

Sick and tired

Posted by iwantlife - 16 Feb 2024 20:28

Hi everyone! I've been lurking on the forums for a few weeks now, but I think it's time for me to finally post here. I was inspired by many of your stories here, nodding my head when I felt like I was reading about my own struggle, and shaking it as I read things that made my story pale in comparison. I've held off writing anything publicly, for I have a deep (perhaps unreasonable) fear of being identified. Ultimately though, I think posting here will help me, so here goes.

I'm in my thirties, B"H happily married with a few kids. I learned in the standard yeshivish yeshivas, then in kollel for around 10 years before leaving to go to work. Since I was around 12, when there was internet w/o filters, I've struggled with P & M. My go-to method for the past 20 years always involved heavy reliance on filters, which usually meant I was clean till I found a weak link (there always is one), or got my hands on an unfiltered device. This lead to a lot of despair, which lead to more watching.. you know the drill. Years of watching with no end in sight. Recently, I became aware of the **habit** aspect of watching P, and started to notice my triggers. It's almost always a way to escape stress, and could be something as 'stressful' as not getting enough sleep the night before.

Then I found GYE. I started the Flight to Freedom, only watched the videos w/o doing the work, which initially helped, then led to complacency, then a fall. So I went back to the beginning, and I'm determined to do the program properly. I'm hoping to get chizzuk from fellow GYERs this time around as well. I also would love to get some input on the best way to approach filters. If all devices were filtered and filters were foolproof, I wouldn't be posting here today. My job, (like most in 2024) has me using a computer for many hours of the day. Although I have a good filter (Gentech) as well as accountability (Webchaver), while they slow me down, If I'm determined I can get around both of them. That leaves me with a speed bump at best. Which means I need to work on myself so that slowing myself down does the trick? I'm a bit lost, and would love to hear your thoughts.

Though my story is pretty standard, and many of you here have climbed much taller mountains, for me this is my Everest, and still feels insurmountable. One thing I know though (and I must've told myself this 1000 times), I'm sick and tired of falling, and I want life!

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Re: Sick and tired

Posted by iwantlife - 20 Nov 2024 19:09

[138eagle wrote on 20 Nov 2024 17:25:](#)

Recently I saw a Chovos Halevavos quoted by Rav Fishel Schachter in the Chayeinu (in the kids section).

“We all make mistakes in life. You can get angry, you can blame, you can give up. Or you can say what the Chovos Halevavos teaches us – that once something has already occurred even if it is the result of our own mistake, it was meant to be”.

Now it is my (our) job to deal with the current situation and not cry about it but to make the best of it.

I did not see the Chovos Halevavos inside, if you want you can email me and I can send you a copy of the article.

Thank you for this ?????! You can send it to the email in my signature, I'd appreciate that. (Also). BH I really don't dwell on these thoughts, it's not my nature, and I believe in ??'s ?????, plus the ???? nature of being exposed at such a young age, as I mentioned in my [poem](#). That being said, there's some pain deep in my heart that I've carried for years, it just wanted to be free. I guess my above belief is still only in a ????? of ?? ????? to a certain extent.

It reminds me of the first time I spoke to HHM, he was trying to get me to appreciate that I'm ???? a good guy, with an issue. I told him that I believed him, and in fact that *wasn't* my struggle because I had seen a therapist a few years earlier who, though he didn't get me clean, had convinced me that my struggle was normal etc. And **yet**, when we ended the call, HHM told me to go to a mirror, and tell myself "I'm really a very good guy" (something like that), I actually started crying as I did it. Point is, clearly there were (and probably still are) some very deep, unresolved feelings of low self-worth, bolstered by years of failure and ?????. So BH I'm doing much better, but I still appreciate the constant ?????, and need it more than I realize, which is OK.

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Re: Sick and tired

Posted by Muttel - 20 Nov 2024 19:17

Once we're being honest, I need chizuk too sometimes. More times than I like to think I do....

Iwantlife, keep it up!!!!!!!!!!

With overflowing brotherly love,

Muttel

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Re: Sick and tired

Posted by Muttel - 20 Nov 2024 19:38

Thinking back to days when the Torah vastness beckoned,

When all goals seemed achievable, with greatness I'd reckon.

Adrenaline pumped and aspirations abound,

The path to Gadlus I believed I'd found.

Disaster struck when promiscuity had me trapped,

A new road blazed, directly to Hell it was mapped.

One step, then another, all closer to self-destruction,

I couldn't stop, no-one to save me or provide much needed instruction.

Having begun on GYE 6 short months ago,

Meeting HHM and the other ?????? that helped me grow.

I've come to see something heretofore blind,

Had you told me this some time ago, I'd have thought you were out of your mind.

A mission, so holy, to bring our brothers back,

Time, emotion, and energy are the successes I look to rack.

To think the initiator of it all was illicit and forbidden,

What propelled me to this glorious mandate, a dark, ugly, secret hidden.

