

Trying to clean up while struggling religiously
Posted by youknowwho - 22 Sep 2023 14:39

Hello to my fellow GYE warriors!

I figured I'd give it a shot at introducing myself a little bit, as I've read many threads here and value the growth and journey of all the amazing people over here!

My original goal when I got to this website a few months ago, was to deal with my addiction to porn and masturbation. It was getting way out of hand and it really disturbed my quality of life.

Thankfully, I have hit 90 days and I am shocked and amazed at how this was even possible, I had already written myself off to be a porn watcher and chronic masturbator for the rest of my life!

This is no doubt due to joining this website, reading the forums, chatting, and connecting via email/phone to some wonderfully amazing people here, and I want to finally say a **huge** public thank you to you all!!!

I owe my newfound life to this place, and I hope I can continue staying away from p & m.

Due to the fact that I have been clean from p & m for a while, I will leave that part of my life out of my story (for now) and perhaps revisit it in a later post.

What I would like to address, with as limited details as possible, is that I have been struggling mightily with cleaning up the rest of my act while also struggling with my religious identity.

For a good period of my life (not from birth) I was involved in an extremist, abusive and controlling group.

Thank Heaven (and I praise Hashem for this every day) I am done with that.

But it resulted in a massive religious identity crisis, which I am still struggling through.

I wanted nothing to do with religion, I am numbed by many aspects of it. The pain in some areas is almost visceral, like being scalded when getting too close to a hot fire.

Certain things about our way of life are too painful, and I just dissociate from it.

What does this have to do with GYE and addiction?

Well, the truth is, that although I am free of p & m for a nice while, there are other things I have experimented with as I have gone through my journey.

I started watching movies, and saw hundreds of them, and many were literally soft-core porn

films.

(I must say that thankfully, I don't remember when I've watched a movie last, probably a half a year, but it's not so much "b'sh*tah," I just haven't got the brain space to put myself into a good emotional movie)

I started finding meaning in non-Jewish music. What can I say? I enjoy it, and nothing really moves me like that, I identify with the lyrics and passion. I'm not talking about outright prust music, but certain genres appeal to me and I cannot go back to Yiddish music, I have tried to and didn't hold for more than a few days.

I also started browsing YouTube as a mindless escape, and very often a clip of inappropriately dressed women pops in and I just watch it without feeling too guilty about it.

From a religious point, I understand that this is against the Torah, but I have no strength to care. I am close to Hashem, I talk to Him every day, and I feel that Hashem understands my struggles, my exposure, the sexual abuse and religious abuse that I have been through, and that He loves me unconditionally.

But from an addiction standpoint, If I truly want to "clean up", I know I can't be staring at shikshas/tic dances etc.

And I'm not even *talking* about the frum woman aspect, which I'm sure many people can relate to, I fall a lot with peeking glances at hot frum women and of course I should not be doing that, it's feeding the beast!

I know that addiction to porn and masturbation is like addiction to a drug, dopamine. I know that if I continue "feeding the drug", even in small quantities, I will not achieve full recovery.

But I am just so mixed up with it all, it's so hard to kick, and religious ideas don't talk to me. I don't want to identify as an Ultra-Orthodox Jew, I wish I could leave it all behind.

As part of the backlash of what I've been through, I've delved into Jewish history and have read stuff from non-traditional (read: non censored) sources, and I'm scared to death of the path open before me...I see corruption, dysfunction, and abuse and a load of BS in our "system", and coupled with the experience I had been through, it makes me want to run away from it all!!

If not for my wonderful wife and children, whom I love so much, I probably would have long ago left it all behind for a new life.

I feel trapped in my religious identity, not sure how to find solace and clarity, how to find a steady voice in my head to see through all the BS and serve Hashem as a true servant as I'm sure He wants me to be.

I feel trapped in the loop of feeding the little monster in my brain and I sometimes feel so alone and sad because even ideas, insights, and encouragements make me crazy.

I am sorry for sounding negative and embittered, but I'm just pouring my heart out, and maybe just by writing about it, it will feel better.

In any case, I hope to continue documenting these little ups and downs, and I look forward to continuing to be part of this amazing forum!

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Re: Trying to clean up while struggling religiously
Posted by chaimoigen - 15 Nov 2023 21:40

There is deep truth in what you write, friend.

There is joy to be found in living like you describe.

