

This time for real

Posted by ainshumyeiush - 15 Sep 2023 07:18

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 I'm 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 I'm 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 don't have that loophole, but i still desperately needed my fix. So i found a new loophole/backdoor.

now that I'm 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 were 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. I'm 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 hehochma - 31 Dec 2023 20:48

[yitzchokm wrote on 31 Dec 2023 05:25:](#)

I journal 3 pages a week, mostly about negative emotions. I found two ways of doing this. One is when I have negative emotions that are extremely powerful. They are making me extremely angry, stressed, etc. to the point that I am about to explode. I write everything down in a journal

exactly the way I am thinking in my mind with all the negative emotions and all its severity. I write extreme powerful emotions exactly the way I feel them. The emotions are too strong for processing so I just write them out on paper as they are. This releases extreme amounts of tension and help me avoid a panic attack or screaming at someone.

The second type of journaling is when I have very strong emotions of anger, stress, etc. but I am not about to lose my mind. I may act out later if I don't resolve them. I write down what transpired, and my thoughts and emotions the way I see it. I am relaxed enough that although I see things subjectively I am capable of seeing other people's perspectives and pointing out the parts of my thinking that are objectively speaking irrational and I write them down as well. This actually treats the negative emotions with CBT the same way a psychologist would treat them. I am very trained at this from therapy sessions where my psychologist does this for me so I am actually in a way acting as my own psychologist. I bring my journaling to the psychology sessions but I have already done most of the work myself. All the techniques I use for CBT are in the cabin pressure section of the Flight to Freedom program. I also redeemed coins on GYE for Urge Surfing audio sessions that I use frequently for negative emotions. Nowadays, I am so good at this that I do it the second negative emotions surface, way before they have the time to lead to an urge to act out.

I was going to say something encouraging about journaling... and then I read this...

'Nuff said.

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Re: This time for real

Posted by ainshumyeiush - 31 Dec 2023 20:55

@hechochma, you're part of the reason i have to journal, after so kindly letting me know that alcoholism is genetic...

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Re: This time for real

Posted by hechochma - 01 Jan 2024 00:28

[ainshumyeiush wrote on 31 Dec 2023 20:55:](#)

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BAH!!! HUMBUG! to quote ChaimO...

I sure hope this is a joke...

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Re: This time for real

Posted by ainshumyeiush - 01 Jan 2024 01:56

[hechochma wrote on 01 Jan 2024 00:28:](#)

[ainshumyeiush wrote on 31 Dec 2023 20:55:](#)

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BAH!!! HUMBUG! to quote ChaimO...

I sure hope this is a joke...

a joke? Me? What? Have you ever seen me being any less serious than a litvak by a misnagid convention in the bmg coffee room?

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Re: This time for real

Posted by ainshumyeiush - 02 Jan 2024 20:53

Im interested in knowing where everyone Davens in the amida for success and breaking free from porn, hashivanu, selach lanu, rea (because we are persecuted by lust), rifaenu, shema kolenu, or at the end by elokai nitzor. I know a lot of Sephardi siddurim have a added yihi ratzon in teka bishofar but it talks about returning the drops to the side of holiness, not about fighting the yetzer hara.

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Re: This time for real

Posted by redfaced - 02 Jan 2024 21:25

[davidt wrote on 13 Dec 2023 15:31:](#)

It's a disease. This disease is in OUR minds. It IS our minds. It's a voice, telling us that lust is something that we want. That lust is a solution to our problems, that it'll make us feel good. But that voice IS NOT ME!! It's the disease talking.

R' Aharon Leib Shteinman z"l once said that the place to daven for lust addiction is in "refa'enu", not 'Hashivaynu", or "slach lanu". This is very important to remember.

Let us surrender this disease and all our negative traits. And let us - the REAL us - connect with Hashem. It's a tremendous pity if we feel too guilty to even allow ourselves to get closer to Him, **which is what we really want!** Let us love Hashem. Let us feel loved by Him.

