

Raboisai - I'm Living Real!

Posted by iwannalivereal - 17 Oct 2023 01:44

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So... after lurking around a while I decided to introduce myself so as to be able to celebrate 2 new milestones that I just reached.

I'm a 27 year old yungerman learning in bmg, and I've been struggling with porn and masturbation since I was 12 when I discovered pornography on my parents' (then) unfiltered computer. Since then I've been "doing the cycle", I fall, then I get up with a new stronger kabbalah, and then I fall once again. Throughout my years in yeshiva I had access only when at home during bein hazmanim, and so I would go months during the zman only to fall again, sometimes more, sometimes less soon after I got home. I remember coming home after learning in EY for an amazing year only to fall within a few days.

In the past year or so my struggle seemed to almost explode and pushed me to do more and more to get what I "needed". I went from filter to filter, plugging up loopholes only to find newer and better ways around them.

I have had an account on GYE for quite a while, but somehow never managed to figure out how to get the most out of it and to try to give stopping a real hard try. Around Rosh Hashana time I decided to try again with two new things I had never tried before.

The first thing I did was try to get to know some GYE guys by speaking to them on the phone, and wow what a tool. Somehow even with GYE having more than 15 thousand users, until you shmooz around with someone on the phone it's hard to believe that there are real live people struggling with the same things I'm struggling with. It's also incredibly satisfying to be able to just say your life story to someone on a phone, to be able to get it out of your system a bit which is way better than just typing the story into a computer. And as a cherry on top to this, I was zoche to meet Vehkam in person, which for anyone following his thread knows how much of a hero and role model he is in this struggle. Meeting someone like that, seeing his face, shaking his hand were so absolutely incredible - I'm still on a high from that 10 minute meeting.

The second thing I did was finally listen to all those people (especially vehkam) screaming about reading the battle of the generation book. Although I had looked at it in the past, after noticing the amount of pages (almost 400) I'd "have to go through " to get to the finish line, I never made it past page 1. This time I really delved into it and boy was I in for a surprise when time after time the author described just how I was feeling and how to deal with them. The hardest part of the struggle for me had always been motivation, as although I have a nice long list of reasons not to watch porn, I never was able to feel it inside of me, and never had a strong feeling to not act out. Any time that I managed to not watch porn did not feel especially good or exciting, rather it was a missed out opportunity to have an awesome time. Reading how the author describes just this point and has pages and pages dedicated to how to change a person's mindset to be

**excited to fight and overcome desire has been a real game changer for me. I never would've thought that I'd actually want to win more than wanting to enjoy.**

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Re: Raboisai - I'm Living Real!

Posted by iwannalivereal - 19 Mar 2024 19:48

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[Heeling wrote on 19 Mar 2024 19:43:](#)

[iwannalivereal wrote on 19 Mar 2024 19:30:](#)

[Captain wrote on 19 Mar 2024 12:18:](#)

Hey we miss you!

Miss you too friend!

B"h doing great. Getting pretty close to 200 days... I think that'll get me 2 donuts, although to get

I'm confused! Didnt you say your reaching 200 days, so why only 2 donuts??

Well... You think think I should go for 200?!?

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Re: Raboisai - I'm Living Real!

Posted by Heeling - 19 Mar 2024 19:56

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[iwannalivereal wrote on 19 Mar 2024 19:48:](#)

[Heeling wrote on 19 Mar 2024 19:43:](#)

[iwannalivereal wrote on 19 Mar 2024 19:30:](#)

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I'm not sure, I think it all depends on the context and how proportioned you want the celebration to be to your streak.

Anyway, if you need help with that second donut, I'll be glad to help out.

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Re: Raboisai - I'm Living Real!  
Posted by foolie - 19 Mar 2024 19:56

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Why not go for 200 start now and finish on Purim and wash it all down with a bottle of woodford so you don't remember eating 195 donuts on Purim

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Re: Raboisai - I'm Living Real!  
Posted by proudyungerman - 19 Mar 2024 22:57

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[iwannalivereal wrote on 19 Mar 2024 19:48:](#)

[Heeling wrote on 19 Mar 2024 19:43:](#)

[iwannalivereal wrote on 19 Mar 2024 19:30:](#)

[Captain wrote on 19 Mar 2024 12:18:](#)

Hey we miss you!

Miss you too friend!

B"h doing great. Getting pretty close to 200 days... I think that'll get me 2 donuts, although to get

down two donuts in one sitting, idk... I just can't imagine 2 donuts fitting down there

I'm confused! Didnt you say your reaching 200 days, so why only 2 donuts??

