

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!

=====

Re: Sick and tired

Posted by cleanmendy - 05 Feb 2025 15:15

[iwantlife wrote on 04 Feb 2025 17:21:](#)

I think I'll try to post a bit more frequently here, even if only a status update. Clearly, one-off, long winded posts aren't always necessary, nor are they necessarily the most helpful for me. So I'll share my first win. Yesterday was my 2nd fall in about as many weeks, after a blessedly long streak of 180 days. The first time I fell, I decided to fall one more time before going to sleep, cuz like why not right? Well, last night, I briefly considered it, but then BH thought, "absolutely, positively NO". Progress!

Humbly,

iwantlife!!

Change that signature from Humbly to **Proudly**,

Your a serious inspiration for me, getting up after a fall, you didnt just run off and hide. Brother I envy you!

=====
=====

Re: Sick and tired

Posted by iwantlife - 11 Feb 2025 19:26

Hey all! BH I'm doing well, just wanted to share a quick (absolutely pain-free) pro-tip. One of the loopholes for me has been the App Store, which I can have Gentech unlock in a weak moment. To remedy this, I simply called TAG, through which my Gentech account is routed and had them put a note on my account saying not to unlock it if a request is made, w/o me contacting TAG first. This way, I limit my exposure to the App Store to TAG's opening hours, AND add an extra layer of (human) protection. That said, if I ever do need do download or update an app, I can still do that, albeit w/ an extra step. This can be done with any site too. If you didn't know this was an option, now you do! That's all folks!!

=====
=====

Re: Sick and tired

Posted by jollylemur95 - 11 Feb 2025 20:17

Greatness personified!!

=====

Re: Sick and tired

Posted by iwantlife - 19 Mar 2025 01:35

Meeting and Passing (h/t Robert Frost)

As I went down the hill, to meet at the hall

Inside a wedding, a union so pure

Outside a meeting, two souls so sure

Though one still off-kilter from a fall

The other a rocket, helping young and old

For that moment, we were less than two

More like one, the love of a fellow Jew

United in battle, the line they would hold.

Afterward I left, convinced as eve'

Although we then passed, each on a different trail

Our way is the **same**, not destined to fail

Heads high with joy, ?? ???? ??? ??????.

'Twas (notice I'm guarding my "I"s here) a pleasure to meet you, my yedid R'Muttel!

With love,

iwantlife

=====
=====

Re: Sick and tired

Posted by Muttel - 19 Mar 2025 13:09

That hug resonated...

Belief,

Trust,

Respect,

Brotherly love,

Progress,

Hope,

and so many other feelings....

Looking forward to seeing big things from you!

With a ton of brotherly love,

Muttel

=====
=====

Re: Sick and tired

Posted by iwantlife - 20 Mar 2025 16:59

Hello fellow kids! Just want to take a moment to plug something here. I, like many here, have struggled to get back in the game after a blessedly long streak of 180 days. I feel like I'm stuck

in a loop again, barely able to crack 2 weeks at a time between falls, which for me is porn w/ masturbation. After my last fall, I decided enough was enough. I sat down to finish what I had started. What had I started, you ask? Why EasyPeasy of course. A month or so ago, someone who you know recommended it to me. I started it but was reading it in drips and drabs. (What the heck is a drab?). As to be expected, that wasn't working. The other day, I read it in one sitting. Now, I'm only a few days out, and I almost always feel pretty confident for those first few days post-fall. So I'm not making any guarantees. BUT, I will say that EasyPeasy drives home something that I had in those first 180 days, thanks to **HMM**, that I've had trouble getting back. Namely, the **mindset shift** of **"I don't do this!" + "It's not nearly as hard as you think"** (In fact he says it's easy) + **"It's joyful to not be addicted to porn"**. In that sense, I do feel that I might've gotten back to that mindset, and **for me at least?**, it's only against that backdrop that all the other tools like: posting here (need to do more), reaching out to friends, accountability, and dare I say, read TBOTG, work for **me**.

If you think you might benefit from this, here's the link: <https://easypeasymethod.org/>

With feelings of hope,

iwantlife

=====

Re: Sick and tired

Posted by eerie - 20 Mar 2025 17:46

It's fascinating to see that there are many different tools, and different things work for different people. I myself have read some of the easypeasy book, and found it very good. iwantlife, it's so nice to see you back in the game!

Moral of the story: We each have to find what works for us. Even if you're having a hard time breaking free, there's something out there that will work for you. Keep searching for it, and never give up!