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Re: This time for real

Posted by yitzchokm - 02 Jan 2024 22:31

We daven in Birkos Hashachar, Elokai Netzor and Krias Shema She'al Hamitah that we should be saved from the Y"H. In Hashiveinu and Krias Shema She'al Hamitah we daven that we should repent/shouldn't sin. In Slach Lanu, Tachanun and Krias Shema She'al Hamitah we daven for forgiveness. In Teka B'shofar we daven that Hashem should gather the Nitzotzos. The Ben Ish Chai writes in Parshas Pekudai that Krias Shema She'al Hamitah is a tikun for this. There may be other places as well.

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Re: This time for real

Posted by hehochma - 03 Jan 2024 00:05

[redfaced wrote on 02 Jan 2024 21:25:](#)

[davidt wrote on 13 Dec 2023 15:31:](#)

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If I'm not mistaken, the Reishis Chochma says that the lashon of "Yeshua" refers to salvation of a spiritual sense - hence ??????? ?????? in ?????? includes being healed from that sickness as well - I think about it there often. I also think about it at ??? ?????? ??????. The word yeshua helps me connect because it bespeaks the desperation and the utter powerlessness that I feel I need Hashem to save me from lust.

All of the other places work too and each has it's nuance - for me it depends on what strikes me that day - or whenever I space in....

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Re: This time for real

Posted by chaimoigen - 03 Jan 2024 00:19

In pretty much every word in Sim Shalom.....

To feel inner peace, connectedness.... With all those different parts of myself that sometimes pull in so many different direction.... to feel at peace connectedness with HKBH.... To feel Haaras Panim and light and life...

... and to be at peace.

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Re: This time for real

Posted by ainshumyeiush - 03 Jan 2024 01:18

Thanks everyone for your input, now i'll have some thoughts to think about when i Daven. Hopefully this can help me reconnect with Davening, pending me buying that Siddur vehkam suggested to me (the store i went to didn't have it)

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Re: This time for real

Posted by bright - 03 Jan 2024 01:39

In ata chonen.

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Re: This time for real

Posted by zzz613 - 03 Jan 2024 05:20

[ainshumyeiush wrote on 02 Jan 2024 20:53:](#)

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for me it was often some of the following

hashiveinu- thats what this all about becoming closer to Hashem and replacing this darkness with a the beauty of Hashem's torah and service (not really much by Slach lanu, because thats about forgiving the past and 1 i mainly was davening to change the future 2 i felt very weird asking to forgive for these inyanim when im still knee-deep (or maybe head deep) involved in it).

Reah na- was a big one for me, fight this fight for me and redeem me from this plight, because i felt powerless to overcome it my self.

like facing a massive onslaught that he knows there's no way he can survive it.

Refaeinu- heal me from this sickness/addiction.

we daven for refuas haguf as well as refuas hanefesh.

vlamalshinim- at times, based on chasidishe explanation of ?????? ?????? being a general reference to ?????? and we are Davening to remove the whole state of Tumah with its twisted reality from the world (and with that from my personal world).

Al Hatzadikim- not that im a tzaddik, but being as we are davening for the success and bracha for the "good guys" i have this feeling of please Hashem let me part of this, maybe ill be from the shleppers there but let me be there. ?????? ?????? ??????

shma koilenu - self explanatory

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Re: This time for real

Posted by chooseurname - 03 Jan 2024 14:13

[ainshumyeiush wrote on 02 Jan 2024 20:53:](#)

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I love the knowledge that everyone here is davening like that!

I have a little tefillah I add in elokai nitzor, because I'm nervous about adding tefillos to shemonah esrai, though sometimes I'll mention myself in refaeinu. The problem is since I daven for this every day it's become a rote part of my shemona esrei.

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Re: This time for real

Posted by ainshumyeiush - 03 Jan 2024 23:26

Day 20

to paraphrase foolie, being a bocher is not as bad as the bocherim make it seem, but not as nice as the married guys reminisce about. That being said, i keep bouncing between being grateful that nothing is happening in my life, all is calm, making peace with the way things are and feeling frustrated that every single day is the same thing over and over again. Walk to Seder, walk to lunch, walk back to the dorm, walk back to Seder, walk back to the dorm, walk back for supper, walk back to the dorm, walk back to Seder, walk back to the dorm. In a way, i wish i could just go online and get an escape from the endless cycle, but then its just a different endless cycle to be stuck in, a damaging one, but it is more excited. Im not wishing for a adrenaline packed daydream, but even something different in the day to day loop would be nice.

just venting

iiwii(or is it?) odaat

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