

Jewizard21's Journey

Posted by jewizard21 - 21 Apr 2024 21:24

I don't know where to begin and my hands are kind of trembling while typing this but I guess I just have to start.

I am 21 and my problems with P&M since 12. I think I had urges and fantasies from around age 5 or 6 even though I didn't know what it was or what I was doing.

I got a hold of a tablet for playing games and watching YouTube. Then one day I looked up pictures.

I remember shaking and needing to stand up and walk around, I believe I was in shock, but then I went right back and started looking. I eventually started looking at videos. (I wish I could travel back on time and slap myself in the face and break that tablet.)

Already at age 13/14 I noticed what I was doing was wrong but didn't really care. What was it doing to me or anyone else. I also used M to fall asleep.

I then started going to yeshiva. I didn't have access to P but I was thoroughly addicted to M as well at the time and I would go home once a month and "restock" on P. I remember waiting to hear the snoring of my roommates so I could M. Others in my yeshiva also did P and M and talked as if it were normal. I thought to myself that I will stop when im a senior.

In the summer of 10th grade I went to Israel. I was clean for 5 weeks. Up until then I was doing M atleast once a day. I then thought to myself once back from Israel that I could just wait till I went to bais medresh in Israel to be clean and ill do all the P and M I want till then.

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Re: Jewizard21's Journey

Posted by lamaazavtuni - 05 Mar 2025 23:01

Beautiful!!! Klur !!!!!!! and inspiring!!!!

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Re: Jewizard21's Journey

Posted by jewizard21 - 05 Mar 2025 23:51

Just adding that when I see a jewish woman it is a different thought process than when I see someone that is non-jewish. Of course I am not saying that I linger or look back but I am saying that them being a jewish person adds more meaning to seeing them. Maybe this is because I am used to not seeing jews everywhere but I am sure others also feel an extra connection when seeing another jew. There is a difference of thought process when seeing a jewish woman that is married from what I can tell versus a jewish woman that is single and probably around my age.

When I see a married jewish woman I say to myself "I hope she is happy and that her husband is/has/will developed skills with regards to this nisoyon so that they can have a truly happy marriage"

and for a single woman its a bit different because there's that added edge of unrealistic "is she the one". The way I try to go about this is to tell myself that "not every jewish woman that's single is your age is 'the one' so don't look/look back" and then "I hope the person she marries is/has/will develop the skills with regards to this nisoyon so that they can have a truly happy marriage"

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Re: Jewizard21's Journey
Posted by jewizard21 - 17 Mar 2025 19:28

Hashem loves me!

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Re: Jewizard21's Journey
Posted by lamaazavtuni - 17 Mar 2025 19:35

Old hock !!! Happy you realized

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If I am crazy, let me know
Re: Jewizard21's Journey

Posted by jewizard21 - 19 Mar 2025 16:57

One of those days that start slow and you just push off things that need to be done. Lots of stress rn and a bunch of anxiety. I feel my head and eyes want to lower their guard and just look at everything, but Im not letting that happen and if it does Ill make sure that I move on.

This week has been the epitome of One Day At A Time. Had some real highs, lows, anxiety, stress, fun, enjoyment... all on different days and all unexpected. I hope the rest of my day goes better than start and I hope tomorrow will be better than today although I cant change what happens tomorrow so I will focus on today.

Keep on Trucking, One Day At A Time!!

Also will hopefully start shidduchim in the near future and am so happy that I am at this stage of my journey with this nisoyon while entering this next chapter of life, Thank you to everyone that reads and posts and gives me encouragement to keep moving forward.

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Re: Jewizard21's Journey

Posted by jewizard21 - 31 Mar 2025 20:04

I am having a really tuff time right now. Baruch Hashem no urges but I am definitely in a vulnerable mental state. I'll be on watch.

One Day At A Time, today is a hard day but I'll make it

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Re: Jewizard21's Journey

Posted by jewizard21 - 01 Apr 2025 15:58

Baruch Hashem I'm in a better mindset today. Still have a lot to do in a short amount of time.

One Day At A Time!!

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Re: Jewizard21's Journey

Posted by jewizard21 - 06 Apr 2025 20:17

I am getting really worn down right now. Totally exhausted and I am struggling with motivation. I am still doing what I need to do but I wish I could just take a break from outside responsibility right now and focus on myself. This is causing me to be more lax with regards to where I am looking and also I noticed an uptake in my brain creating fantasies. Baruch Hashem no where near as many as I used to have but more than the past few months.

Also on another happier note, 1 year clean of masturbation is 2nd day on yom tov. Its been an amazing year taken one day at a time. One major lesson that I would say I have learned and am still learning is how much I don't need porn and masturbation during times of stress, anxiety, and loneliness. This year has been the most strenuous in my life but also the most fulfilling due to getting through things without going towards porn and masturbation.

