

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 ainshumyeiush - 20 Oct 2023 01:43

I appreciate the suggestion, but by the time seder is over, im done. Extra learning bein hasederim is not for me. All of you guys who post about having been in kollel for years, or learning during your free time, i dont know how you do it.

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Re: This time for real

Posted by ainshumyeiush - 20 Oct 2023 03:49

Hashem

I'm writing this here because, as you know, whenever I daven I space out and forget what I wanted to tell you, and this is where I feel I can express myself clearly.

you know how i got annoyed at that tzedaka pamphlet for having a qr code, yet was wishing I had a smartphone earlier today.

you know how much i don't want to be in yeshiva, yet want to live the life of a ben torah.

you know how I know porn makes me withdraw from social interactions, yet I feel left on the outside now and want to turn to it for escape.

you know how have an inflated ego, and at the same time I'm insecure

you know how I have chumras I'm makpid on, yet there's some clear halachas i transgress without batting an eye.

You know that my family calls me one name, and my friends call me another, and I'm not sure which one I am.

you know that I'm somewhat jealous of my friends with smartphones and how they seem to be able to use the internet and social media 'responsibly'

thank you for bmg's freezer, and this time for working on myself before moving on to shidduchim.

You know that I'm away from home and feel somewhat lost, thank you for all of my friends, but when there's nobody around I can either turn to porn and social media, or I can turn to you.

Hashem, I'm turning to you now. Please hold on to me. Help me stay strong. Help me stay busy. help me fix the parts of me that i need to fix. help me watch my eyes on the streets. help me find my unique place in this world. help me be the person you want me to be

Hashem, there's so much I have to work on. I don't even know where to start. but please help me

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Re: This time for real
Posted by Hashem Help Me - 20 Oct 2023 04:08

Beautifully written. It tugs at the heartstrings of anyone who ever experienced this struggle. May Hashem answer your request for His help.

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Re: This time for real
Posted by Vehkam - 20 Oct 2023 10:40

Very moving. Keep talking to hashem. He is always listening and he wants to hear from you. Your struggle is precious to him. Thank you for sharing with us

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Re: This time for real
Posted by chaimoigen - 20 Oct 2023 12:55

starting off the day with tears in my eyes at my computer...

one think I know - I wish I would have had GYE when I was your age, in your stage.

Keep doing what you're doing. You'll find yourself. And the world will be a better place for all that you'll accomplish, my thoughtful, wonderful, friend.

Here's a hug,

Chaim

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Re: This time for real
Posted by ainshumyeiush - 22 Oct 2023 00:49

Can anyone relate? There's times (like right now) where i feel an urge to go look at pictures that are specifically not porn. Im treating it the same as porn because a) it will very likely lead to that and b) its just more fantasy material. And its not a desire to go looking for one thing with a plan to end up by something else, its its own urge.

probably coming fromfrom the same pplace, but thought i'd share it here to help weaken the urge

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Re: This time for real
Posted by ainshumyeiush - 22 Oct 2023 01:25

On a different note, today is 7 on my new streak (yes i know its not about the days/numbers, but still...)

and i want to mention something i saw on an old thread deep within the bowels of the forum. I think it was on big moishs path to tahara and the post was by dov, i think

he said that if a women who was triggering you would realize that she was turning you on, she would vomit...

felt that i should bring that back up. It helped me kinda put things into perspective a little.

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Re: This time for real
Posted by Vehkam - 22 Oct 2023 04:02

Trust your gut feeling....

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Re: This time for real
Posted by zzz613 - 22 Oct 2023 04:18

[ainshumyeiush wrote on 22 Oct 2023 00:49:](#)

Can anyone relate? There's times (like right now) where i feel an urge to go look at pictures that are specifically not porn. Im treating it the same as porn because a) it will very likely lead to that and b) its just more fantasy material. And its not a desire to go looking for one thing with a plan to end up by something else, its its own urge.

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yes i definitely can.

keep it up, we are rooting for you!

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Re: This time for real
Posted by HeChochma - 22 Oct 2023 07:02

Holy stuff, holy stuff

You are my inspiration right now - thanks for posting!

Thanks for the Dov quote too!

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Re: This time for real
Posted by adam2014 - 22 Oct 2023 10:31

Sometimes my "porn" isn't actually porn.. It could be a ad in a magazine of just a pretty women or something on TV. Then fantasy kicks in and it can become a problem fast... It could prompt me to go look at porn or the that image itself could be enough to trigger a fall. We are surrounded by things in this world that we should not see. It is very hard to stay clean.

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Re: This time for real
Posted by retrych - 22 Oct 2023 15:52

Can relate so very much. And stuff i used to consider harmless fun, looks totally innocent to any mind other than mine.

(could backfire, but i would save these things for when im about to look at something worse, to use this instead)

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Re: This time for real
Posted by ainshumyeiush - 22 Oct 2023 18:36

Adam2014, to paraphrase your insightful words "porn isn't the only porn"

or as hashemhelpme has once told me, 'lo sasuru' was said about women not porn. (no that doesn't mean porn is ok, you sick addicts)

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Re: This time for real
Posted by chaimoigen - 24 Oct 2023 04:40

True stuff. And, by the way, fantasy can also fit the bill, too...

Lo Sasuru means **don't explore**. There are many portals into the dark, hot, pit. Some of them are in my head.

I'm trying to stay in the light, with my friends.

How's the Zman going?

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