

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 iwannalivereal - 12 Feb 2024 19:52

Wow!

So exciting to hit such a nice milestone! Thanks for sharing with us!

Many more!

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Re: This time for real

Posted by Heeling - 12 Feb 2024 20:35

Mazel Tov! Superb!!

Keep plowin'

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Re: This time for real

Posted by chaimoigen - 13 Feb 2024 14:01

[ainshumyeiush wrote on 12 Feb 2024 19:36:](#)

This seems crazy, but today is day 60. I haven't really had time to think about it with everything else going on right now. But I'm still shocked that I've got to here. And although there were a few times that I slipped and saw things, the fact that I got here is surreal

With Siyata Dishmaya, so many here have found that what was once **impossible** can become **normal**.

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May you be Gebentched to experience clarity, Menuchas Hanefesh, inner peace, and may it be that "everything else that is going on right now" falls into place with Chessed!

KOMT!

With admiration,

Chaim

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Re: This time for real

Posted by ainshumyeiush - 26 Feb 2024 18:03

70 days is crazy. I would have thought it to be wishful thinking if someone would have told me that I would have 70 days clean a few months ago. It's a huge accomplishment that I am super proud of and always will be.

anyhow, onwards to day 1

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Re: This time for real

Posted by Yosef90 - 27 Feb 2024 01:31

Wow, 70 days is an incredible accomplishment! It's been an inspiration seeing your posts the last couple of months. Looking forward to following the next part of your journey.

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Re: This time for real

Posted by ainshumyeiush - 27 Feb 2024 17:17

[ainshumyeiush wrote on 26 Feb 2024 18:03:](#)

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to clarify, because im not sure if i came across clearly in the last post, after 70 days clean, i had a few falls. I guess i went back to the previous default coping mechanism once life got tough. Im still incredibly proud of my 70 days, and i know that they're mine forever. But now i need to

reassess my plans going forward, although i know that giving up the unfiltered device i now have will be very hard to do. Its my escape valve from my life, and i don't know if im ready to get rid of it. Either way, ill try to keep everyone informed.

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Re: This time for real

Posted by chaimoigen - 28 Feb 2024 05:11

Just want to say that you always inspire. You're real and have grit and keep pushing.

You say you don't know how you did the 70. Maybe it's because you have been working on **living**. So you deal with stuff differently, not because you "know it's wrong to act out". But because **you** now have ways **you** deal with life that don't involve escape....

I think you're gonna get where you need to go. I think you're gonna make the right decisions, day at a time, and live cool.

Keep us in the loop, please.

Rock on,

Chaim

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Re: This time for real

Posted by eerie - 29 Feb 2024 17:55

Dearest friend, ASY, I'm glad to see that you keep remembering that ASY! Really, really, celebrate the 70 days in some way. Show yourself that you really appreciate the greatness of what you have accomplished! And keep us informed. We care about you and want to hear from you!

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Re: This time for real

Posted by ainshumyeiush - 11 Mar 2024 18:07

I think the term used in sa/aa is "stinkin thinkin". The counter productive rationalizing that I need the thing I'd be better off without. I still haven't gotten rid of the unfiltered device I got. And while I have had a few days clean while I've had it, I realize I need to get rid of it. I'm going to write down a list of pros and cons of having it. The issue is that the 70 days I was clean where pretty tough and miserable si vi yeshiva, dating (or lack thereof) finding a job, and all around emotional health. Nothings changed yet, but now I have a escape, a way to numb everything. I'm worried that when I get rid of the phone, I'll still be in the same situation, only without a crutch and escape.

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Re: This time for real

Posted by yitzchokm - 11 Mar 2024 18:34

The toolbox, audio exercises that you can redeem with coins and connection are great alternative escape routes. Continued practice makes them more effective. Aside for the spiritual gain, they will also heal the negative emotions whereas P&M are temporary escapes that exacerbate the symptoms. Rooting for you.

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Re: This time for real

Posted by bright - 12 Mar 2024 04:07

[ainshumyeiush wrote on 11 Mar 2024 18:07:](#)

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escape.

That is really scary and I can totally relate. Having an open conversation with someone wise (from here or not) can be helpful in understanding where that need comes from and how to replace it with a healthier crutch if needed.

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Re: This time for real
Posted by chaimoigen - 13 Mar 2024 14:10

Your candor and self-awareness, as always, is refreshing.

For me, it boils down a lot of the time to figuring out what I **really** want. But, yeah, it's
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Keep pushing forward, my friend.

(Why? Not sure that I could really say, except that for me it's about life.)

Here's a hand,

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Re: This time for real
Posted by youknowwho - 18 Mar 2024 13:59

[ainshumyeiush wrote on 11 Mar 2024 18:07:](#)

complicated sometimes... (love the term stinkin thinkin
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I'm suffering from "stinkin' thinkin'" (Is Cordnoy the guy who made that up?) myself lately, any ideas other than griping on The Grouchery?

Is the only way forward to throw in the proverbial towel and give up? Will that help me have even stinkier thinking or does the stinkiness dissipate with time?

One other question...can a Jew *truly* ever escape feeling guilty?

#KOG

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Re: This time for real
Posted by parev - 18 Mar 2024 15:11

One other question...can a Jew *truly* ever escape feeling guilty?

Can ANYONE truly ever escape feeling guilty?

How to avoid Hangover - Stay drunk

How to avoid Guilt - Stay Porned

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