I just hope that things get easier but from what I can tell it wont for a while. Baruch Hashem there is a purpose, but having a purpose doesn't make things easy, just a bit more meaningful.

Keep on Trucking, One Day At A Time!!

Im tired, overwhelmed, stressed, and feel unappreciated for my efforts in what I do

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Re: Jewizard21's Journey

Posted by iwantlife - 06 Apr 2025 21:45

Dude. While I CAN'T help you with 'tired' or 'overwhelmed' or 'stressed', at least not directly, I CAN tell you that your efforts are VERY much appreciated here. Your tireless and dogged determination are huge inspiration to me and I'm sure to many others on this forum. Keep it up, wizard!!

With admiration,

iwantlife

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Re: Jewizard21's Journey

Posted by hishtadlus123 - 06 Apr 2025 21:56

WOW. Jew wizard you mamesh are the real wizard here. You are doing so well - reading your thread provides me with the chizuk I need to keep on going. You are an inspiration for all of us. It is not for me to give advise to someone like you who has been going strong and battling hard for a year already, but try to imagine the joy you are giving the RSO right now. Ik that during the down times when we feel tired, lonely and angry it is easy to let out guard down, but we are rooting for you. You got this wizard!!!

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Re: Jewizard21's Journey

Posted by odyossefchai - 07 Apr 2025 02:52

Holy moly a year.

Inspirational to us all.

And yeah, maybe look at yourself now compared to a year ago and give yourself a gezunte thwack on the back

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Re: Jewizard21's Journey

Posted by jewizard21 - 08 Apr 2025 20:16

This morning, I was tired and exhausted and on my way to the subway. I see someone cross onto the sidewalk in front of me. She was very attractive but not in a sexual way, but an attractive way if that makes sense. I think I now feel this pull to look more out of a sense of longing to start a deep relationship with my wife than out of lust. I didn't want it to change to me looking at her in a sexual way, so I made sure not to linger or to look back even though she was still in my peripheral vision. Turns out she was headed the same direction I was, and I really wanted to just look again, but not for sexual reasons. Luckily, I had enough willpower not to look and to even cross the street early and then pass her on the way to the subway and make sure that I was on a different side of the platform.

Today is hard, and it's getting harder. Things aren't working out - Like coffee spilling - and deadlines are converging. I wish I had some support in my life and in my values that I feel like I alone in my direct life am upholding, but unfortunately, I don't think most people can ever understand my situation unless they've gone through it themselves. It's not like life is bad, Baruch Hashem life is amazing. Its just that at times it is extremely difficult to the point that I wonder if my efforts are even going towards an end goal or if they're just being wasted and there will be no results. I wish I had a glimpse of the future to see what I am working towards as opposed to shooting in the dark and hoping for the best. Times like these make me question if I should have just chosen an easier path in life. Fortunately, Hashem has given me the strength and intellect to get to this point, and I believe even farther.

(As I am typing this, people are walking by, and I am making sure not to look)

I hope today gets better!

Keep on Trucking, One Day At A Time!!

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Re: Jewizard21's Journey

Posted by jewizard21 - 11 Apr 2025 20:03

Just remembering about how this time of year is very difficult for singles that have siblings and friends that are married. Expescially older singles with younger siblings married. I hope the loneliness doesn't hit as hard this time.

Have a great shabbos and a great pesach everyone!!

Keep on Trucking, One Day At A Time!!

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Re: Jewizard21's Journey

Posted by jewizard21 - 16 Apr 2025 23:10

I'm not sure why but today I have been getting some stronger urges than usual. No triggers needed, just getting urges. Could be because I am on break and am pushing off the work I am supposed to be doing.

Baruch Hashem loneliness isn't hitting hard after seeing married friends and family. I think this is because of my decision to start shidduchim soon and knowing that Bezras Hashem I am not too far away from finding my wife, and building a deep emotional relationship, all the bumps included but hopefully not alot.

Also just a side note, I am officially over one year free of masturbation.

366 days of no masturbation

about 470 days of no pornography

One Day At A Time!!

My main motivators are:

1) To have the ability to have a deep and intimate relationship with my future wife.

If you are new here you may think that marriage is a cure all or that married men have it

easier than us singles. Ill try to explain my way I think about this because its not so simple.

Warning: Spoiler!

First, what is sex? We are given a false perception of what sex really is from the porn industry. Sex is actually a very kadosh thing. It is one of the deepest and most intimate acts that can take place in the world. Sex is not wrong, but it can be used and done in a twisted and wrong way. Using porn or even using our wives in a "mutar" way to fill our pleasure is definitely not the right thing. To use ones wife to solely fill their own pleasure is to treat her like an object that is only meant for sex. So again if its not solely for our pleasure then what is it? It is the culmination of love that we have for our wives on a day to day basis, and love is created by intimacy.

