

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!

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Re: I cannot believe I am here

Posted by yitzchokm - 06 May 2024 00:03

I believe that trying to climb up the ladder and not being totally dependent on the Taphsic method is a step in the right direction. It takes some time to learn all the tricks of the trade but the progress you made until today isn't lost. When we climb up the rungs of a ladder there is a risk of falling down and you did fall temporarily but eventually you will pick yourself up and be in a much better position than before making this change.

Are you referring to the Flight to Freedom program as the tools in the flight plan? Which tools have you found useful? Are you regularly reading The Battle of the Generation? There are many ideas in the book that can replace the Taphsic method over time.

I wouldn't strictly limit posting and sharing to Sundays, as the main benefits of posting are chizuk for when we are struggling or when we are winning, and guidance when necessary, which are all much more effective when done in real time. The falls you had don't necessarily mean that you lost ground. It is possible to utilize them as a learning tool in order to grow stronger and gain traction. Rooting for you.

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Re: I cannot believe I am here

Posted by chaimoigen - 06 May 2024 03:53

Here's a warm hand reaching out for you to hold on to.

This journey is better with friends, and you are one. You're a warrior. the stretches keep getting longer. That means you are making internal changes.

Have you analyzed your triggers? What situations seem to compell you in the wrong direction? Are there ways of addressing those feeling that have worked more than just to push off the

urge?

Hang on, hang in there, and hang out with us more.

Lichaim,

chaimoigen

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Re: I cannot believe I am here

Posted by eerie - 06 May 2024 16:59

When we fall it feels really ich. And it can be hard to remember that all of your progress is not lost! That your accomplishments of clean days are yours forever now matter what! And yes, you can live life clean. That doesn't mean you won't have challenges, and that doesn't mean the YH will ever forget about you. But yes, you CAN live clean!

My friend, of course there's hope for you. There's more than hope. There's a bright future for the special people who don't give up!

With much admiration,

Eerie

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Re: I cannot believe I am here

Posted by remaininganonymous26 - 15 May 2024 23:53

Thanks guys for all of the help! Just wanted you all to know that I am back on my feet trucking forward!

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Re: I cannot believe I am here

Posted by sdny - 26 May 2024 06:07

Warning: Spoiler!

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Re: I cannot believe I am here
Posted by remaininganonymous26 - 26 May 2024 23:22

Its getting tough but I'm still in it. The initial motivation is wearing off, and I need to stay strong with my plan. Hope to share good news in the upcoming week. Please send all the chizuk you got! I cant do this without you guys!

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Re: I cannot believe I am here
Posted by eerie - 27 May 2024 16:45

Hey, RA26! Your name says 21 days underneath it...that's great! Take it one day at a time. And if you haven't yet, reach out and make friends here. Talk to some of the guys. Talking to people who you feel get you makes a world of a difference. It als makes you realize you are really not alone in all of this. You have friends who are right there with you, fighting this battle alongside you.

Keep posting!

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Re: I cannot believe I am here

Posted by Muttel - 27 May 2024 16:59

I feel like I'm doing great and I'm only at 18 days!!! 21 days is 36 hours more of Kedusah than I have and I'm so happy for you!!!

Every day is a win and every day you win gives us all (at least me) such energy and chizuk to carry on!

Thank you!

Muttel

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Re: I cannot believe I am here

Posted by remaininganonymous26 - 04 Aug 2024 03:41

It has been a while since I last posted. I was debating whether to make a new thread or not, but I'm going to continue here.

Its been a journey, with ups and downs and successes (some big) and failures (some big too), but hanging in there. I had a recent fall, and I updated my count tonight, but I'm gonna get up an keep fighting!

Just to share my thoughts and for those who don't know about me or my journey. My struggle is less so with porn, but with lust in general. I find myself on websites with "questionable content," and sometimes I can be a bit to free to click on images or text I shouldn't. Not porn, but certainly things I would be embarrassed if others saw or read (don't want to give to much details and trigger others). I believe I have a lust addiction, and poor internet use habits (but not a full out addiction like my lust problem).

My question is, how do I know when my drive for lust is a normal man thing, vs. an addiction? Sometimes I feel like an addict, and other times I wonder if I am obsessional and I'm a normal guy with desires. Any thoughts?

Also, if I can share with you a big success I had recently. Long story, but I had the opportunity to go on one of these "questionable" websites, and I was able to control the urge for about an hour! Unfortunately, I fell in the end, but I am proud of the progress I made. I am continuing to fight (I like the surf the waves or stop tools on the F2F program), and as always I love the chizuk

because it really keeps me going so please share your kind words!

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Re: I cannot believe I am here

Posted by vehkam - 04 Aug 2024 05:05

If you are engaging in activities that are questionable it may not make a difference at this point if the desires are "a normal man thing vs an addiction". The goal is to find a way to stop the behaviors.

Continue to fight and continue to be proud. If you are progressing then continue doing what you are doing.

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Re: I cannot believe I am here

Posted by eerie - 05 Aug 2024 19:39

I think Vehkam's means this as well.

It's important to remember that yes, we are humans, we have desires, we have a YH, and all that does not define us. They will not ask you in Shomayim why you wanted to look. Of course you want to look, because that's the way Hashem made you and I. We have all types of desires.

What we are in control of is our choices-to do or not to do. Do you choose to follow your inappropriate/unhealthy desires? Or do you choose to control yourself. That's what matters

My dear friend, I'd add one point. Yes, the fact that you controlled yourself for an hour even while on a questionable site is very nice, but obviously it would be very recommended that we stay off those sites.

Keep k'nocking!

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Re: I cannot believe I am here

Posted by chosemyshem - 05 Aug 2024 20:24

Hey, I just saw your thread. Seems like you've been on here awhile and learnt a lot of the tips and tricks gye has to offer.

Have you spoken to anyone here. Remaining anonymous feels safe, but opening up to someone else is **extremely** powerful.

If I can be so bold as to make a suggestion - why don't you email/pm amavakesh or chaimoigen? I think you'll find that they're very warm and understanding - and will understand your particular flavor of the battle very well.

Hatzlacha and keep on trucking!

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