

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 - 03 Mar 2024 02:57

Tonight is "?" ??? ? which marks the completion of 6 months since I started this journey.

Throughout the past 6 months I've experienced both amazing feelings of being free and dreadful feelings of being dragged back in and coming mighty close to falling. I think the number one biggest thing that changed in me was my motivation. Throughout the 15 years that I've struggled, although I wanted to stop for many reasons, the reasons were never emotionally stronger than my desire to watch pornography. Being that it was so, the best I was able to do was to tell myself that although pornography is what I want and need, I just can't do it. Too much of my life stands to be destroyed by watching... With this perspective in mind, I was at a huge disadvantage. Being that the only thing that ever was able to stop me from watching was that "I can't" all it would take to get me to watch was to convince me that although "I can't", I need it. Which was kinda true.

What changed in me was understanding how to create a strong emotional "I want" to stop, in place of my intellectual "I can't". Through tools I learnt in The Battle of the Generation book, I was able to understand that there is a deep emotional geshmak in not watching pornography. I would never have believed anything of this sort half a year ago, yet here I am writing these words myself - It's more geshmak to overcome the desire than to give in to the desire. Once I learned this, my motivation took on a whole different look. I really wanted to stop. For real this time.

Once I got to this crucial step one of wanting very badly to be able to overcome the YH I was able to do a "reset" on life. My life now had an underlying drive called I'm never watching porn, and I was quite happy about this feeling. I was honestly able to say to myself that I don't want to watch pornography. Some added bonuses that I got with this new perspective was that instead of forcing myself to get a better filter, I did it happily because I truly wanted to not watch pornography. With this new feeling I was also able to put a lot of kochos into shmiras einayim, as the geshmak I get from not watching porn I am able to get from not staring down every lady and girl that passes.

During the first few months of my journey the YH kinda left me alone. It came a time (about a month ago) when although I still had a desire to not watch porn, the desire to watch got even stronger and I had some really close calls. B'chasdei Hashem I emerged from that tekufa unscathed and stronger than ever but I definitely saw how the YH hasn't given up on me. Now that I am in a better tekufa I can look back and see how that rough tekufa was so different than in years past. Being that I had tasted the freedom and the enjoyment of overcoming the YH, I knew that it's possible to live without porn. Although the YH was pulling and pulling, deep down I knew the truth. In years past there was no truth, it was listen to YH or bust. I now knew that it's possible to live without pornography, and it's possible to overcome the YH. It was with this truth that was buried inside of me that I was able to use to ignite a raging fire to overcome him.

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Re: Raboisai - I'm Living Real!

Posted by Heeling - 03 Mar 2024 03:42

Wow! Powerful!

Thanks! Wishing you continued hatzlacha,

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Re: Raboisai - I'm Living Real!

Posted by bright - 03 Mar 2024 06:09

Can you do us a favor and chazer for us how you managed to get into that mindset?

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Re: Raboisai - I'm Living Real!

Posted by Hashem Help Me - 03 Mar 2024 12:23

Please don't disappear. There are loads of struggling dear yidden who need you buddy.

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Re: Raboisai - I'm Living Real!

Posted by yiftach - 03 Mar 2024 12:44

A real gem of a post! It's not just getting through the struggle, it's with a thought out mehalech!

Wish to follow your footsteps! Keep on paving the way forward! and **MAZAL TOV!**

- Yiftach

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Re: Raboisai - I'm Living Real!

Posted by iwannalivereal - 05 Mar 2024 04:39

[bright wrote on 03 Mar 2024 06:09:](#)

Can you do us a favor and chazer for us how you managed to get into that mindset?

There are a few steps that I took to really understand this perspective well, all things I learned from The Battle of the Generation book.

The first step was knocking out a misconception that I had always had. Being that porn and masturbation are big time issurim, I had always felt that staying away from these things put me on level with all the regular guys. If it's assur and I do it I'm bad, and if I don't do it then I'm just doing what I'm supposed to be doing. Nothing more than that. I no longer look at it that way, aside from the false thinking that your average guy doesn't have these struggles, there is also a large mistake in concept. To use issurim as the barometer to measure if I'm bad or average is destructive. The proper way to measure these things has nothing to do with assur and muttar, rather with what is hard and what is easy. If there is an issur that I have an easy time staying away from, then staying away is more an averagey type of a thing. However if there is an issur (or any behavior for that matter even if it's muttar) that's super hard for me to stay away from, when I stay away from it I'm not just average and doing what I'm supposed to be doing, rather I'm dong something pretty crazy major.

