

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 chaimoigen - 30 Nov 2023 14:19

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This story is an expression of your desire for living the **positive** life , choosing the benefits of Shmiras Enayim not as a determination to avoid negativity, but because life is so much more meaningful and joyous this way. Please share with us other benefits you are experiencing...

youre an inspiration. Thank you .

Keep Shteiging!!

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Re: Raboisai - I'm Living Real!

Posted by eerie - 30 Nov 2023 18:37

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My friend, you make me cry. So beautiful!

I hope you let your tears flow freely, and you use the emotional moment to talk to Hashem, to ask of Him to stand by you, to hold your hand, to keep you strong, to protect your family, and to help all of those who so desperately want to be free, whether they recognize it or not.

And I hope your wife DOES ask you! And share with her that you are crying from happiness for all you have, you don't have to tell her details, just say "and chiefly, I'm happy because I have you!". And then tell her about Chanuka, the pach shemen Tahor, and how you worry about your family, and you hope and pray at this auspicious time that they all find the strength to pass the nisyoinois of thechnology

In much admiration,

Eerie

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Re: Raboisai - I'm Living Real!

Posted by boca19 - 30 Nov 2023 18:56

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Dude you're a rockstar! So happy for you!!!!

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Re: Raboisai - I'm Living Real!

Posted by hopefulposek - 05 Dec 2023 19:20

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Amazing, I'm so happy for you and how far you've come along this journey.

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Re: Raboisai - I'm Living Real!

Posted by iwannalivereal - 06 Dec 2023 19:53

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Over the past few months, I had the opportunity twice to meet with a fellow gye member. I saw in the eyes of these two wonderful yidden the fire that was burning within, and it ignited a spark inside of me. I saw in their eyes the excitement and the happiness of living a life without porn and masturbation and something spilled over to me.

Today, I met with a yid. This yid was similar in age to me, and has similar struggles as me. We live near each other, and we have similar daily schedules. I saw in his eyes the yearning to break free, yet I also saw in his eyes the pain from struggling and fighting for so many years. I felt his pain and I felt his struggles. They are all too familiar to me. I hope I was able to pass on the fire I received, and I hope I ignited a spark inside of him. I hope I was able to properly give him chizzuk and offering him support as a friend.

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Re: Raboisai - I'm Living Real!

Posted by Markz - 06 Dec 2023 20:52

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[iwannalivereal wrote on 06 Dec 2023 19:53:](#)

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Where's the ?? emoji??

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Re: Raboisai - I'm Living Real!

Posted by Vehkam - 06 Dec 2023 22:04

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[Markz wrote on 06 Dec 2023 20:52:](#)

[iwannalivereal wrote on 06 Dec 2023 19:53:](#)

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Where's the ?? emoji??

Devarim hayotzim min ?? nichnasim el ??

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Re: Raboisai - I'm Living Real!

Posted by chaimoigen - 06 Dec 2023 22:46

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It's hard to overstate the power that is connection.

You're a Koach.

You're mamash ah fire

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Re: Raboisai - I'm Living Real!

Posted by iwannalivereal - 08 Dec 2023 03:36

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Baruch Shehechaynu Lazman Hazeh

Thursday was my 90th day clean!

In all honesty it feels really weird. Me? 90 days? No porn? No masturbation? I didn't think I'd be 90 days without porn or masturbation till I was 90 days in the kever. I'm pretty certain that I had good reason to think this way too... After all, I struggled for 15 years and I really tried hard to stop and yet nothing worked. Not the various tools I worked on, not the 3 different Rabbonim that I'd spoken to and not the 2 therapists that I went to. At some point I just gave up. I didn't give up on life or get depressed about it, rather I just accepted my fate that I will forever live with this cycle of porn and masturbation, and yea my acting out might very likely get worse, might bring me to bad places and bad people. It might get me divorced, it might be the end of me, but - that's life. Sometimes things happen that are just out of my control. And so I continued with porn and masturbation... enjoying it while waiting and watching how life might crumble around me. Oh well...

So... it seems I was wrong, and here I am 90 days into this amazing journey! For me, the main excitement of 90 days is not "the streak" of it, rather the excitement of a new life that began 90 days ago. 90 days ago I started a new journey, with a new understanding of life, and a new understanding of my struggles. I have learned how to appreciate this struggle for what there is to gain from it. I have learned how to work on motivation, and instead of wishing that porn would be muttar, I now am able to appreciate living without porn. I have learned how to deal with an urge, and I have learned how to overcome that crazy draw and desire. To me, this is the accomplishment of 90 days. Having a streak is a "nice bonus" but what really makes me excited is living real, and living free. Living with the knowledge that I can overcome my struggle, and that I can do it. I have proved it to myself that I was wrong, and I have proved it to all of you my friends out there that I was wrong.

Although I had tried numerous tools to try and break free, something that was tremendous to me that I had never tried was making connections with people. Being able to shmooz on the phone with someone who understands my struggle and who cares about what I'm going through is an unbelievable feeling. Another thing I gained from making connections was being able to feel part of a group of people who pride themselves as being non porn watchers. This has helped me change my identity to an extent, as I used to consider myself a heavy porn watcher which sort of "allowed" me to do what I wanted. I now identify myself as a non porn watcher and I live my life as such.

