

This time for real

Posted by ainshumyeiush - 15 Sep 2023 07:18

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I've been 'signed up' with gye for a while now (since covid), but i haven't really used the site. Now I've reached a place where im ready to jump in and kick this addiction for good.

i got the gye app and started reading, starting the f2f program and the 90 day challenge. Now im posting here.

I've struggled with p&m for about 6/7 years now. At first it was p when i was home and m when i was in yeshiva. I did have a smartphone for a few months in mesivta, but i got rid of it when i thought i was going to get caught.

then i got a new ('kosher') phone and found a loophole. And it was p&m daily for many years. [the loophole was literally just for p i wasn't able to access gye or anything else]

i got in touch with a partner through gye and got the loophole taken care of. For about 8 months it was only m and every time i went home i would 'catch up'. Then i found a new loophole and back to square one.

now I've been in Israel for a while and dont have that loophole, but i still desperately needed my fix. So i found a new loophole/backdoor.

now that im getting ready to go back to america i realized what a mess I've been making out of my life (finally see how p&m where at the root of getting kicked out of a few yeshivas, not 'overbearing rabbis who were out to get me')

i got back in touch with my partner, i spoke to my father, blocked all the loopholes/backdoors and i downloaded the gye app. Im going home for bein hazmanim soon and looking forward to the first one in years without YouTube, movies, forums and porn.

i started talking with hashemhelpme and look forward to being part of the gye community.

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Re: This time for real

Posted by zzz613 - 14 Dec 2023 05:23

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[ainshumyeiush wrote on 10 Dec 2023 22:45:](#)

First clean off-shabbos in years!!!

WOW

thats really great!!

thanks for the good news!

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Re: This time for real  
Posted by chaimoigen - 16 Dec 2023 23:37

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Hey AYSHY, thinking about you!

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Re: This time for real  
Posted by Crabapple18 - 19 Dec 2023 05:57

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[ainshumyeiush wrote on 10 Dec 2023 22:45:](#)

First clean off-shabbos in years!!!

Rockstar! Impressed as to how you accomplished it.

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Re: This time for real  
Posted by ainshumyeiush - 20 Dec 2023 20:25

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I was recently talking to my grandfather and he casually mentioned that he hasn't had a drink in 15 years. I mentioned it to my father and he told me that my grandfather used to have a serious drinking problem.

on the other hand my father doesn't either drink, because he doesn't enjoy it and doesn't like it at all.

i was thinking about it. Here's two people who both drink. And yet the 'not drinking' is worlds

apart. If they are both at an event serving alcohol, and both don't drink, one person has accomplished something, while the other just didn't drink.

its the same thing with us. By avoiding thoughts/situations/sights/whatever we are accomplishing amazing things. Not that we should compare ourselves to anyone else, but it made me think about how much my own 'not doing' can be something to be proud of, even though it might not even register on someone elses radar.

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Re: This time for real  
Posted by Crabapple18 - 21 Dec 2023 01:12

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Ask Gramps how he stopped drinking..

Next time your chavrusa is out and I go to BMG to learn with you - NO ArtScroll for you! I was embarrassed...

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Re: This time for real  
Posted by chaimoigen - 21 Dec 2023 05:11

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Love the last point.

One thought to add. It's probably easier for your grandfather now than it was 15 years ago. But he still gets the extra "credit"now, as it were. Because he **built** that.

KOMT

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Re: This time for real  
Posted by ainshumyeiush - 25 Dec 2023 00:12

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So there i was, minding my own business, stieging by seder, when suddenly, wham! I got hit by a strong urge.

at first i was a little shocked, it seemingly came from nowhere. And i was also a little annoyed, because im not in the mood for fighting with an urge.

i took a few seconds to think, and realized that there where a lot of things bothering me. Someone kept bumping into my chair, my chavrusa made me repeat myself a lot, i needed a smoke break, it was stuffy in the bm, and some other stuff. All of the stress made me feel the need for a release, and in the past that meant porn.

then i made the decision to be annoyed. I decided to tell myself, "right now these things are annoying me and im stressed" and that was that. Im annoyed and stressed and i don't need a release. This things will stop when i leave seder and move on with my day.

