

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 - 26 Nov 2024 22:45

I noticed something interesting as of late. Many here have written how their urges **intensify** when their wife is a ????. Which makes perfect sense. Normally, you desire your wife, when you can't have her, you want turn elsewhere. Yet for me, I was never too perturbed by this. This **isn't** to say I didn't enjoy being with my wife. It's just that whether my wife was ????? or ?????, I was good to go. If I felt an urge, I had porn, and dare I say it was sometimes **better** than the real thing. The endless availability and variety of near perfect looking women kept me busy. So if my wife was available, great, if not, also great. I had digital alternatives. Point is, there was **no** discernible difference for me between ????? or ?????. Much ink has been spilled in the forums about the frustrations of mikvah night, and how upset people would get if things didn't go according to plan. I'm ashamed to admit that honestly, I can't remember the last time I really looked forward to mikvah night. I could just have sex with my own, selfish, self.

Recently, something has stirred inside me. For the first time in a long time, I felt true disappointment when my wife became a ????. And I find myself looking forward with eager anticipation to mikvah night. In the past 2 weeks, I've posted about slips I've had. Wouldn't you know it, my wife has been ????? throughout. And yet, I'm glad. I'm glad that I'm looking forward to being with her. That she's the only one. No digital replacements. That without her it's actually hard. Obviously that's its own challenge. But it's normal. I guess what I'm saying is, it's good to be normal.

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Re: Sick and tired
Posted by redfaced - 27 Nov 2024 00:26

[iwantlife wrote on 26 Nov 2024 22:45:](#)

I guess what I'm saying is, it's good to be normal.

Normal ? Whazzat

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Re: Sick and tired
Posted by chaimoigen - 27 Nov 2024 00:39

Beautiful!!

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Re: Sick and tired
Posted by eerie - 29 Nov 2024 18:12

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

***Iwantlife 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.***

Iwantlife, it was really such a highlight to meet you! You are a really special person who is doing great things!

Just thinking of that meeting brings a smile to my face,
To think that I was zoche to iwantlife's embrace,
To talk about common goals, to enjoy and to connect,
With a person who's found real life, who's doing things correct,
My friend, it was so special, truly a delight,
To be able to meet with you and hug you oh so tight!

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Re: Sick and tired
Posted by iwantlife - 18 Dec 2024 22:10

Okay fellows. It's been way too long. So let me bring you up to speed. It's been a bumpy month. So many slips. So many cuts. Honestly sometimes it feels like a fall by a thousand slips. And yet, I've been hanging in there. Haven't sat down to watch porn and/or masturbate. But came too darn close. Teetered on the edge of Porn Abyss a few times. Only to be pulled back by a friend's phone call. Or lack of time. And sometimes even, sheer embarrassment of having to post about a fall. So I'm feeling sick. And oh so tired.

But I can't keep doing this. Simply relying on 'not wanting to fall' clearly isn't cutting it any more. In fact, it's doing a lot of harm. Because as I inch closer to the bright red line of P & M, I'm 'allowing' myself to decide what's 'not terrible' and 'just a slip'. And G-d knows I've been far too lenient. Hence many slips. Not just once in a while, but almost a habit of slips. Not only is that bad, but it helps reinforce the voice in my head (read: YH) that says "You see, you're right back at it". Which makes me feel bad, and small, and helpless. And to a large degree, and I think *worst of all* as many have pointed out to me both here and in private, **no longer in control of myself**. That's a very debilitating feeling. And if I'm not in control, guess who takes over the wheel? Yup, the YH himself, my ~~trusty~~ copilot. That's **not** where I want to be. I want to be where I was at around day 100, clear-eyed about my purpose and a million miles away from falling, that yesterday when all these troubles seemed so far away.

So, what exactly is going wrong? Well, the backdrop to this is that life has gotten more stressful in the past weeks. Goals I set for myself haven't been met, which is ?????? feelings of failure. My learning has been slipping too, with the same effect. **Oh how I wish my feelings of self-worth wouldn't solely come from accomplishment of said tasks, yet somehow it does..** So that really doesn't help. If I would be better about sharing these things with others, I probably would do myself a huge favor.. Along with a healthy dose of ??????, boy would that be refreshing!

BH, I've made a few changes in recent days, and it's starting to feel as though we might be steering clear of Slip Strait. I've ordered a hard copy of TBOTG, committed to reading 3 chapters or so a week. Time to get some positive willpower back, not just ??????. So I'm hopeful that that will make all the difference. Also, on a practical level, I've realized that counting the days is no longer a **goal** for me, and goals are motivating. So I've made some specific kabbalos and mini-streaks with a good friend here. The sum total of these choices is I'm beginning to feel like I'm getting some control back, and that, I think, has lifted my spirits more than anything, pushing hopelessness back to its miserable corner.

So then, I'm open to any other suggestions my dear friends, please tell me what worked for you after the initial high of 30, 60, or 90 days has passed. As for me, that's all folks!!

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Re: Sick and tired

Posted by livingagain - 23 Dec 2024 20:58

[iwantlife wrote on 18 Dec 2024 22:10:](#)

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What's worked for me is the memory of the bad feelings post fall. I don't want to feel that way. So even if I get the urge, I know if I Give in I'll have a moment of pleasure but feel terrible afterwards. It's not with it. I also try to avoid any triggers even if I would enjoy looking.