The second chiddush that I learned was that every person has a built in super strong drive to feel good about themselves. One way to feel good about ourselves is through physical pleasure. However using physical pleasure to make us feel good is not nearly the strongest way to make us feel good about ourselves, and in fact it actually backfires on us. Using physical pleasure makes us feel good only for a really short period of time, and there is no lasting good feeling. If anything it leaves us hanging no where feeling even less good about ourselves in the long run. There is another way to feel good about ourselves and that is through emotional pleasure. An emotional pleasure can make us really feel good deep deep down inside of us, and the feelings last way longer.

The third nekuda is that one of the strongest emotional pleasure in the world is felt when a person impresses himself. The way to impress yourself is by doing any action that find hard to do. The harder it is for you to do any specific task makes you all the more impressed with yourself when you do it.

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Re: Raboisai - I'm Living Real!

Posted by iwannalivereal - 05 Mar 2024 04:55

[bright wrote on 03 Mar 2024 06:09:](#)

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even if it's muttar) that's super hard for me to stay away from, when I stay away from it I'm not just average and doing what I'm supposed to be doing, rather I'm pushing myself to my limit which means that I'm positively doing something, I'm not just staying away from doing something.

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To put this together in a nutshell... I really enjoy watching pornography quite a bit. Because I enjoy it so much, it's quite hard for me to not watch it. I now understand though, that because it's so hard to stay away, when I do stay away I will feel tremendously accomplished and I will feel an emotional pleasure that I can carry with me for a few days. This is the new perspective that I have been living with the past few months. Instead of having a choice of watching pornography which gives me physical pleasure vs. not watching which gives me just pain by forcing myself to not watch cuz it's assur, or cuz it'll destroy my life, I now have a choice of physical pleasure or emotional feeling good. I have tasted and felt that emotional pleasure and I know that it's better than the physical stuff.

It's no longer I "can't" watch porn, rather it's I "dont want" to watch porn. Living life overcoming the drives and urges is so much more fulfilling!

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Re: Raboisai - I'm Living Real!

Posted by Hashem Help Me - 05 Mar 2024 05:07

Masterpiece!!!

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Re: Raboisai - I'm Living Real!

Posted by Captain - 05 Mar 2024 14:09

[iwannalivereal wrote on 05 Mar 2024 04:55:](#)

[bright wrote on 03 Mar 2024 06:09:](#)

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Incredible! I hope we will see this post on the GYE homepage and in a GYE email!

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Re: Raboisai - I'm Living Real!

Posted by Captain - 19 Mar 2024 12:18

Hey we miss you!

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Re: Raboisai - I'm Living Real!

Posted by chaimoigen - 19 Mar 2024 12:58

a handshake warm

a smile warmer

warms the heart in

ways that lift the spirit on a day where it's hard to take a step

if life is feeling a

new pulse-beat

a fresh contraction, new convulsive pushing of the heart muscle against

Atrophy -

then you, my friend, give me a push - a special antidote against

weariness.

Living Real, Baby. Marbim Bisimcha!!!

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Re: Raboisai - I'm Living Real!

Posted by cande - 19 Mar 2024 14:34

[iwannalivereal wrote on 05 Mar 2024 04:55:](#)

[bright wrote on 03 Mar 2024 06:09:](#)

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YOUR AN ABSOLUTE LEGEND!

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Re: Raboisai - I'm Living Real!

Posted by eerie - 19 Mar 2024 17:27

[iwannalivereal wrote on 05 Mar 2024 04:55:](#)

[bright wrote on 03 Mar 2024 06:09:](#)

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WOW!

P.s. thank you to the people who posted here bringing it back up. I would have missed out on this priceless piece!

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Re: Raboisai - I'm Living Real!

Posted by iwannalivereal - 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

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