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Re: This time for real  
Posted by ainshumyeiush - 26 Dec 2023 02:22

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There's an issue that sometimes when im in a good spot, i forget what it was like when it was rough. I felt like i needed to boost my inspiration. After speaking with eerie, and doing my homework of writing a list of reasons to stay away from porn, and one of the reasons being that i will be desperate for more and always need it no matter what; i want to write about the time when i was the most controlled by it. This way i can come back and read it again if i ever need to.

there were many times i felt that i needed to quit, and tried and failed and felt horrible. But when i went to Israel i realized i needed outside help. When i first went, i was sure that i was safe. I didn't have anything on my phone, and there weren't any random devices lying about. I lasted a maybe a week without masterbation, but even then i comforted myself that i would stop once the porn images faded from memory. Then i got my hands on a book. Some random novel with some sex scenes in it. I read that book and then kept rereading the explicit parts of it multiple times. I started feeling a desperate craving for porn, like an itch inside of me that couldn't be scratched. My mind was working overtime thinking of ways to get it. Then i figured out a way. I would go to a filtered internet kiosk/cafe and found a way to download porn to my phone. I started with a cycle of going to that place, paying for the internet use, downloading the porn, watching it, deleting it and then going back. There where times when i felt like crying as i would walk to the kiosk. But i still went. I would often walk as fast as i could so i wouldn't have that inner turmoil for too long. The whole time, from when i would decide to go, to when i would download, to the walk back to my dira, the guilt and pain would build up, until i would use it and everything would fade. Until i would finish and feel disgusted with myself. Then delete everything and swear it was the last time. But i kept going back. There where times i would get back to my dira and delete it before i used it, only to go back a few minutes later to download it again. There were many early morning trips to the kotel after staying up all night watching porn,

where i would cry desperate tears to Hashem to save me, but i wouldn't change anything and would maybe last a day at most. The internet place wasn't free, and although it was relatively cheap, i would spend money i needed for important things on it, even if my budget was tight. Every shabbat would start with me feeling relief that i couldn't download porn and would have a clean day, but often by the afternoon i was counting down the minutes to when i could go. It didn't matter what was happening, i needed it. Once after a full day of hiking, after a few days of hiking, i was beyond exhausted, but i literally dragged myself, half asleep to get my fix.

The filter on the computers was very strict and wouldn't let gye. Thankfully i had the number for abieham, who i got in touch with years before through gye, and he helped me out big time, but i usually wasn't very good about keeping in touch. This cycle kept going and i was feeling desperate. I asked a friend something along the lines of "how does someone know if they have an internet problem" and he answered me "it sounds like you are scared to admit it to yourself" that kind of shook me up and he got me the number of a psychologist in Israel, who i called and he gave me the number of a sex therapist. I booked an appointment, and went. I paid for it out of pocket with my own money. Im sure he is a great guy, and can and does help many people, but i didn't connect with him (as an aside, he thought gye was some sort of phone conference call and nothing more). The positive outcome was that my father called me to ask about the fact that a large sum of money was taken out (he was worried about fraud). I told him that i had a problem. He was super supportive and understanding, and encouraged me to find help. I felt like there was hope. We didn't get into specifics ("internet problem") and he said he would find a way to help me. I still was going back to download stuff, but i knew there was light at the end of the tunnel (and it wasn't a train). Then i found the aa book in a pile of hefker seforim in meah shearim, and got some chizzuk from it. I finally found a way to get to gye after my father mentioned it to me, and that's when this journey started.