I wanted to add that in my previous life, when reading through stories of guys making it to 90 I sometimes would get this feeling that all they did was come to gye, and bang 90 days later after opening an account here they'd have hit 90 days. It sometimes seemed to me as if they had an easy time making it to 90, while I have this really strong drive for porn and masturbation and there is therefore no way I can do what they did. If anyone got that feeling from reading through my story - which would almost make sense being that I didn't fall at all since I really started posting and I have therefore never really discussed much of my struggles - they should know that it was absolutely not easy. I have had an account on gye for a few years and I would come and go without having gained much (for whatever reason...) At the beginning of my journey I was in the worst place I ever was in my life. I was doing things that were getting close to "advanced stuff" past porn and masturbation. I was having a harder time stopping than ever before. Throughout the 15 years I struggled, I was always able to stop for a month or so, and it would usually be a month on and a month off. In this recent stretch I was struggling straight for close to a year with no breaks. Straight porn and worse every day. I couldn't stop... and worse than that - I didn't want to stop. I was having too much fun. Stopping was not easy, and not fun... but I did it!

P.S. if you want to know what happened when I lit my menorah shortly after shkia at the end of 90 days... I started getting emotional in the middle of sheasa nisim, then took about a one

minute breathing break before shehecheyanu, then barely squeaked my way through that bracha. Was quite an emotional event! Hope my wife isn't too scarred...

I hope someone gets a chizzuk from my journey - I certainly did!

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Re: Raboisai - I'm Living Real!

Posted by optomism - 08 Dec 2023 05:59

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Holy cow. How pray tell what was your secret? How did you make it

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Re: Raboisai - I'm Living Real!

Posted by HeChochma - 08 Dec 2023 18:51

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[iwannalivereal wrote on 08 Dec 2023 03:36:](#)

Baruch Shehechaynu Lazman Hazeh

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**MAZEL TOV!!! UNREAL!!!**

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**I'm totally mesmerized as I'm reading this - the power of your proof is ringing in my ears!**

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close to a year with no breaks. Straight porn and worse every day. I couldn't stop... and worse than that - I didn't want to stop. I was having too much fun. Stopping was not easy, and not fun... but I did it!

**Thank you for writing this! I totally have the same feeling as you had often when I see people flying through to their success here - thank you for ????? the ?? as in ??????!!!**

P.S. if you want to know what happened when I lit my menorah shortly after shkia at the end of 90 days... I started getting emotional in the middle of sheasa nisim, then took about a one minute breathing break before shehecheyanu, then barely squeaked my way through that bracha. Was quite an emotional event! Hope my wife isn't too scarred...

I hope someone gets a chizzuk from my journey - I certainly did!

**Chizuk is an understatement - inspiration, direction, clarity, insight, motivation, empowerment** (this appears to actually be a word according to spellcheck) - **I can't thank you enough for posting this and the rest of your journey!!!**

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Re: Raboisai - I'm Living Real!

Posted by chaimoigen - 10 Dec 2023 12:22

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Got emotional, tearing up as I read this. Thank you for sharing and being so candid.

I know you won't mind me writing this here -

After our first conversation my feeling was that you had little interest in change. You did not really need or WANT to, or at least I couldn't connect with and feel that you had any compelling drive or motivation to change. I felt the conversations were worth continuing, (especially because you're a great guy), but I had my personal doubts...

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And then you unfurled your massive wings, and took flight. Soaring, reaching for the highest, purest crystalline heights. Battling at the black gale and driving tempest that seeks to cast you down, to throw grit in your face and dust in your eye... You rise, like a phoenix, like a lion, like a ....Heilige Yid.

Because you teach us, Chaver:

that there is always a small, pure Pach Shemen buried under the rubble of destruction. And it's sealed with an unbroken seal of Tahara, waiting to be ignited. And it can start a forest fire of Kedusha.

**You go on, now.** Keep soaring and climbing! Don't be complacent, but keep it up. And burn up the whole town with the conflagration of your Heiligkeit.

Shehechiyanu indeed!!!

My Oigen are full of tears, and looking up to REAL, living, Chaim.

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Re: Raboisai - I'm Living Real!

Posted by bright - 10 Dec 2023 16:28

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Good for you keep on growing!

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Re: Raboisai - I'm Living Real!

Posted by Ish MiGrodno - 11 Dec 2023 07:36

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(As always, I arrive super late to the thread : )

IWLR Shlit"a, I believe that we spoke by phone several months ago...and I am amazed at how

far you have come from those feelings of despair.

I relate to the unimaginable joy of 90 days because I too, had all but given up. I remember feeling that 90 days was nothing short of a miracle - as I recorded in my personal thread.

One more thing: I barely go on GYE, but tonight I felt a huge urge (despite being over 1100 days clean) and so I was searching for chizuk.

And chizuk I received.

Thank you, my dear friend.

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