

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 iwannalivereal - 28 Jul 2024 18:50

Today will be 11 months since I've started my journey!

Summer months are always harder out on the streets... For me (thanks to 11 months of working on this) when I'm walking around I have fairly good control, I can walk through crowded stores with barley seeing anyone I don't want to see. It's when I'm driving that I somehow can't keep my eyes off the sidewalks and the hustle and bustle around me. Any eitzas would be greatly appreciated (other than taking off my glasses!)

Happens to be that I had a schedule change this month that has significantly minimized my nisyonons in shmiras einayim. Since the beginning of this school year, I had been picking up and dropping off my kid in a place that is absolutely teeming with hundreds of morahs. I'd often have to stand there for 5 to 10 minutes waiting with non stop "action" all around me. B"h I had lots of siyatta dishmaya, but it was not easy. As the school year ended and camp began I am no longer doing drop off or pick up. Included this, was not only did I no longer have to stand in a makom nisayon on a daily basis, I also don't have to get in my car most days due to this schedule change!

Living real and living on!

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Re: Raboisai - I'm Living Real!

Posted by redfaced - 28 Jul 2024 19:54

[iwannalivereal wrote on 28 Jul 2024 18:50:](#)

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For me, I always said that the best way for me to not have my eyes wander while I drive, is to text someone. Anyone.

You'll find that you are so intently concentrating on your T9 getting the word right, while simultaneously controlling the steering wheel with your left knee, that your brain has absolutely no room for anything else.

Bottoms up!

Just let me know before you try it - gotta clear the roads y'know

EDIT- Only works if the wife is not in the car with you. Trust me!!!

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Re: Raboisai - I'm Living Real!

Posted by sunnyzebra15 - 28 Jul 2024 19:57

Wow! Amazing!

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Re: Raboisai - I'm Living Real!

Posted by yiftach - 28 Jul 2024 20:04

AHHH!!! A breath of real life!

11 months! WOW! I remember telling you in the beginning, to just make sure that you stay

It's always ah mechayeh speaking to you... And hopefully we'll meet again b'karoiv!

I'm not sure if this is legal, but anyone reading this thread and didn't open up yet, and needs someone to talk to... This is your man!

Keep on being the GYE ambassador to the Torah world!

- Yiftach'l

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~~ahead of me~~
Re: Raboisai - I'm Living Real!

Posted by chaimoigen - 28 Jul 2024 22:38

It was short, but sweet.

your beaming smile was eclipsed only

by the Ohr of your Neshoma.

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Re: Raboisai - I'm Living Real!

Posted by iwannalivereal - 09 Aug 2024 03:09

Although there are many people that I give credit and hakaras hatov for helping me throughout my journey as friends, there is one person that really gets credit for teaching me the skills that I so badly needed. There were way too many pieces missing in my puzzle, and I was just not able to go on anymore. I was really close to lots of badness. In stepped ???? ???? R' Hillel S. ????? with his masterpiece "The Battle of the Generation". Through this book I learned a lifechanging perspective and many tools with which to properly fight in the battle of the generation.

R' Hillel's words have had such an incredible impact on my life - they literally took me from the depths of darkness to the highest heights. His words have saved my life, and changed my life. Meeting someone that gave me all that - there are no words to describe. It was a short meeting, but it was just long enough to create a bit of a relationship. Although R' Hillel is not much a part of the GYE family, he by default has a huge chelek in the success of myself and many others as well. I am in awe of such a person!

Re: Raboisai - I'm Living Real!

Posted by redfaced - 15 Aug 2024 16:09

[iwannalivereal wrote on 09 Aug 2024 03:09:](#)

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MAZELL TOVV!!!

EDIT- OK I'll Say why . ON THE NEW BABY BOY!!! MAZEL TOV!!!

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Re: Raboisai - I'm Living Real!
Posted by yiftach - 15 Aug 2024 17:15

I second this motion!!!!

MAZAL TOV!

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Re: Raboisai - I'm Living Real!
Posted by Muttel - 15 Aug 2024 17:26

And I third it, MAZEL TOV!!!!!!

A child born to a father so pure from his conception.....

So proud to know you,

Muttel

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Re: Raboisai - I'm Living Real!

Posted by minhamayim - 15 Aug 2024 17:26

OK, I would've been the first to wish you a public mazel tov on your thread but I thought I'd let you choose weather you're gonna share it here or not. Thank you redface for making that

Mazaltov!! mazaltov!! Tizku lgadlo ltorah lchuppa ulmaasim tovim!!!

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Re: Raboisai - I'm Living Real!

Posted by halevaimetoo - 15 Aug 2024 18:25

Mazel Tov! Tizcu l'gadlo ltorah ulchuppa ulmaasim tovim! U'lgadlo b'kdusah uv'tahara b'zchus all of the koach you have put in to being matzdik the rabim!

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decision for him

Re: Raboisai - I'm Living Real!

Posted by iwannalivereal - 15 Aug 2024 19:03

Thanks guys for all the warm wishes! There's really nothing like having an anonymous (and sometimes not so anonymous) family to share simchos with!

It's actually interesting, I've been thinking about this post for almost 9 months now, as there's been a number of GYE related thoughts over the past tekufa.

First thing is, depending on how well you know me, you may know that I have not had a child in almost 4 years. Finally, my wife became pregnant. After making the cheshbon I realized - we became pregnant on the 90th day of my journey on GYE! For me this was a tremendous source of chizzuk. We'd been waiting and davening for some time. And then; 90 days clean, 90 amazing days of a new me, and our tefillos were answered! There is no way to describe the emotion of the moment when discovering that we'd be having a baby right around my first year anniversary on GYE. It feels like one of those big GYE hugs and kisses, only this time coming from shamayim!

Another GYE related nekuda, is that one of my favorite times for watching porn was late at night after my wife went to sleep. What's best about the late at night shift is that it's pretty much endless. It can go till 1, 2, or even 3. What had somewhat kept me safe from this part of the day for a long time was the fact that my wife almost never went to sleep before me. Only on very infrequent occasions did she fall asleep before, and so this opportunity was rarely had. For about 3 or 4 months of the pregnancy however, my wife was sound asleep by the time I came home from night seder. Had this happened even 6 months earlier, I can assure you that I would've sunken to new lows, and I would've been absolutely swallowed up by the monster. I would've spent hours upon hours nightly and... that may have been the end of me. I am overjoyed to report how ?????? ??? this time of night ended up being. Instead of being a time of yerida, it ended up being a time of tremendous aliya for me. Every night upon coming home I was able to learn with a geshmak, and with a menuchas hanefesh and freedom that would've have otherwise been absolutely impossible for me!

We should all be zoche to share in many simchos together!

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Re: Raboisai - I'm Living Real!

Posted by yiftach - 15 Aug 2024 19:42

Avi Haben, I'll just echo what HHM posted numerous times bsheim Reb Mendel Rimonover Zt"l.

When someone sacrifices something to the Ribono Shel Oilum, they have a power in shamayim to ask for a specific yeshuah. It's baduk uminusa. And your story is a testament of it too.

- Yiftach'l

Much nachos from your newest extension "baby IWLR". Hope to make it for the bris

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Re: Raboisai - I'm Living Real!

Posted by gevura shebyesod - 15 Aug 2024 20:03

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