

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 shikas/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!

=====  
=====

Re: Trying to clean up while struggling religiously  
Posted by bright - 22 Nov 2023 19:59

---

[chancy wrote on 22 Nov 2023 17:21:](#)

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?

chancy

=====  
=====

Re: Trying to clean up while struggling religiously  
Posted by youknowwho - 22 Nov 2023 20:28

---

[chancy wrote on 22 Nov 2023 17:21:](#)

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?

Looney Lovegood.

=====  
=====

Re: Trying to clean up while struggling religiously  
Posted by youknowwho - 22 Nov 2023 20:32

---

As I gently blow out the glowing embers of this recent *well-mannered frivolity* and hijacking of I would ask, chancy, have you ever sat with a 32oz cup of coffee and read through Cordnoy's threads? He is amazing, and my guess is that GYE would cease to exist without him.

Meaning, that you and I would still be wandering around in the endless Time Turner **Time Loop** of Lust....

=====  
=====

Re: Trying to clean up while struggling religiously  
Posted by eerie - 22 Nov 2023 21:24

---

I have not the faintest clue what anything here means. But I don't think I'm missing anything.

=====  
=====

Re: Trying to clean up while struggling religiously  
Posted by chaimoigen - 23 Nov 2023 02:08

---

Coming late to the party here.

Eerie is Dobby, considering each of us to be Harry. "Harry Potter is greater than Harry knows!!"

Bright is Hermione, he knows the right thing to say and right answer every time.

Grant is Professor Mcgonagall

I've always Takeh identified with Lupin a bit. (You haven't seen me when I don't take my  
potion)

BennyH is Sirius, clearly.

Blimey! Redfaced is RON!

And no one has stated the obvious about HHM being the Sorting Hat. He puts you in your  
place, and can help you pull out a magical weapon to vanquish the Dark Lord.

=====  
=====

Re: Trying to clean up while struggling religiously  
Posted by Hashem Help Me - 23 Nov 2023 02:22

---

If only our Roshei Yeshiva, wives, talmidim, rabbonim, and friends would see what's going on

In truth it just shows that normal people of all stripes have a basic need to have outlets.

Hope the oilam did a lot of smiling while escaping into that other world....

=====  
=====

Re: Trying to clean up while struggling religiously

Posted by foolie - 23 Nov 2023 02:24

---

Thankfully Foolie remains a Foolie and not a Harry Potter character

=====  
=====

Re: Trying to clean up while struggling religiously

Posted by chaimoigen - 23 Nov 2023 02:30

---

[Hashem Help Me wrote on 23 Nov 2023 02:22:](#)

If only our Roshei Yeshiva, wives, talmidim, rabbonim, and friends would see what's going on

In truth it just shows that normal people of all stripes have a basic need to have outlets.

Hope the oilam did a lot of smiling while escaping into that other world....

See, the Rebbe puts us squarely in our place!!

Alright, time for night seder.

“It does not do to dwell on dreams and forget to live” is what I think the Rebbe (and Professor Dumbledore) are saying.

=====  
=====

====

Re: Trying to clean up while struggling religiously  
Posted by jackthejew - 23 Nov 2023 04:51

---

*Albus Severus*, you were named after two headmasters of *Hogwarts*. One of them was a *Slytherin* and he was probably the bravest man I ever knew...- Harry Potter

=====  
====

Re: Trying to clean up while struggling religiously  
Posted by cordnoy - 23 Nov 2023 05:17

---

[youknowwho wrote on 22 Nov 2023 20:32:](#)

As I gently blow out the glowing embers of this recent *well-mannered frivolity* and hijacking of  
I would ask, chancy, have you ever sat with a 32oz cup  
of coffee and read through Cordnoy's threads? He is amazing, and my guess is that GYE would  
cease to exist without him.

Meaning, that you and I would still be wandering around in the endless Time Turner **Time Loop**  
of Lust....

Thank you, but there's plenty of good people here, most of them much better than I, and GYE  
would be just fine without me.

Godspeed

#WUWATWRWO?

=====  
====

Re: Trying to clean up while struggling religiously  
Posted by youknowwho - 23 Nov 2023 14:06

---

[cordnoy wrote on 23 Nov 2023 05:17:](#)

[youknowwho wrote on 22 Nov 2023 20:32:](#)

As I gently blow out the glowing embers of this recent *well-mannered frivolity* and hijacking of  
I would ask, chancy, have you ever sat with a 32oz cup  
of coffee and read through Cordnoy's threads? He is amazing, and my guess is that GYE would  
cease to exist without him.

Meaning, that you and I would still be wandering around in the endless Time Turner **Time Loop**  
of Lust....

Thank you, but there's plenty of good people here, most of them much better than I, and GYE  
would be just fine without me.

Godspeed

**#WUWATWRWO?**

my typically somber and morbid thread,

How am I supposed to know what that stands for before my morning coffee?!

=====  
=====

## GYE - Guard Your Eyes

Generated: 14 April, 2025, 06:01

---

Re: Trying to clean up while struggling religiously

Posted by cordnoy - 23 Nov 2023 15:23

---

[youknowwho wrote on 23 Nov 2023 14:06:](#)

[cordnoy wrote on 23 Nov 2023 05:17:](#)

[youknowwho wrote on 22 Nov 2023 20:32:](#)

As I gently blow out the glowing embers of this recent *well-mannered frivolity* and hijacking of  
I would ask, chancy, have you ever sat with a 32oz cup  
of coffee and read through Cordnoy's threads? He is amazing, and my guess is that GYE would  
cease to exist without him.

Meaning, that you and I would still be wandering around in the endless Time Turner **Time Loop**  
of Lust....

Thank you, but there's plenty of good people here, most of them much better than I, and GYE  
would be just fine without me.

Godspeed

**#WUWATWRWO?**

my typically somber and morbid thread,

How am I supposed to know what that stands for before my morning coffee?!

Drink your coffee earlier.

What's Up With All The Women Rabbits With Opinions?

=====  
=====

Re: Trying to clean up while struggling religiously  
Posted by redfaced - 23 Nov 2023 23:23

---

[chancy wrote on 22 Nov 2023 17:21:](#)

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?

Thats actually very funny - Ive been ron weasley since 8th grade

@Chaim you know me all too well- thats very scary

Alas - Ear wax!

=====  
=====

Re: Trying to clean up while struggling religiously  
Posted by eerie - 26 Nov 2023 21:44

---

[Hashem Help Me wrote on 23 Nov 2023 02:22:](#)

If only our Roshei Yeshiva, wives, talmidim, rabbonim, and friends would see what's going on

In truth it just shows that normal people of all stripes have a basic need to have outlets.

Hope the oilam did a lot of smiling while escaping into that other world....

If those mentioned only saw what goes on on any thread!!!! Yikes!

And those threads show that normal people have struggles, YHs, desires, and are working hard  
**on this thread.**  
at cleaning up.

=====  
=====