

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 - 04 Sep 2024 13:34

As Bein Hazemanim winds to an end, I look back at a tumultuous period of time. There were lots of slipping and sliding. Not something I'm particularly proud of. At least I was pushed to spend lot of time on the phone with GYE friends.

Usually during Bein Hazemanim I choose something to learn, and I usually make it through a significant amount of what I had planned to cover. This time however, after a few days, I realized that Plan A was just not gonna happen and so I switched to Plan B. Few days later I realized that it didn't look like I'd be able to sit through Plan B, and so I went searching for a Plan C. Plan C turned out decent, I'd say I made it through 80% percent of what I had aimed for. Looking back, I'm fairly upset. I had been planning on learning my Plan A limud since Pesach Bein Hazemanim and now I'm unsure when I'm going to be able to finish that up.

I think there's a nice life lesson for me here. I often make nice big plans to do things, and when they don't work out I kinda fall apart. I think it's crucial for me recognize that life doesn't always work out how I want it to. There's only a certain amount of effort I can put into anything, and I have to give myself credit for the effort I put in, and not kill myself for not coming up with the shpitz results that I had wanted. A ?????? ?????? is that it would be good for me to understand that there are limits, and yes when I'm up half the night with a newborn and then I'm sitting at home in a quiet house in the morning, my learning is not gonna be the same as when I have full energy and I'm sitting in a Bais Medrash. There is absolutely no reason to look back at a Plan C and feel bad about it. It's the effort that counts.

I'm realizing that the same really goes for my slipping and sliding. I don't do these things. I don't aimlessly browse the web for hours on end looking at and reading through stupidity and coming close to "the border". However, looking back at this period of time should not be a time that I look down on myself. Coming out of Bein Hazemanim I'm quite certain, that even with all the effort I've put in, there are still nisyonos and there is still tayva and boredom and loneliness. Obviously, going forward I have to work on knocking out as much of the triggers and nisyonos as possible. Looking back though, there's nothing to feel bad about. It's the effort that counts.

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Re: Raboisai - I'm Living Real!

Posted by hopefulswan89 - 08 Sep 2024 07:17

[minhamayim wrote on 22 Aug 2024 00:00:](#)

Mazel tov mazel tov. Truly was an emotional simcha.

Although a bit overwhelming for me, as this was the first time meeting most of the oilam, I truly enjoyed every minute.

Looking around at first trying to figure out who's who....

Im not sure why but i was positive that the guy combing his scraggly red beard with his cloudy glasses the entire davening was redface.

Heeling was obvious for obvious reasons. (he also happens to look like a heeling)

The old yid with the long flowing snow white beard leaning on his cane just HAD to be eerie (turns out I was right on that one)

And chaimoigen- well I figured that either he'd be wearing a mask anyway or he'd arrive huffing and puffing well after everyone had left. So I didn't try.

everyone else either I knew already or they came after.

IWLR,

What you did for me and for so many others... the zechusim you have...

How you tirelessly work to make sure others can find what you've found. That they be able to taste that sweet pure taste of freedom that you've come to know so well.

What an honor to be able to take part in your simcha.

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MinHamayim

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Re: Raboisai - I'm Living Real!

Posted by hopefulswan89 - 08 Sep 2024 07:19

[iwannalivereal wrote on 23 Aug 2024 15:05:](#)

Just in case anyone reading this thought otherwise cuz of all those apologies... Every guy who came had been personally invited, and a whole bunch asked and double asked if I'm for sure comfortable with the oilam coming. No one surprised me with coming without me knowing that they were coming beforehand. Before inviting anyone I thought about for a while and decided that the risk factors were quite low, and that the chizzuk I'd get from the oilam coming was definitely worth the small risks involved.

And so it was! The story of the old man, and the story of the shnapps bottle are totally non existent in my real life anymore... the chizzuk however lives on and on!!invited

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Re: Raboisai - I'm Living Real!

Posted by amevakesh - 08 Sep 2024 11:59

Waiting (im)patiently for an epic post. The "Mazel Tov's" are bursting at the seams, ready to explode. We're trying to control ourselves, but it's hard to, when a such a dear friend is celebrating such an important milestone. Make it official already, and let the celebration begin!

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Re: Raboisai - I'm Living Real!

Posted by proudyungerman - 08 Sep 2024 18:59

[hopefulswan89 wrote on 08 Sep 2024 07:19:](#)

[iwannalivereal wrote on 23 Aug 2024 15:05:](#)

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You seem to have had success on your own, which is very impressive. Can you share?

Re: Raboisai - I'm Living Real!
Posted by iseenoevil - 13 Sep 2024 13:40

iwannalivereal wrote on 15 Apr 2024 02:35:

..??? ??' ??? ???? "??

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 chavirim from GYE, and thank you GYE!

Your post is impressive and inspirational. However it would be most helpful if you can share HOW DID YOU DO IT?

