

Raboisai - I'm Living Real!

Posted by iwannalivereal - 17 Oct 2023 01:44

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 jackthejew - 22 Mar 2024 02:15

[iwannalivereall wrote on 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?

As a guy with a slightly cynical sense of humor, I used to have a Maaracha about when people wish you "An Uplifting Yom Tov"

A long, funny gripe about how no one comes out of a Yom Tov uplifted.

After joining GYE and working on myself, I now see how absolutely off base and immature this was.

Like you put down so eloquently, Every special day in the Jewish calendar, happy or not, can be used in the right way, especially through Tefilla.

As long as my Shmoneh Esrei isn't me being the old grouch screaming at G-d to "Get Off Of My Life!!"

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Re: Raboisai - I'm Living Real!
Posted by Captain - 22 Mar 2024 12:19

Beautiful!

i just wanted to add one point: It looks like Hashem was valuing your tefillos after all, and now you are in a much better place. Even if it took so long and for years it looked like nothing was happening, your tefillos were adding up.

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Re: Raboisai - I'm Living Real!
Posted by proudyungerman - 26 Mar 2024 14:02

[Captain wrote on 22 Mar 2024 12:19:](#)

Beautiful!

i just wanted to add one point: It looks like Hashem was valuing your tefillos after all, and now you are in a much better place. Even if it took so long and for years it looked like nothing was happening, your tefillos were adding up.

This post hit me in a deep place. One of the issues that had I struggled with, was the "split personality" that I was. Since joining GYE I have been able to start the process of repairing and reuniting the two disparate parts into the real me. (Many thanks to R' CO for the lengthy explanations and multiple chazaros!)

This post was another big step in that direction. By understanding and internalizing that Hashem actually listened to my tefillos, loved my learning, schepped nachas from my avodas Hashem when I was struggling, and even when I was failing, I am a lot closer to the real reunification of my two sides. This in turn makes me a healthier person with a stronger ability to fight the fight ?? ?????!

Thank you Captain!!

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Re: Raboisai - I'm Living Real!
Posted by Heeling - 27 Mar 2024 21:02

Per the party planner, we've got everything setup and ready to roll. We're just waiting for the boss to decide donuts or Haman's ears? or maybe some Matzah before Nissan rolls around?

If your indecisive and are thinking for going for everything, maybe PY can help you, I was told that he'll be celebrating a big number too in the coming days....

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Re: Raboisai - I'm Living Real!
Posted by iwannalivereal - 01 Apr 2024 18:54

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Today is the last day of 7 months since I started this wonderful journey!

I also just finished TBOTG book for the 2nd time, and started listening to Rabbi Shafier's "The Fight" series for the 3rd time. Both serious life changers.

Something of interest happened to me today... I spent the entire first seder today trying be mesader a big chunk of ???? ??? and getting it down on paper. Not an easy task. As I was working on it, I kept having thoughts of giving up. However, something that I have learned from TBOTG book kept me going. I have learned that the greatest pleasure available to mankind is a feeling of accomplishment, and the harder something is, the more accomplished I'll feel. So... I kept going. Comes Mincha and I was kinda wiped out. A few minutes into Shemona Esray and suddenly this "great" plan pops into my head. You're so tired and worn out from a long hard first seder, you need to do something that will make you feel good... why not try some acting out!?! To my amazement, the second after this plan popped into my head, another voice in my head screamed back - since when does acting out give you a true honest long lasting good feeling??? If you wanna really feel good you'd better head back over to that Sugya.

That was that. Game over! - Klerring if that win was b'geder ?? ????? ?? ?" ???? ??????, or
might've been more like ?????? ?? ????.

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Re: Raboisai - I'm Living Real!
Posted by vibrantchosid - 01 Apr 2024 21:26

What does that last option mean?

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Re: Raboisai - I'm Living Real!
Posted by chaimoigen - 03 Apr 2024 00:31

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You're the MUCHZAK!!

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Re: Raboisai - I'm Living Real!
Posted by iwannalivereal - 15 Apr 2024 02:35

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I'm sitting here as winter zman "???" winds to an end. Looking back over this zman, I'm amazed at how different this year's winter zman looked from last year's winter zman.

Last year, every bit of spare time was used for porn. I came late to first Seder every day to get in my breakfast time porn. If my kid was sick, I'd quickly volunteer to stay home and watch him so I could get in an extra dose. I always looked forward to Shiur days so that I could go home and indulge. Bein Hasedarim, I used every second I could find watching stuff. I would look forward for weeks to the night my wife would have a wedding and be out all night so I'd be stuck home babysitting and then I'd get in a good 2, 3 hour "seder". Fridays I wouldn't go to Yeshiva at all most weeks so that I could "write notes" or "catch up" on the sugyos. ?? ?? ????? ????? ??????? ?? ?????

All this changed this Zman, ?????? ?????? ??????...

I'm pretty confident saying that this Zman was the best Zman of my life. For years upon years my dreams and goals in learning were smashed to pieces due to my struggles. If the first Sugya of the Zman went well, from the second and on I was roasted. My mind was totally and completely occupied with porn and lusting and there was just no room nor time to focus properly on my learning. B'chasdei Hashem, shortly before the beginning of this winter Zman I managed to break free of the tremendously strong grip that the YH had on me. I was finally free to pursue the dreams I've had from before this struggle took over my life.

I had a dream - probably starting when I was in 9th grade - to go a whole winter zman without porn or masturbation. 13 years later, and here I am.

I have always had a dream to put as much time and energy into my learning, yet porn and masturbation got in the way. As the years went on, I slowly but surely gave up on this dream, yet here I am.

I'm completely overtaken with emotion writing this post... Thank you Hashem, thank you chavairim from GYE, and thank you GYE!

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Re: Raboisai - I'm Living Real!
Posted by yiftach - 15 Apr 2024 03:18

WOWOWOW!

Proud to be a friend of such an unbelievable and accomplished ben Torah!

In awe of you! Keep on paving the way forward for little me...

- Little Yiftach'l

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Re: Raboisai - I'm Living Real!
Posted by frank.lee - 15 Apr 2024 10:03

Beautiful inspiration!!!

Can you sum up a bit of the tools or mindsets that helped you break free and have this amazing winter sman?

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Re: Raboisai - I'm Living Real!
Posted by Hashem Help Me - 15 Apr 2024 10:29

[iwannalivereal wrote on 15 Apr 2024 02:35:](#)

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We should make a minyan and say Nishmas together! GYE should publicize this post, so guys out there know that b' Ezras Hashem it is possible!

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Re: Raboisai - I'm Living Real!
Posted by chaimoigen - 15 Apr 2024 10:44

I'm sitting here with tears in my eyes, and I cannot find any words with which to put these tears onto the screen.

There so much I want to say to you, about what you've done, to say to myself and us all, but words just fail.

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And yes, to me, GYE will forever mean **hope**.

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Re: Raboisai - I'm Living Real!
Posted by eerie - 15 Apr 2024 16:52

My dear friend IWLR, my special, special friend, your post is m'oirer a hug. But a totally different type of hug. A hug that hopes to connect me to your gadlus. Keep on soaring, forever upward, and keep sharing it with us!

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Re: Raboisai - I'm Living Real!
Posted by Vehkam - 15 Apr 2024 21:59

[Hashem Help Me wrote on 15 Apr 2024 10:29:](#)

[iwannalivereal wrote on 15 Apr 2024 02:35:](#)

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i'm in! i choose to daven for myself and everyone else here during biur chometz...

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