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Re: This time for real  
Posted by iwannalivereal - 26 Dec 2023 05:09

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Wow what an amazing post my friend. It must've really taken quite some energy and time to put all this into writing. Reading your post brings back my own memories (change time and place) of similar pain that you describe. The pain of being pulled and running as fast as my legs can take me towards porn, yet at the same time a voice in my head screaming out in pain to run the other direction. I definitely relate to the way you described how after hours of watching and the desire leaves you, there's this crying out and yearning to just be a good Jew. Just wanting to have a happy healthy relationship with Hashem, and just being able to serve him without all this pain and suffering.

Thanks for sharing! I'm sure it feels good to get this off your chest, and in a way it feels as if I'm getting something off my chest as well by just reading and relating to the pain.

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Re: This time for real  
Posted by adam2014 - 26 Dec 2023 10:35

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That is incredible. The pain that you must have been in. If you replace the word "porn for  
"drugs", your story would have sounded like the typical drug addict on the street. I can picture  
walking down the steps to the Hotel after a night of filth. It must have been awful.

Maybe I will write my version of my "worst" times to document it and to look back and reflect on  
at some point. Unfortunately , my story is still being written.

Amazing Post! You should be very proud of yourself. I sure am proud of you!

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Re: This time for real  
Posted by ainshumyeiush - 30 Dec 2023 23:22

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I hope everybody had a great shabbat.

i was thinking, often the things that stress me out get stuck in my head and build up until they  
become overpowering and seem much scarier than they are. Or i think about them too much. I  
think a way to deal with them would be to write them down. That way 1, i can view them logically  
and 2, put them on paper and let my notebook worry about it.

any thoughts or input?

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Re: This time for real  
Posted by bright - 31 Dec 2023 00:30

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Great idea! When we actualize something on paper it confines it the actual space it has on the  
paper. When we let it stew in our heads it can grow to the extent of our minds which are

endless!

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Re: This time for real

Posted by zzz613 - 31 Dec 2023 02:21

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[ainshumyeiush wrote on 30 Dec 2023 23:22:](#)

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any thoughts or input?

great idea.

i would be intrested to hear how it works out.

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Re: This time for real

Posted by zzz613 - 31 Dec 2023 02:50

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[ainshumyeiush wrote on 26 Dec 2023 02:22:](#)

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maybe a week without masterbation, but even then i comforted myself that i would stop once the porn images faded from memory. Then i got my hands on a book. Some random novel with some sex scenes in it. I read that book and then kept rereading the explicit parts of it multiple times. I started feeling a desperate craving for porn, like an itch inside of me that couldn't be scratched. My mind was working overtime thinking of ways to get it. Then i figured out a way. I would go to a filtered internet kiosk/cafe and found a way to download porn to my phone. I started with a cycle of going to that place, paying for the internet use, downloading the porn, watching it, deleting it and then going back. There were times when i felt like crying as i would walk to the kiosk. But i still went. I would often walk as fast as i could so i wouldn't have that inner turmoil for too long. The whole time, from when i would decide to go, to when i would download, to the walk back to my dira, the guilt and pain would build up, until i would use it and everything would fade. Until i would finish and feel disgusted with myself. Then delete everything and swear it was the last time. But i kept going back. There were times i would get back to my dira and delete it before i used it, only to go back a few minutes later to download it again. There were many early morning trips to the kotel after staying up all night watching porn, where i would cry desperate tears to Hashem to save me, but i wouldn't change anything and would maybe last a day at most. The internet place wasn't free, and although it was relatively cheap, i would spend money i needed for important things on it, even if my budget was tight. Every shabbat would start with me feeling relief that i couldn't download porn and would have a clean day, but often by the afternoon i was counting down the minutes to when i could go. It didn't matter what was happening, i needed it. Once after a full day of hiking, after a few days of hiking, i was beyond exhausted, but i literally dragged myself, half asleep to get my fix.

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wow

what pain.

alot of it is so very reminiscent of my feelings.



**GYE - Guard Your Eyes**

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