Dear Iwantlife, I feel your pain too, though know you're in a good place,

I also feel this conflict of what could've been had I hadn't joined the 18+ rat race.

Yet the pleasure I take in playing a role for others to recover,

Makes me wonder if this was Hashem's plan for me to discover...

Iwantlife, keep shteiging, growing, connecting, and most of all, counting!! (and trucking, of course)

P.S. thanks for giving me an excuse to write a poem. I needed that!

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Re: Sick and tired

Posted by iwantlife - 20 Nov 2024 19:42

[Muttel wrote on 20 Nov 2024 19:38:](#)

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A brilliant poem and an oh so true message! Warms my heart. Thank you R' Muttel!

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Re: Sick and tired

Posted by jollylemur95 - 21 Nov 2024 04:42

Thank you R Muttel for such an inspiring poem!

@IWantlife, I started reading your thread and I am so awed by you. I am obviously nowhere near where you re holding in this journey but reading what you write, I feel like i am reading myself. I am not quite ready yet to post my owns story with all the gory details but the feelings of lack of self-worth I have had for many, many years. I am frankly amazed how far you have come with all that baggage. I can only hope one day I will be near you. If you would be willing , I would love to speak with you and get some tips. You can message me if you are interested. Thank you so much

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Re: Sick and tired

Posted by iwantlife - 21 Nov 2024 17:44

A dear friend of mine here mentioned recently that on a lot of threads, he'll see a lot of ups, but less about downs. It's possible he was referring to me, in which case I appreciate the ?????; I'm definitely guilty of this. B"H my P & M - free streak is still going strong. That being said, I had a hard week. I've slipped and slid. Looked at some things I shouldn't have, for longer than anyone should. And I know why I'm doing this, to relieve a recent uptick in stress. Same old habits. B"H not going as far as I did in the past, thanks to **1) Accountability** and **2) Friends**. I've spoken to quite a few of you over the last few days. I would be back to day 1 if not for you all. So thank you again.

I think it's important to balance the knowledge that while any **slip**, that is to say looking at something inappropriate in my case, should be avoided at all costs; and, as HHM pointed out to

me, it's squarely in the category of ?? ????? ???? ?????, at the same time, be able to differentiate between that and an actual **fall**. If I had kept the distinction clear in my mind, I probably would've only slipped and not even slid. Point is, don't let the YH capitalize on 'small' lapses, because he'll use them to bring you down. Remind yourself how far you've come, after years of tumbling mindlessly into Porn Abyss, that this is 'just' a wrong turn on to Lust Lane, which, in the scheme of **recovery**, is **not** a fall, and you can still make a u-turn.

I'll end off with the acknowledgment that the work never ends. In particular, I need to manage **stress** better, which is a separate avodah from managing lust. To add the above quote from R' Redfaced "*Behind EVERY thread that gives you kina, is a user that was once convinced it would be impossible to get to where he is now*", **if**, by any chance, you got some ???? from this thread, know that behind it is a user who **still struggles**. It's not always smooth sailing. The waves get choppy. But, we're all in this boat **together**, so you may as well grab an oar.

Humbly,

iwantlife

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Re: Sick and tired

Posted by rebakiva - 21 Nov 2024 18:01

[iwantlife wrote on 21 Nov 2024 17:44:](#)

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Re: Sick and tired

Posted by jewizard21 - 21 Nov 2024 18:54

I love this post.

It ebs and flows. It gets easier but is never easy.

"Behind EVERY thread that gives you kina, is a user that was once convinced it would be impossible to get to where he is now"

So true and so powerful to have this in mind! Thank you for bringing this to light as it's known but not thought of.

Keep on Trucking, One Day At A Time!!

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Re: Sick and tired

Posted by wantingbetter - 21 Nov 2024 19:24

[iwantlife wrote on 21 Nov 2024 17:44:](#)

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Re: Sick and tired

Posted by iwantlife - 26 Nov 2024 17:17

I want life and Eerie sat there in the car,

One from close by, the other from afar

Yet as they spoke, kissed, embraced with a tear

'Twas clear that all along, they'd truly been near.

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Re: Sick and tired

Posted by BennyH - 26 Nov 2024 17:52

I think poem writers should be more sensitive to those of us who mainly struggle with p&m and can only fantasize about acting out in person. Reading about other people's escapades on a safe place like GYE can put someone over the edge and make them want to take that dangerous step.

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Re: Sick and tired

Posted by redfaced - 26 Nov 2024 19:28

[BennyH wrote on 26 Nov 2024 17:52:](#)

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Well said . I had half a mind (not sure which half) to reach out to YKW- BH stopped myself at the last minute

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Re: Sick and tired

Posted by youknowwho - 26 Nov 2024 20:22

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Re: Sick and tired

Posted by youknowwho - 26 Nov 2024 20:24

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