

Ready to break free

Posted by hashemlovesyou123 - 19 Jun 2023 11:33

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Hello GYE community,

I am finally ready to break free. I have been struggling with PMO since ninth grade. I had some short successes and moments of freedom, but all attempts to end my behavior failed. Now, sitting in Yeshiva, I find myself back to my old habits. It is killing me. I feel like a prisoner, like I will never escape this endless cycle of addiction and pain. What's most difficult is the feeling that I am a fake, an imposter. I am living a double life. I am becoming depressed and I can't handle stress without turning to PMO. I hate myself. I have tried countless times to stop, but to no avail. I feel I have nowhere else to turn. I finally realized I need to reach out for help. I can't do this alone. So, I plead with you to please help me.

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Re: Ready to break free

Posted by eerie - 16 Oct 2024 16:13

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My friend, do yourself a big favor, and don't just chat with iwantlife, pick up the phone and call him! Connect to some of the good guys here and you'll see yourself in places you never imagined!

Hatzlacha!

Oh, and keep trucking!

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Re: Ready to break free

Posted by hashemlovesyou123 - 21 Oct 2024 06:06

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Gut Moed everyone,

Thank you for all your responses! Maybe after sukkos I'll start reaching out to people over phone, but now is probably a busy time. Just had a very close call. It was late at night and I suddenly got an urge. It was so strong and I felt like I had to give in. BH I got my devices filtered so I didn't fall immediately but I still knew there were other unfiltered devices at home. I went searching for them, but they were in a room where someone was sleeping so I couldn't go in. I felt like I was possessed and I went roaming around the house looking for some device I could get my hands on. I felt like I just needed to do it. BH after about an hour of this I couldn't find

anything and I decided to give up. After that I realized how silly this all was. I looked at myself in the mirror and I said you're better than this, you can control yourself, you don't need to give in. Now I am lying in the sukkah in the Tzila D'Himnusa and I feel like Hashem protected me tonight and helped me not fall. I have more confidence that I can be strong in the future. I started reading the battle of a generation and it is really great. I hope it can help me be more excited to take on the YH and pass the tests Hashem gives me. Just thought I'd share. IYH I'll update again soon, at least when I get to 10 days, Bli Neder.

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Re: Ready to break free

Posted by iwantlife - 21 Oct 2024 15:01

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Thank you for sharing. You do indeed have the strength to overcome. B"H you didn't fall, and today you're a happy man! A similar story happened to me a few years ago, I found an old unfiltered smartphone in my in-laws house. Unfortunately I was nowhere near being in control back then, and kept using it to fall. Finally, after a particularly rough night, I had enough; I made a detour through a random park the next day and dropped it in the trash can, never to be seen again. For me, that was the only way out. But even now, I still have weak moments, and an unfiltered device can mess you up in a matter of seconds. Maybe you can do the same with that device?

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