

I cannot believe I am here

Posted by remaininganonymous26 - 12 Jul 2023 01:06

I am writing this with tears in my eyes. I do not know where to start, and frankly, my English is not the greatest. I am having trouble believing that I am here- I would never post something so personal on a public forum (and what is a good guy like me doing on GYE?)- but I believe this is for my best so here it goes!

I guess I would like to share my story and hear if anyone has any advice. Sorry for the long post

I was always a curious person since I was young. I remember beginning my journey with p and m, which began probably 12 years ago. Although I have never watched pornography, I have always struggled with reading sexually charged literature. I guess I justify that it is not really pornography...but it slowly developed into an addiction. Over time, it came to the point when I have been searching the internet and looking at not tznius things. I still do not watch pornography, but I believe I have a lust addiction, specifically to reading sexually charged material and purposely going on websites with not tznius pictures on them. I see my lusting progressing, and I am terrified that real pornography is the next step, and I am jumping into GYE now to stop the behavior before it gets worse. I have tried to stop for about a year and a half already, and once did 90 days free of lust but I fell a few days later. This summer I decided I am going to really begin to stop it once and for all! I have extra time, and I hope to successfully complete the Flight to Freedom program and develop a solid flight plan to begin my journey to kedusha. I was mikabel that even if I die as an addict, after 120 I will look at Hashem and say I did not die without giving it the best fight I have! And I hope Hashem is reading this post, knowing how hard it is for me to write, and crying tears of love and yearning for my neshoma.

This struggle for so long has gotten to me, and any chizuk or advice is appreciated.

Just a question for the forum- I noticed that my two triggers are stress and boredom. When I am bored I randomly search things online, which usually leads to seeing inappropriate photos or videos. Sometimes the online searching is without conscious awareness (if you get what I mean). Does anyone have a strategy for how to stop this searching before it takes a turn for the worst?

Thank you tzadikim! I am jealous of each and every one of you and I hope one day to look at future GYE participants and say you can do it too because I did it!

=====
=====

Re: I cannot believe I am here
Posted by remaininganonymous26 - 27 Dec 2023 21:30

Day 27. Still going strong. Had a win the other day, but almost had a fall today. BH picked myself up before it got too late. Gonna keep at this! Will keep you guys posted. As always, chizzuk really helps!

=====
=====

Re: I cannot believe I am here
Posted by remaininganonymous26 - 02 Jan 2024 01:13

Now on day 33. Its Shovivim so trying to now be even more extra careful. Almost had a fall earlier but again was able to stop myself. Noticed the challenge recently has been getting harder, and my urges have been getting stronger. Hope to keep up the momentum and post soon!

=====
=====

Re: I cannot believe I am here
Posted by hehochma - 02 Jan 2024 02:50

HOLY BROTHER!!! HUGE WINS GOING DOWN!!!!

Keep up the fire!!!

=====
=====

Re: I cannot believe I am here
Posted by chaimoigen - 02 Jan 2024 17:47

Keep it up.

Stay away from the edge of the shadows, from the "yellow zone". What do you really want?

You can do it, because you want to - today.

We'll talk about tomorrow a different time.

=====
=====

Re: I cannot believe I am here

Posted by remaininganonymous26 - 10 Jan 2024 21:02

Bh at day 41!

Almost had a fall but was able to catch myself by taking a taphsic for a few days. BH going strong.

I noticed my urges getting stronger recently, so I need to be careful.

Hope to post again soon!

=====
=====

Re: I cannot believe I am here

Posted by hehochma - 11 Jan 2024 03:13

[remaininganonymous26 wrote on 10 Jan 2024 21:02:](#)

Bh at day 41!

Almost had a fall but was able to catch myself by taking a taphsic for a few days. BH going strong.

I noticed my urges getting stronger recently, so I need to be careful.

Hope to post again soon!

WOW!!! That is an unbelievable accomplishment - pulling yourself out of the lion's mouth like that!!!

What are you doing to celebrate that win?

=====
=====

Re: I cannot believe I am here
Posted by zzz613 - 11 Jan 2024 03:20

[remaininganonymous26 wrote on 10 Jan 2024 21:02:](#)

Bh at day 41!

Almost had a fall but was able to catch myself by taking a taphsic for a few days. BH going strong.

I noticed my urges getting stronger recently, so I need to be careful.

Hope to post again soon!

wow what strength!

to press the brakes and stop yourself.

please continue to bring good and exciting news of your successes

=====
=====

Re: I cannot believe I am here
Posted by remaininganonymous26 - 17 Jan 2024 18:32

Almost at day 50! I noticed myself slipping over this past week, and Bh took a Taphsic which stopped it from turning into a fall. Hope to post again soon!

=====
=====

Re: I cannot believe I am here

Posted by remaininganonymous26 - 29 Jan 2024 00:24

I can't believe I made it to 60 days. I just went through a really rough patch and almost gave in a few times. I was walking really close to the line (going on questionable websites), and I noticed it and said something had to be done to pick myself up. I made a Taphsic and I am doing great bh! It seems like the greatest skill I am using is noticing when I am about to fall, and making myself stop. I hope to be more careful not to let myself get to a similar situation where I was earlier in the week, where I almost crossed the line. Bh doing well and I hope to post again soon!

=====
=====

Re: I cannot believe I am here

Posted by yitzchokm - 29 Jan 2024 01:02

You are doing great. Have you noticed any situations, thoughts or emotions that precede your urges? If there are any, there are ways of nipping them in the bud by using tools in the toolbox before they can lead to an urge. The Cabin Pressure section of the F2F program is dedicated to dealing with thoughts and emotions.

=====
=====

Re: I cannot believe I am here

Posted by Hashem Help Me - 29 Jan 2024 01:03

Mazel Tov! Keep going buddy.

=====
=====

Re: I cannot believe I am here

Posted by chaimoigen - 29 Jan 2024 01:10

Here's a slam on the back! Kaboom!

Catching yourself like that is terrific. Keep doing what you're doing!

=====
=====

Re: I cannot believe I am here
Posted by zzz613 - 29 Jan 2024 04:29

[remaininganonymous26 wrote on 29 Jan 2024 00:24:](#)

I can't believe I made it to 60 days. I just went through a really rough patch and almost gave in a few times. I was walking really close to the line (going on questionable websites), and I noticed it and said something had to be done to pick myself up. I made a Taphsic and I am doing great bh! It seems like the greatest skill I am using is noticing when I am about to fall, and making myself stop. I hope to be more careful not to let myself get to a similar situation where I was earlier in the week, where I almost crossed the line. Bh doing well and I hope to post again soon!

in awe!

keep it up buddy.

=====
=====

Re: I cannot believe I am here
Posted by remaininganonymous26 - 14 Feb 2024 04:08

Sorry I have not posted in a while. Its been a rough little bit. Going through a really stressful time now and I went on a few websites I probably should not have gone on. BH I picked myself up and I am trying to ride the waves until I get out of this stressful situation (it may be a few more weeks). I don't know if what I saw counts as a fall or not- I really don't care. I am here for the fight and for the growth, so I am gonna keep on trucking ahead! But in all honesty, any chizzuk would be helpful at this point. I feel a tug on an almost daily basis to "watch away" the stress, and it's really hard. Overall, I have been successful but any kind words would help. I also have to post more often. Hope to report good news soon!

=====
=====