

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 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 chancy - 20 Mar 2024 16:50

Because one can never be clean and holy enough.

Its a very good question actually, its even stronger when you think that right motzie YK we say Slach Lonu!

There are a lot of answers.

But im going with this,

We keep climbing up and up and every day we realize that yesterday we didnt do as well as we couldve done. We understand every day a little better what it means to be a Jew and therefore keep on doing tshuva for everything untill now.

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Re: This time for real
Posted by yitzchokm - 20 Mar 2024 17:47

There is an obligation to do Teshuva immediately after a person commits a sin. There are sins for which atonement isn't achieved without Yom Kippur, hence Yom Kippur's significance as a time to do Teshuva. Also, Yom Kippur is a time that we are close to Hashem, and He makes himself available to us, and repentance is more accessible. In addition, the halacha is that we also say Viduy on Yom Kippur for sins that we already did Teshuva and said Viduy for them in previous years on Yom Kippur. I am not sure what the reason is for this halacha.

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Re: This time for real
Posted by yitzchokm - 28 Mar 2024 21:27

How are you doing, buddy? Did anything change regarding your phone?

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Re: This time for real
Posted by ainshumyeiush - 02 Apr 2024 03:45

Hey, sorry about the late response, I've been busy with good things.

no, I have not gotten rid of the phone.

But I have had some interesting thoughts, I'll put it out there. I've been working on my bitachon, connecting with hashem and realizing that he's the one in control. I'm only really starting to work on this consciously in the past little bit, but I do feel like I'm on a good path. And while I have seen some porn and acted out, it's on a much smaller scale than before. Just thinking about

how much hashem is doing for me and how completely in his control I am makes the battle easier. Not easy, but easier.

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Re: This time for real
Posted by yitzchokm - 09 May 2024 00:28

How are you doing buddy? Are you doing something else in place of posting?

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Re: This time for real
Posted by ainshumyeiush - 09 May 2024 01:34

[yitzchokm wrote on 09 May 2024 00:28:](#)

How are you doing buddy? Are you doing something else in place of posting?

Thanks for asking, I keep meaning to get back on here. I've actually been doing very good, I've been working part time and as chazal say "yafa talmud Torah im derech erez, sheyegias shneyhem mishkachas avon"

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Re: This time for real
Posted by yitzchokm - 09 May 2024 02:47

Beautiful to hear. Keep on shteiging.

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Re: This time for real
Posted by chaimoigen - 09 May 2024 04:20

Really glad to hear, friend.

Keep in touch. The connection when things are good forges a bond that is precious and irreplaceable when the inevitable bumps in the road hit. Then you have a friend to call.

Keep climbing.

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Re: This time for real
Posted by ainshumyeiush - 02 Jun 2024 19:38

sorry for pulling the disappearing act over here, but I'm back now. I'll try to do a bit of an update later.

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Re: This time for real
Posted by ainshumyeiush - 03 Jun 2024 02:07

Alright, here goes. I've been away for about 3 months (not counting occasionally checking in to read posts). At first it was because i was B"H very busy between yeshiva and work, but i was also doing very well with shmiras einaim. But I grew complacent and... well we know how that goes. then for the last 2 months i wasn't doing well with shmiras einaim, but i didn't come back here to work on it. why not? probably because its easiest to just not fight. over shabbos i had a good conversation with some friends and the topic of porn came up. while some guys were saying the classic "everybody sees something, well what do you call an addiction, its not a big deal" and all of that garbage, one guy was actually being realistic. about how problematic it is, and who cares if you want to call it an addiction or not, it has to be off the table, not an option. i realized i have to wake up and get back on track.

But... that means hard work, that means staying focused, that means being aware of what i see, it means sacrifice (i know I'm going to get responses to that "no, its not a sacrifice", but you get the point).

so as much as i want to do this, there's a side that wants to just keep going on autopilot. but either way, I'm here.

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Re: This time for real
Posted by Hashem Help Me - 03 Jun 2024 11:28

Welcome back buddy. Courageous honest post. Your head is screwed on straight. It's guys like you that pull through (and help others along the way...)

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Re: This time for real
Posted by hehochma - 04 Jun 2024 00:58

Welcome back!

Chazak V'ematz!!!

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Re: This time for real
Posted by youknowwho - 04 Jun 2024 02:00

Welcome back, ASY!

It definitely *feels* like a sacrifice, yes, which is why we constantly need so much chizuk.

Glad to have your words of wisdom!

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Re: This time for real
Posted by ainshumyeiush - 10 Jun 2024 17:21

There's two kinds of insanity most of us are familiar with. The first is 'ain adam over avairah ela im kein nichnas bo ruach shtus', and the second is "the definition of insanity is doing the same thing and expecting different results". I can only speak for myself, but I feel that in this struggle both definitions come into play. The first is pretty obvious, the watching/doing/acting out. The second is when I decide to stop. I'll make a decision to stop, but don't put any changes in place, basically doing the same thing as before but expecting a different outcome. I need to actually make a plan this time, to do something different if I want different results. I plan on making sure to text someone every morning to give a report (the nights are the time I have the most urges and free time), and also pick up where i left off with the battle of the generation.

On a separate note, I was talking to someone yesterday about this struggle, and he mentioned the idea I've heard before about how porn is the solution, not the problem, meaning that it's a coping mechanism we use to avoid problems. And the concept of if you deal with the real problem the porn problem will go away. The problem with that (for me) is that previously I wasn't happy with the yeshiva i was in, and just generally miserable all around, so that made sense. But now I'm in a different yeshiva, and things are going well, B"H. So whether you want to call it an addiction or you want to say its "avar vshana nase imo keheter" (if you do an aveirah often it becomes permitted in your eyes), either way I think that's currently the problem. Plus there's the 'feel good' effect of it.

Anyhow, I'm going to try to stop in over here again at least once a day, I feel like that's been helpful for me, and I'll keep everyone posted.

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