Life without constantly fumblingly engaging in feeding lust by fondling the edges of indulging....
Life free of the suffocating, shackling blahness of consistently spending hours in yucky emptiness - that unrequited "itch" left frustratingly unscratched, at the end. Free of the hopeless promise in the endless mindless scrolling just up to the brink, only to cycle back... Free of toying with the urging surging....

When I felt what such a life can mean - I caught a glimpse of the ???? of ????? ???? ?????. You are encouraging me to keep it going...

Keep inspiring us!

Chaim Oigen

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Re: Trying to clean up while struggling religiously
Posted by youknowwho - 20 Nov 2023 15:13

blob:<https://guardyoureyes.com/d90e12d0-c0b2-4c0c-b02a-5c1a85d86ed9>

I think today, the Sorting Hat would put me in Sytherin.

All the hissing

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Re: Trying to clean up while struggling religiously
Posted by youknowwho - 20 Nov 2023 15:24

I think today, the Sorting Hat would put me in Slytherin.

All those dark voices are hissing so loud, I hear almost nothing else!

They **hiss** and urge, *"come on, who are you fooling? you know you can't do this forever..."*

I post this to remind myself, it's time for a little **connection** (although I'm not in the mood!) and a tiny Prayer, (even less in the mood!)

And of course, I need a little chizuk!!!

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Re: Trying to clean up while struggling religiously
Posted by ainshumyeiush - 20 Nov 2023 15:52

Not the chizzuk pro, but your honesty over here is inspiring and opens the path for us all to talk about our struggles as well

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Re: Trying to clean up while struggling religiously
Posted by bright - 21 Nov 2023 00:26

Insert amazing and motivating comment here. whoops my ai is blocked by my filter.

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Re: Trying to clean up while struggling religiously
Posted by Gevura Shebyesod - 21 Nov 2023 00:38

“Not Slytherin, not Slytherin, not Slytherin...”

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Re: Trying to clean up while struggling religiously
Posted by foolie - 21 Nov 2023 00:53

Think Hufflepuff Hufflepuff

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Re: Trying to clean up while struggling religiously
Posted by chaimoigen - 21 Nov 2023 13:46

At the risk of a serious cliché:

"It is our choices, Harry, that show what we truly are, far more than our abilities." "[The sorting hat] only put me in Gryffindor," said Harry in a defeated voice, "because I asked not to go in Slytherin..." "Exactly," said Dumbledore, beaming once more....

More later - gotta run...

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Re: Trying to clean up while struggling religiously
Posted by chancy - 21 Nov 2023 17:47

How many HP fans on here?

Im starting to see a trend.....

What does HP fanfiction and SA have in common?.....

Something is hidden for guests. Please log in or register to see it.

Oh how i miss those days when i would sit down with the new Harry Potter book and read it for 8 hours straight

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Re: Trying to clean up while struggling religiously
Posted by redfaced - 21 Nov 2023 18:04

[chancy wrote on 21 Nov 2023 17:47:](#)

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Life is rough with all - but to quote the Gamekeeper

“No good sittin' worryin' abou' it. What's comin' will come, an' we'll meet it when it does.”

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True! same here...back in the day I would read it endlessly, probably also as a way of escaping...

Along with some other things, such as:

?The tons of other books I've read

Computer games

Videos

News

Food

Radio

GYE (sometimes)

And many other things.

Although for some people, it can simply be something they've enjoyed and not necessarily an escape that equals sex addiction....

By the way, in case anybody out there is wondering...no, I do **not** walk around with Harry Potter underwear....

It's just my little 'ole way of adding a little levity to the serious task at hand.

Hold on...did someone say "**Task**"?

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OMG!

Do you know what I just realized?

Wait, do you think...is **Cordnoy** the Gamekeeper of Hogwarts?!

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Re: Trying to clean up while struggling religiously
Posted by chancy - 22 Nov 2023 17:14

[youknowwho wrote on 21 Nov 2023 18:13:](#)

[redfaced wrote on 21 Nov 2023 18:04:](#)

[chancy wrote on 21 Nov 2023 17:47:](#)

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I really hope not, it would put a damper on my HP fandom.....

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Re: Trying to clean up while struggling religiously
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So @redfaced is probably one of the Weasley children, maybe Fred/George

@youknowwho is obvious

@cordnoy i think is Snape,

@chaimoigen looks to be either Sirius or Lupin, his love and eloquence.

@gevura Hagrid based on the size of his truck.....

the question is who am i?

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