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Re: Sick and tired

Posted by iwantlife - 25 Dec 2024 19:01

Ah lichtige and freilichen Chanuka, dearest GYE family. Just wanted to share some thoughts with the boys here. I do not intend to speak to anyone's personal situation aside from my own, because how can I? That said, some of the recent posts and threads here have given me some food to fry.

Everyone here, and everywhere for that matter, has their own burden and pain that they suffer and carry alone. That's part of life. Every rose has its thorn. I have mine too. The funny thing about pain and stress is that I tend to focus and magnify those thorns, till it's all I can feel and see. And ouch, do those thorns hurt. And when it hurts, I want to numb it, ASAP. But I have so much ???? in my life. The stuff I don't tell ??, "Why me?" about, but instead take for granted, like ?????? ???, it's part of life. So much ?????? to give. It's ?????? in many ?????? with regard to the ?????? between the ?????? and ?? ?????? of whether the focus on ?????? is on the ?????? over the ??????, or the lighting of the ?????? with the ?? ??? for 8 days, that in fact the point of the ?? ?????? of the ?????? was to be ?????? that the victory over the ?????? wasn't due to superior skill, tactics, strength or bravery, but was too a miracle from ??, even though we have no record of any outright miraculous occurrences taking place during these battles. The ?? ?????? is ?????? on the ?? ??????, like the ?????? in ?????? ?? R' Moshe Shternbuch points out, on ?????? we have no mitzvos during the day, only at night. He takes this thought in a different direction, but I've often thought that maybe this is why, to remind us when we light the ?????? after rushing home from ???/work, that even a regular, ???????? day is filled with ?????? from ?? I wonder too, if this is a ??? for the much grouched-about ?????? of ?????? parties. Why on ??????, of all days? Because sometimes we need to be forced to appreciate (gasp!) our families.

For me, this ???? is something I need to constantly remind myself, which is why I'm typing it out right now. The message this ?????? needs to be a reminder of how all the good, regular, ho -hø - hum things in my life are a ?? from ??, and boy am I lacking in my ?????? for them. I'm pretty sure that if I can shift my focus to them, the YH will have a much harder time getting me down!

Humbly,

iwantlife

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Re: Sick and tired
Posted by amevakesh - 25 Dec 2024 19:15

Love the attitude!!!!!!! It won't make the problems smaller, but it'll make them easier to deal with.

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Re: Sick and tired
Posted by iwantlife - 16 Jan 2025 19:53

iwantlife sat on a wall,

iwantlife had a great fall.

Not sure how this story ends, but I swear there are more words to that rhyme...

Sad at the moment,

iwantlife

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Re: Sick and tired

Posted by amevakesh - 16 Jan 2025 20:14

Super honest of you to put it out there. That's gotta be tougher than tough. Here's a heartfelt hug! You know what you have to do, and you know that you didn't lose everything you've gained over the last few months. You are a hero for fighting this impressive battle. Keep in mind that there's a great temptation to throw in the towel, now that the streak was broken. Please hang in there for all of us.

Not sure how the rhyme will continue, but only you can write the script.

Will iwantlife rebound and stand up tall,

or will iwantlife remain in a sprawl?

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Re: Sick and tired

Posted by BenHashemBH - 16 Jan 2025 20:33

[iwantlife wrote on 16 Jan 2025 19:53:](#)

iwantlife sat on a wall,

iwantlife had a great fall.

Not sure how this story ends, but I swear there are more words to that rhyme...

Sad at the moment,

iwantlife

A great journey ahead.

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So many hazards abound,

Overhead and underground.

Nowhere seems safe from this,

Gnarling beast of the abyss.

.

Only choosing the very best,

Fighting for Him in this quest.

.

Holy light trapped behind enemy lines,

Operation recovery deep in the mines.

Powers unknown, here are at play,

Every dark night is followed by day.

.

As I wonder why this happened to me.

Never asked for this from Thee.

Don't You hear my heartfelt plea?

.

Don't You feel my crushing pain,

Roaring out to You in vain.

Each day I only of You ask,

A pardon from this heavy task.

Mountains I'm lifting, I'm splitting the sea,

Some day I'll see, some day I'll see.

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Re: Sick and tired

Posted by chosemyshem - 16 Jan 2025 22:01

I'm not a kings man, but many people have called me a horse. Happy to help try to put you together again with the rest of the crew. Hit me up.

Of course, the real reason Humpty Dumpty didn't get anywhere after one fall was because he gave up. If you pay close attention, only the king's horses and men tried to get Humpty Dumpty together again. *Humpty Dumpty himself didn't try.*

If he had, success would've been certain. Ninety-eight and 3/4 percent guaranteed.

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Re: Sick and tired

Posted by cleanmendy - 16 Jan 2025 23:36

iwantlife sat on a wall,

iwantlife had a great fall.

Not sure how this story ends, but I swear there are more words to that rhyme...

iwantlife sat on a wall

iwantlife had a slight fall

With willpower a ton and all his special friends

iwantlife got right back up again

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Re: Sick and tired

Posted by yosefms - 16 Jan 2025 23:59

Ouch tzadik, feeling you're pain only too well. What's done is done, Just got to go vaater now.

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