

I hope to see progress

Posted by Daysarecoming - 21 Feb 2024 07:21

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Hello GYE I just signed in today it looks like an amazing org. I never saw something like this! My story is that I was first in a sex relationship and then I turned to porn and I really tried already a few times to stop but I couldn't I hope now I would be able with the help of this community and for sure only with hashems help.

i have one question, allways when I close my eyes or space out I see these videos like playing in my mind and i can't go on normal like this is this gonna go away? And if yes how long is it gonna take?

thanks.

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Re: I hope to see progress

Posted by yiftach - 21 Feb 2024 12:17

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Welcome!

You're right! There is nothing like it! You know what's even better?! Once you feel comfortable and reach out. There are people ready to help, just know that!

*"i have one question, always when I close my eyes or space out I see these videos like playing in my mind and i can't go on normal like this is this gonna go away? And if yes how long is it gonna take?"*

Many of us can relate to this statement. We have all had moments where we feel the same way. However, as time goes by, our brains gradually recover, and those thoughts eventually fade away.

For now, here's a virtual hug! Happy days are coming now...

- Yiftach

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Re: I hope to see progress

Posted by ??? ????? ????? ??? - 21 Feb 2024 13:47

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[Daysarecoming wrote on 21 Feb 2024 07:21:](#)

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Welcome to GYE!

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As @yiftach wrote, many of us can relate to it. The sad part of this struggle is that we cannot erase the pornography that we have viewed from our minds. Still, as @yiftach also wrote, as time goes on the thoughts fade away. We may still remember it, but it is not going to be as you wrote "always when I close my eyes or space out."

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Re: I hope to see progress

Posted by notezy - 21 Feb 2024 13:50

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It depends not just on time but on use and your desire (obviously) so it's hard to Gauge how long everyone's different but it will fade like a muscle atrofides the less you use it the quicker it goes.

Whatever your Initial expectations were double it because statistically you will have ups and downs (which will make it take longer) I am not saying to give up. This is my opinion and is probably a very controversial one so take it with a cup of salt or ignore altogether.

hope you find quick success on your journey hatzlach.

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Re: I hope to see progress

Posted by Vehkam - 21 Feb 2024 19:02

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[Daysarecoming wrote on 21 Feb 2024 07:21:](#)

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thanks.

Welcome and that is a great question. The simple answer is that it varies by person. In my experience the best way to keep those pictures out of your mind is to fill your mind with some thing else. That does not mean you will always be successful. However, the method will work better and better the more you try it. Find things that interest you and focus on them. While you are retraining your brain it might be helpful to avoid spacing out as much as possible. When I was at that stage, I had music playing through headphones, almost all the time even when I went to sleep.

Best wishes for tremendous success

vehkam

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Re: I hope to see progress

Posted by davidt - 21 Feb 2024 19:30

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[Daysarecoming wrote on 21 Feb 2024 07:21:](#)

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thanks.

Welcome!

Yes, GYE is an amazing org!! We hope you'll gain a lot here.

About your question, don't get upset – While the Torah encourages us to avoid purposely fantasizing, it recognizes that experiencing fantasies and daydreams is part of being human, "Sinful thoughts are among the three sins which no man escapes for a single day" (Bava Basra 164b). Even though you have sexual fantasies, you should be proud that you struggle with them rather than blindly indulging in them.

Accept rather than suppress these thoughts.

Pushing sexual fantasies out of your mind won't work because it perpetuates the pink elephant problem. In other words, when you tell yourself not to think about pink elephants, you'll find that you only think about pink elephants! Research demonstrates that trying hard to suppress specific thoughts means that they're more likely to dominate your thinking.

So what can you do? The best way to deal with such thoughts and fantasies is to try to ignore them, tend to more important matters, or shift your focus to something else. This idea is known as hesech hadaas in Hebrew.

Defuse – Accept that you're having these thoughts. The ACT technique of unhooking the thought by saying to yourself, "Okay, I'm having these thoughts. They'll soon go away on their own; I don't need to push them out of my head". Then shift your focus to whatever you need to attend to in the present moment.

Focused distraction. Redirect your attention to a specific object or activity. As it's difficult for the mind to think about more than one thing at a time, thinking about something different will immediately pull your mind away from sexual thoughts and fantasies.

Whenever you apply hesech hadaas, you accomplish the great Mitzvah. Remind yourself that rather than getting upset about the thought, you can celebrate it as an opportunity to do a mitzvah!

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Re: I hope to see progress

Posted by ainshumyeiush - 22 Feb 2024 02:28

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Hi! Welcome to the party!

in response to your question, i remember times when i had to hold up my Siddur in front of my face and read each letter from it because if i didn't, my mind went straight to porn. And times that i had to take off my tefillin in the beginning of Davening because i couldn't keep my mind clean no matter how hard i tried. But as you get away from porn, and aren't seeing those things as often, the images fade, and don't stick around constantly. Good luck, stick around and keep posting.

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Re: I hope to see progress

Posted by Hashem Help Me - 22 Feb 2024 04:33

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Welcome. It should be with hatzlacha. Normal and expected buddy. No need to panic. Let's just move on...

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Re: I hope to see progress

Posted by chaimoigen - 22 Feb 2024 04:36

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Welcome! Good to have you on board. Stick around, please. This is a good place; there's a lot to learn, and good folks to connect with.

Hope lives here.

I dont know how long it will take for you for the images to fade. There will be good days and bad days. It gets better, at least it did for me. That's good news.

Remember though, a journey of a thousand miles begins with a single step, and **today** is what counts. Regardless of what images appear in your mind from the past, you can still make choices about what you want to do today. And then tomorrow you've got another day. That's what matters most, and it's within your hands, more than what going to happen long-term.

Here's a welcoming hand,

Chaim

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Re: I hope to see progress

Posted by eerie - 26 Feb 2024 20:33

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Stick around, my friend. There are a lot of things to learn here. Keep posting!

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Re: I hope to see progress

Posted by yitzchokm - 11 Mar 2024 14:29

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How are you doing, buddy?

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Re: I hope to see progress

Posted by Daysarecoming - 12 Mar 2024 01:30

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Still hard

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Re: I hope to see progress

Posted by yitzchokm - 12 Mar 2024 07:15

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Understood. It will eventually get easier but for now keep on trucking, one day at a time. It takes time and experience to learn the ropes that are needed in order to build a comprehensive plan to overcome this struggle. Feel free to reach out to people privately or to post whenever you feel there is what to gain. You may want to reach out to the main mentor Hashem Help Me. His email address is [michelgelnier@gmail.com](mailto:michelgelnier@gmail.com). You can also reach out to him in private messages. I suggest that you regularly read "The Battle of the Generation" and do the Flight to Freedom program. I couldn't have broken free without them. Here is the link to the ebook: <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation> Rooting for you.

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