Well... You think think I should go for 200?!?

From Sesame! No less!!

**Warning: Spoiler!**

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Re: Raboisai - I'm Living Real!

Posted by eerie - 20 Mar 2024 22:52

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I don't know about you, I can't get more than a half a donut down if it's from sesame. They make them so huge, like how big can we get it to be? And of course, the half that I eat is the half without the filling. Oh, but that belongs on the grouchery...

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Re: Raboisai - I'm Living Real!

Posted by yiftach - 20 Mar 2024 23:03

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[iwannalivereal wrote on 19 Mar 2024 19:30:](#)

[Captain wrote on 19 Mar 2024 12:18:](#)

Hey we miss you!

Miss you too friend!

B"h doing great. Getting pretty close to 200 days... I think that'll get me 2 donuts, although to get

Dude, it's hamantashen season... no donuts!

Dunno, is there a competition now who can make the most exotic hamantash?

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Re: Raboisai - I'm Living Real!

Posted by Gevura Shebyesod - 21 Mar 2024 11:01

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A donut is just a hamantash with an infinite number of corners.

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Re: Raboisai - I'm Living Real!

Posted by chaimoigen - 21 Mar 2024 14:20

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[Gevura Shebyesod wrote on 21 Mar 2024 11:01:](#)

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And the hole is a singularity with an infinite number of potential fillings?

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Re: Raboisai - I'm Living Real!

Posted by redfaced - 21 Mar 2024 14:23

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[chaimoigen wrote on 21 Mar 2024 14:20:](#)

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And the hole is a singularity with an infinite number of potential fillings?

Can everyone please stop philosiphizin' and just pass the donuts?!

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Re: Raboisai - I'm Living Real!

Posted by chaimoigen - 21 Mar 2024 14:26

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[redfaced wrote on 21 Mar 2024 14:23:](#)

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A donut is just a hamantash with an infinite number of corners.

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Can everyone please stop philosiphizin' and just pass the donuts?!

.... Says the dude eating theoretical donuts.

love the Mad Eye avatar, Ron.

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Re: Raboisai - I'm Living Real!

Posted by iwannalivereal - 21 Mar 2024 14:40

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????? ???? ????"?

For as long as I can remember, the days in our calendar that are mesugal for tefillah and teshuva were not days I specifically enjoyed. Although I would try to use these days as much as possible towards davening for hatzlacha in my P and M struggles, I still never felt good about them. My P and M struggles made my life absolutely miserable. It dragged me down in all areas of life. Torah, Tefilla, Shalom Bayis and various happy moment were knocked out through my daily dose of porn. To stand in front of Hashem and ask him to help me just didn't feel right. There was a bit of anger at Hashem for giving me this miserable nisayon that I couldn't overcome, and there was a feeling of absolute despair that why would this shemona esray change my life? Many Yom Kippurs didn't change my life, neither did a Pesach seder or a Purim change my life. My mincha shemona esray the day of my chasuna didn't change my life (big chiddush there!!!) so why would another tefilla change anything?

L'maysa I am now standing 6 and a half months clean. I've seen good days, and I've seen rough days, however I now know that I can do it! Throughout the past 6 months my davening has certainly changed... however I still do manage to space my way through many of them. Today was different. Today is a day that in my "old life" would be placed in the gouchery. Another day of davening to break out of P and M without getting anywhere. Ugghh.

This time around though everything looked different. I got to davening and I felt a whole different attitude. Today is a day that is mesugal for tefillah and teshuva. I'm gonna do this. And... what a

shachris it was! I davened like I haven't davened in months. I cried more than I cried on Yom Kippur. I davened for myself, and I davened for my family. I davened for my GYE friends and I davened for all those that are still in the dark pit of P and M. I thanked Hashem for giving me the most amazing opportunity of overcoming this struggle, and I thanked him for giving me the most wonderful group of friends who have helped me along the way.

#LIVINGREAL

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Posted by yiftach - 21 Mar 2024 14:44

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#LIVINGREAL

WOW!!! Your tefillos should be niskabel berachamim uberatzon!!!

#TrueInspiration!

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Re: Raboisai - I'm Living Real!

Posted by Heeling - 21 Mar 2024 14:53

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#LIVINGREAL

#TrueInspiration

You're a legend! Really special, thanks for sharing.

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Re: Raboisai - I'm Living Real!

Posted by eerie - 21 Mar 2024 18:25

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**WOW!!!**

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