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Re: Raboisai - I'm Living Real!
Posted by redfaced - 13 Sep 2024 13:47

[iseenoevil wrote on 13 Sep 2024 13:40:](#)

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

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[This is how he did it](#)

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Re: Raboisai - I'm Living Real!
Posted by iwannalivereal - 26 Sep 2024 01:24

I'm sitting here writing the words "tonight ?? ???? is my 1st year anniversary" but I'm having a hard time continuing. I can't see the screen. My eyes keep filling with tears...

I'm sitting here and thinking back over the past 15 years of my life. The pain. The guilt. The shame. The feelings of yiush. The feelings of being a living stira. The feelings of being a faker. The numbness. The lack of control. The lack of motivation. The falls. The big falls. The yiush. All my years in Mesivta. All my years in Bais Medrash. All my years in EY. First 4 years of my marriage.

What memories. The pain is still so real and so vivid.

And now, I'm thinking back over the past year. The first week of my journey. My first phone call to a GYE member. Getting TBOTG book. Receiving a phone call on Erev Yom Kippur from a new GYE friend that really cared about me. My first clean bain hazemanim since I was born. Meeting a GYE member for the first time. 90 days right around Chanuka time. Making more GYE friends. The slipping and sliding. The ups. The downs. The first clean winter zman of my life. And then the signs. Oh gosh those signs. The first caller. The second. The third. The 30th. The baby. The bris. The 70th caller. And now a year clean!

And more tears...

I'd end off saying thanks to my GYE friends - I couldn't have done it without you. However it's a lot deeper than that. It's not just that I couldn't do it without you, it's that you guys were almost everything in the success I've had.

L'chaim Raboisai!

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Re: Raboisai - I'm Living Real!
Posted by eerie - 26 Sep 2024 01:40

My strength and inspiration, you mamash made me cry as I think of our phone calls way back when, and look who you've become! The star of GYE, the force behind a revolution. My friend, ??? ??? and through you ??????!

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Re: Raboisai - I'm Living Real!

Posted by amevakesh - 26 Sep 2024 11:18

The first time I laid my eyes on you, you were hunched over a Gemara, unaware that you were being observed, surrounded by a roaring, great army that holds up the world. That was always, and will always remain your essence. Though in the past, the YH tried pulling you away from who you are, this year you have not only restored yourself to who you are, you have lifted many along with you on their journey to their true self. Soft spoken, quiet, says little, but does oh so much for all of us here, he is a general of the finest sort. So ably marshalling us all into the service of our King, teaching by example how to overcome the beast with confidence. Learning to overpower the sweetness of sin, with the sweet feeling of victory. For me, and for so many others, you are a role model of a ?? ????? with a caring heart for others '?????', that won't stop until all of His children will return to Him with love. I can't think of a better description then ?????, who's words say it all. ????? ??? ????? ?????? ?????? ?????????? ?????????? ?????????? ?????????? ??? ??? ?????? ????? ?????.

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With love and admiration,

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Re: Raboisai - I'm Living Real!

Posted by livingagain - 26 Sep 2024 11:32

[iwannalivereall wrote on 26 Sep 2024 01:24:](#)

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L'chaim Raboisai!

Sitting on the sidelines I'm blown away by your sentiments as you express gratitude as you cross the finish line on the road to victory. As one who is still engaged in battle, it would be helpful to know what was the pivotal point that assisted you in your endeavors? There are multiple features on GYE, surely all were helpful. But undoubtedly you attribute your championship to a dominant component. Please share so that one day we'll also make a Seudas hodaah, hopefully

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Re: Raboisai - I'm Living Real!

Posted by BenHashemBH - 26 Sep 2024 12:25

[livingagain wrote on 26 Sep 2024 11:32:](#)

[iwannalivereal wrote on 26 Sep 2024 01:24:](#)

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Shalom Brother,

IWLR may offer some more specific insight, but one thing stands out - repeated in his post.

A seudas hodaah is best shared with **friends**.

Kol tov

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Re: Raboisai - I'm Living Real!

Posted by chosemyshem - 26 Sep 2024 14:02

[iwannalivereal wrote on 26 Sep 2024 01:24:](#)

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L'chaim Raboisai!

Mazel tov! This calls for a serious lchaim.

Your story shared here on the forums, more than anyone else's, fueled me up with some combination of hope and jealousy that keeps me trucking.

I'd say I expect we'll see great things from you one day, but you're already doing some. I expect we'll see greater things yet.

Mazel tov!

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Re: Raboisai - I'm Living Real!
Posted by Muttel - 26 Sep 2024 14:19

IWLR,

My screen has been blurring too..... I cry tears of happiness for you and me, and our brothers here on GYE freed from the shackles of pleasure.

However, I cry bitterer tears for our brothers still stuck in the muck we were once stuck in.... The ones that gaze heavenward crying ?? ???!!! The one's dreading ??? ???? and ??? ??????. the one's that feel desperation and hopelessness, fear, and guilt, leading to a weariness where they can longer care.... and they just keep clicking and scrolling.....

IWLR, what inspires me so much about you, is your taking your own personal success and channeling it to help so many others, tirelessly....

I only hope and pray that I too can join your ranks and celebrate my year of freedom soon, amen.

With an outpouring of love and emotion,

Muttel

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