=====

Re: Sick and tired

Posted by yosefms - 20 Mar 2025 18:02

Stay tuned kids! The easy peasy book is currently being adapted and improved by some friendly GYE volunteers and moderators. Soon it will be even easier than it already is to be rid of porn for good.

=====

Re: Sick and tired

Posted by iwantlife - 26 Mar 2025 01:14

They stood there in the city haze

Sparks fanned into a fiery blaze

People passed unaware of the light

Shined forth as they hugged tight

It's meetings like these that reinforce

What's real and what's ????? of course

No need to chase the old YH's illusion

Our real friends remind us it's all a delusion

A path tread by those who came first

Breathing new **life** into those who thirst

Opening the door to a better way

Making all the difference, today.

Rabbeinu Yiftach, it was a pleasure to meet you in person!!

With love,

iwantlife

=====

====

Re: Sick and tired

Posted by iwantlife - 06 Jun 2025 14:45

Hey everyone! It's been too long. (Many people are saying this). I'm sure you're all wondering where I've been. (You haven't? Oh well.) Well, if you must know, I'll tell it like it is. I've been up and down, then back up then back down. Lasting 2-3 weeks at a time. A far cry from my original 6 month streak. Not feeling good enough to post. Certainly in no mood of [poems](#). Sick and tired, as they say. A mistake really. We're all in this together, there's no shame here. And yet, I (my ego) justified it. 'What's the point in sharing failures?' "Maybe someone will see it and get discouraged" etc.

So you might think, iwantlife is sharing some major accomplishment. 90 days? 90 weeks? 90 years? Nope. Sorry. Now, tomorrow **is** Day 30, which is certainly nothing to sneeze at. **But**. As in the past few months, there's a pattern. As I reach the 3 or 4 week mark, I start to stumble. Slip. Poke. See a glimpse here. Then a glimpse there. Next thing I know, I'm teetering at the edge of Porn Abyss. This time is no different. Almost fell 2 days ago. Then got triggered yesterday, almost fell again. Seems inevitable, right? Certainly that's how I felt when I woke up this fine morning. And yet, during shachris, a thought came to me. I was feeling down, frustrated, and more specifically, tainted. As in, "I already saw some inappropriate things, I've messed up, may as well go watch porn" "Ugh". "At least then I'll have a clean slate" #NuclearReset right? Then I thought "I've basically made it to Day 30 (tomorrow). That's good. So technically, I'm starting a new 30 days anyway, on the way to 60, even if I don't fall.. So I AM starting fresh! Who cares what I saw yesterday??" I can't explain the shift I felt, the feeling of relief, the boost of energy I got. I felt liberated.

So great. A nice moment. A win of sorts. Why am I really sharing this though?

? I believe there's something at play here for me which I think might be pretty common; I hope others can relate. I have a perfectionist streak in me. Noticer of imperfections, that's me. Shows up in all aspects of life as you can imagine, not the least of which is my marriage. **BH** I've made a lot of progress in that area, as expectations of perfection will just about ruin everything. That said, I still latch onto streaks and completion of tasks with all my might. Finishing ???? ???? this week. Finishing ??? ?????? this month. Joining this learning program to finish this ??????, that one to finish that. And to be fair, like every ???, I've gained much from this type of motivation, particularly in the area of ?????? ??????. That said, it has its drawbacks. In particular, if I miss a few days, I immediately lose interest; strong feelings of "whats the point" etc. And there I go, *inevitably* falling short of my own high standards. Ironically, it's this exact constant feeling of

falling short that probably gets me looking to escape. Which brings me to *the* point of this (long) post. If there's one thing I really struggle with, one thing that many swear is a key in the battle, is the concept of ODAAT, or One Day at A Time. Sure I get it on a micro level, but macro - I just can't. I need to see a long, unbroken streak of success. And the YH, boy does he know me well. So this is his weapon, a few slips that culminate in a fall, and it works every time. Not only does it work short term, it reinforces the feeling that I *can't* succeed.

So, what now? Well, this morning's realization played to my strengths, in that I was able to reframe the *next* 30 days as "new", and hoping they'll be even cleaner than the first. Not quite ODAAT, but something. I clearly must learn how to incorporate viewing every day and hour as "new" and not ?????? to the previous ones. Learn how to both avoid triggers and slips while not melting down and running for the exits if I don't. I'm writing this, yet I'm not quite sure how. So I'm open for suggestions. Hopefully though, this feeling I feel today, as I begin to climb the next hill to 60, will trickle into every day, every step of my journey.

With hope and a prayer,

iwantlife Boy does it feel good to post again...