Intimacy is our day to day interactions we have with our wives, the small gestures of love that have nothing to do with sex and all to do with being a part of a team. Two people that come together and create a deep and meaningful connection. This connection creates a desire to be close with this person, and in turn sex in marriage is the culmination of this closeness. It is the sole most selfless and trusting act of a woman to be with her husband. It is a treasure that should not be taken and used in a corrupted way. It should be used as a way to give and show your appreciation, love, and trust. And from this comes a family.

Now you may say to yourself "What does it make the difference if I use it for my own pleasure?". Well, here's how detrimental it is. Women are usually way more emotionally in tune than men, and sex is a very different experience for them. This is where the porn industry thrive on giving us this false perception that women "enjoy" the terrible things done to them, and really these people are high and miserable. Just like how the Hollywood actors are known to be miserable, the porn industry is worse. It debases them and takes away their humanity. It corrupts reality.

Also if a man is using porn and other forms of lust then they have issues with how they deal with their emotions and also how they interact in their relationships with their friends, family, and really anyone. We tend to find porn and masturbation as a sort of comfort or numbing from our emotions. This numbs our senses and makes things easier to deal with in the moment. The problem with this is that it hasn't dealt with the cause of these emotions, like stress, anxiety, depression...etc. It only held them off until the next time, only the next time will be worse and need a higher dose of numbing to cope because nothing is dealt with but everything is still

there. This is the familiar cycle of lust.

Now what does that have to do with how we interact in our relationships? Well I am sure you know the feeling of fear of being found out, maybe lack of self worth for feeling like a fraud, the terrible feeling of knowing what you do is wrong yet still going after it because you have no control, and the many more things we feel and know. These things cause us to live two lives or how I like to phrase it as two half lives. We can't live fully as our true self because we feel all these things, and in our relationships we know this and it causes us to not invest ourselves in others. We know that if the other person truly knew what we did that they would never look at us the same way again or never look at us again at all. We can't be invested in our relationships because we don't think we deserve to, we are trying to protect the other person from who we think we truly are, we keep ourselves private so that they can never find out what lurks inside. The way we live in reality blocks us from truly living.

A woman will intuitively know that her husband is not there with them on the emotional level that they need and this will cause a rift in the husbands and wives intimate relationship. This rift may not be noticeable to a husband that is deep addicted to lust and using his wife because he may not be as emotionally in tune. But this will definitely be noticed by the wife on a base level. This rift is also noticed by children because they need that connection from their father even if they don't show it. To be there truly for one's child is the biggest gift in the whole world for a child, and being stuck in lust causes us to be distant.

And that is my second motivator:

2) To be the best father that I can be for my future family.

3) Being in control of my mind

This past year and really the past 470+ days have been the most rigorous and difficult of my life. But they've also been the most fulfilling because I have learnt that life is way more enjoyable as a whole without porn and masturbation. The fact that I am in control of myself makes life so much better. There's no more of the cycle of an unbearable emotion, porn, masturbation, instant pleasure, regret, shame, guilt... etc. There's no more of the brain being clogged by fantasies all the time (there are still the occasional fantasy, but with time, they are easier to deal with). I can walk down the street and not be looking everywhere and fantasizing all the time. I can have a normal conversation with a woman without having to force myself to be in control because I already am.

4) Respecting a fellow human (deobjectifying)

Women are people too. When we fantasize about them then that takes away their humanity and turns them into an object for our pleasure. The classic counter to this is that "they already disrespect/deobjectify themselves so why should I respect them or not objectify them?". This way of thinking is flawed. Its basically saying "If that person is robbing and killing, then why shouldn't I". Why would you want to degrade yourself to that level? Do you have no self respect?

Another approach to this which is along the same lines is that our goal may not be to respect/deobjectify those people, but the only way for us to change for the people that matter, like our wives, daughters, mothers, and sisters, is to respect/deobjectify the people that don't seem to respect or try to deobjectify themselves.

Also, I believe that most women cant grasp this struggle that men have, so giving them the benefit of the doubt, we can't blame them for our problems. Blaming others for our problems, even if they aren't making it easier, just makes it harder for us to solve the issue and live peacefully.

5) Life is so much better

Over time the urges arent as common, fantasies dont pop up all the time, and we start to live as our true selves, not the half lives we were living before.

Theres way more to say and way more to explain. If anyone has problems or questions about what I have said please let me know. The only way I have come to these conclusions and thoughts is by talking with people like HHM and Dov, listening to Dov's talks in the GYE audio library, talking with other GYE members via chat system or on the forum, and most importantly by fighting this challenge One Day At A Time with Hashems help.

Each Day is a different challenge that we cant know how it will be. We can only prepare ourselves for the future by focusing on bettering ourselves in the present. Kinda like a 3 day

Jokes aside, it takes each day one at a time.

Keep on Trucking, One Day At A Time!!

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