changer. See the link below in my signature.

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Re: Saying hi at last!
Posted by Grant400 - 17 Apr 2023 18:02

[HUDS wrote on 17 Apr 2023 14:14:](#)

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Hey there, welcome!

Great streak. 6 months is very nice. it seems the way you accomplished that was by running away. That's great. Thats necessary and you cannot be successful without distancing from triggers.

But are you working on yourself? Learning how to face a challenge and calmly say a firm no? You wrote that after every fall, you just keep improving your filters and preventing access - but what about you? Are you changing at all?

Now, don't get me wrong, I'm all for filters and can only stay clean by limiting my access with filters & screenshot accountability in a very intense way. Without filters I'll eventually crumble (at this point).

But...

As long as you don't work on changing you, you will continue on the same cycle. Clean for a while, fall, freak out, close the loop hole, feel good, find a new loop hole, fall, freak out....you get the point.

Once you become stronger - even when you discover a loop hole, suddenly gain access via a new avenue or have a stressful day you can remain in control and remove yourself from the situation.

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Re: Saying hi at last!
Posted by Horizon - 17 Apr 2023 18:07

hi!

6 months?? hello you're a gibbor!

please dont let a fall define you, and don't let anyone take away your previous successes. i like to look at it like a diet: if you kept the diet for six months and then slipped and had a cookie, its foolish to say that you're starting over again and didn't accomplish anything. (btw, i find this to be a fault w this heilige site and haven't seen it discussed the fact that the success tracker restarts can be a letdown. not that i have an alternative.)

another point to consider is the circumstances in which you fell. it's possible that you're at a stage where you haven't been before, and haven't learned how to deal with struggles from that position.

i think @davidt and @captain gave you some solid ideas to think about.

mazal tov on your upcoming wedding!! may it be with all of hashem's brachos.

p.s. i'm curious how you dealt this issue with your kallah: did you discuss it? if not do you plan on? if you're fine discussing this i would appreciate it. you can pm me if you'd rather.

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Re: Saying hi at last!
Posted by Eerie - 17 Apr 2023 23:15

Please refer to this post before talking with your wife about your struggles guardyoureyes.com/forum/17-Balei-Battims-Forum/394492-Telling-our-wives#394509

Hatzlacha! And way to go on your massive accomplishments up until here

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Re: Saying hi at last!
Posted by HUDS - 17 Apr 2023 23:28

Thanks, How do I change me?

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Re: Saying hi at last!
Posted by HUDS - 17 Apr 2023 23:30

[Grant400 wrote on 17 Apr 2023 18:02:](#)

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As long as you don't work on changing you, you will continue on the same cycle. Clean for a while, fall, freak out, close the loop hole, feel good, find a new loop hole, fall, freak out....you get the point.

Once you become stronger - even when you discover a loop hole, suddenly gain access via a new avenue or have a stressful day you can remain in control and remove yourself from the situation.

Thanks, How do i change me?

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Re: Saying hi at last!
Posted by Grant400 - 18 Apr 2023 01:04

Stick around, connect, read through as many threads as you can, Flight to Freedom program and all the tools GYE has to offer. Important as well - post, post, post.

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Re: Saying hi at last!
Posted by iwillmanage - 18 Apr 2023 17:57

[Horizon wrote on 17 Apr 2023 18:07:](#)

please dont let a fall define you, and don't let anyone take away your previous successes. i like to look at it like a diet: if you kept the diet for six months and then slipped and had a cookie, its foolish to say that you're starting over again and didn't accomplish anything.

Well said! 'We're not defined by our relapses but by our decision to remain in recovery despite them' (-anonymous quotable).

And I liked your diet analogy. It reminded me of a recent post in the F2F hub which I thought puts it well:

Imagine a diabetic dieting from sugar.

An 'extreme' dieter is an all or nothing kind of person.

If he is extreme, he won't have even a small measure of sugar. If he does have a small measure of sugar, his diet stopped and he has to start his diet all over from the beginning.

He also beats himself up for taking that sugar.

A normal dieter:

He knows that all his life he took sugar, he eats sugar, he likes sugar, so of course he craves and wants sugar.

His long-term plan is to stop having sugar, but it makes sense every single time he cheats a little bit and has some sugar. So he's on a diet to stop full sugar, but he understands that once in a while, especially in the beginning, and then after being a few weeks clean it will happen again, and then after being a few months clean it might happen again.

He understands that he will cheat once in a while because that's what his body and mind is used to.

It's really the same thing here, but for some reason when it comes to the porn and masturbation diet we're all from the 'extreme' type.

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Re: Saying hi at last!
Posted by Hashem Help Me - 18 Apr 2023 21:17

Make sure to speak with a solid chosson rebbi or mentor NOW to prepare properly for marriage. The toxic info in your brain has to be completely removed for both of your sakes. Be honest as to what your history has been - which is unfortunately much more common than you probably realize. There are people here in GYE that can advise you as well.

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Re: Saying hi at last!
Posted by Crabapple18 - 19 Apr 2023 02:45

[HUDS wrote on 17 Apr 2023 23:30:](#)

Thanks, How do i change me?

I can only share my own experience.

Having a network of people I trust to discuss these things with is very important to me. (They also get the fun job of calling me out on stuff)

I have also found a couple of Rabbeim I trust, but those took time.

The most important thing for me is not to live with secrets in my head. Having others I know won't judge me helps.

Oh and yes the friend network took time too. I did have to be vulnerable. You'd be surprised by the positive response you can get from friends.

Like everything in life, don't share this sort of stuff with the guy you wouldn't "borrow" camps
Golf Carts at 2AM

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Re: Saying hi at last!

Posted by EccentricComposer - 21 Apr 2023 01:01

Mazal Tov and Hatzlacha Rabba, you sound incredible! Keep posting!

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