=====
=====

Re: Sick and tired

Posted by vehkam - 06 Jun 2025 15:00

Hey everyone! It's been too long. (Many people are saying this). I'm sure you're all wondering where I've been. (You haven't? Oh well.) Well, if you must know, I'll tell it like it is. I've been up and down, then back up then back down. Lasting 2-3 weeks at a time. A far cry from my original 6 month streak. Not feeling good enough to post. Certainly in no mood of poems. Sick and tired, as they say. A mistake really. We're all in this together, there's no shame here. And yet, I (my ego) justified it. "What's the point in sharing failures?" "Maybe someone will see it and get discouraged" etc.

So you might think, iwantlife is sharing some major accomplishment. 90 days? 90 weeks? 90 years? Nope. Sorry. Now, tomorrow is Day 30, which is certainly nothing to sneeze at. But. As in the past few months, there's a pattern. As I reach the 3 or 4 week mark, I start to stumble.

Slip. Poke. See a glimpse here. Then a glimpse there. Next thing I know, I'm teetering at the edge of Porn Abyss. This time is no different. Almost fell 2 days ago. Then got triggered yesterday, almost fell again. Seems inevitable, right? Certainly that's how I felt when I woke up this fine morning. And yet, during shachris, a thought came to me. I was feeling down, frustrated, and more specifically, tainted. As in, "I already saw some inappropriate things, I've messed up, may as well go watch porn" "Ugh". "At least then I'll have a clean slate" #NuclearReset right? Then I thought "I've basically made it to Day 30 (tomorrow). That's good. So technically, I'm starting a new 30 days anyway, on the way to 60, even if I don't fall.. So I AM starting fresh! Who cares what I saw yesterday??" I can't explain the shift I felt, the feeling of relief, the boost of energy I got. I felt liberated.

So great. A nice moment. A win of sorts. Why am I really sharing this though?

? I believe there's something at play here for me which I think might be pretty common; I hope others can relate. I have a perfectionist streak in me. Noticer of imperfections, that's me. Shows up in all aspects of life as you can imagine, not the least of which is my marriage. BH I've made a lot of progress in that area, as expectations of perfection will just about ruin everything. That said, I still latch onto streaks and completion of tasks with all my might. Finishing ???? ???? this week. Finishing ??? ????? this month. Joining this learning program to finish this ?????, that one to finish that. And to be fair, like every ???, I've gained much from this type of motivation, particularly in the area of ????? ??????. That said, it has its drawbacks. In particular, if I miss a few days, I immediately lose interest; strong feelings of "whats the point" etc. And there I go, inevitably falling short of my own high standards. Ironically, it's this exact constant feeling of falling short that probably gets me looking to escape. Which brings me to the point of this (long) post. If there's one thing I really struggle with, one thing that many swear is a key in the battle, is the concept of ODAAT, or One Day at A Time. Sure I get it on a micro level, but macro - I just can't. I need to see a long, unbroken streak of success. And the YH, boy does he know me well. So this is his weapon, a few slips that culminate in a fall, and it works every time. Not only does it work short term, it reinforces the feeling that I can't succeed.

So, what now? Well, this morning's realization played to my strengths, in that I was able to reframe the next 30 days as "new", and hoping they'll be even cleaner than the first. Not quite ODAAT, but something. I clearly must learn how to incorporate viewing every day and hour as "new" and not ?????? to the previous ones. Learn how to both avoid triggers and slips while not melting down and running for the exits if I don't. I'm writing this, yet I'm not quite sure how. So I'm open for suggestions. Hopefully though, this feeling I feel today, as I begin to climb the next hill to 60, will trickle into every day, every step of my journey.

With hope and a prayer,

iwantlife Boy does it feel good to post again....

end quote

If your goal is perfection, only hashem is perfect.

if your goal is to keep heading in the right direction, that is attainable in an instant.

Keep building on your inspiration

best wishes

vehkam

=====

=====

Re: Sick and tired

Posted by proudyungerman - 15 Jun 2025 15:24

[iwantlife wrote on 06 Jun 2025 14:45:](#)

Hey everyone! It's been too long. (Many people are saying this). I'm sure you're all wondering where I've been.

Boy does it feel good to post again...

So...what are you waiting for?

We want to hear from you...

=====

=====

Re: Sick and tired

Posted by authenticceved - 20 Jun 2025 06:33

WOOOO!!! Just seeing this but what an epic post!!!! awesome emesdik stuff!!!! love the idea of a fresh 30 to get out of the streak mentality!! from one perfectionist's heart to another, Thank you!!!

AE

=====

Re: Sick and tired

Posted by upanddown - 07 Jul 2025 19:36

Hey @iwantlife, how have the 2nd 30 days been?

We'd love to hear from you...

=====