

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.

=====
====

Re: Me

Posted by jewizard21 - 25 Aug 2024 21:28

Baruch Hashem the initial changes in my life have started.

That other day when I was feeling anxious I decided to blast music in my ears and get things started, after that I listened to a talk in Dovs audio library which helped me focus myself.

Unfortunately the changes in my life put me in a way less snious environment but that's to be expected once leaving yeshiva and would have happened eventually bc I am not the type to learn in kollel. B'H I have gathered tools from GYE and reinforced myself before leaving in order to overcome the increased exposure.

It's an amazing feeling of being out in the world, walking down the street and taking control of the moment as much as possible.

One Day At A Time on the path to a better me each day, to having control of my thoughts, shmiras einayim, and not objectifying women in order to treat them as humans.

=====
=====

Re: Me
Posted by jewizard21 - 09 Sep 2024 04:34

A Wet Dream:

Last night I recall waking up in the middle of the night to notice I was emitting zera(semen). I am not counting this as a fall bc I woke up and fell back asleep without doing anything to provoke this incident.

You may disagree with this but I don't believe I had any control over what happened. It was my subconscious acting up again after many months. I cant control my subconscious, I can only try to influence my consious in order so that my subconscious is less "tainted".

I believe that I am currently doing everything in my power to stay clean with shmiras einayim and not masturbating/fantasizing. This is all I can do. I can't control yesterday, I can't control tomorrow, and I can't control my subconscious.

ODAAT- One Day At A Time

Thank you for reading and please let me know if my outlook on this "incident" is incorrect and how I should perhaps do better to control my subconscious if that is even possible instantaneously. Bc from my experience it takes time and nobody is perfect!!

=====
=====

Re: Me
Posted by Hashem Help Me - 09 Sep 2024 11:21

If one was not lusting heavily during the day, then a wet dream is completely not his fault.

In addition, guys who are breaking free often experience wet dreams as a result of their subconscious desperately wanting the "fix" it used to be provided with on a regular basis. So actually, it is good news when one has a wet dream "out of the blue". It is basically the subconscious' way of letting you know that it realizes that you have consciously decided to stop **for real**.

And don't worry - eventually the subconscious is "*nichna*" to the conscious mind and these wet dreams will iyh diminish greatly and possibly stop completely. Continued hatzlocha buddy!

=====
====

Re: Me
Posted by jewizard21 - 16 Sep 2024 01:34

Feeling tired, drained, and kinda lonely right now. Hope that a good night sleep rejuvenates me for the week.

I have kept up my shmiras einayim, but i can tell that my brain just wants to stop for a second and just look wherever whenever and not even just for lusts sake but just to not have to be in control for a second bc I'm exhausted.

I love how much I have accomplished so I won't just let myself do the wrong thing but that doesn't stop the thoughts from saying it's hard to keep going.

I cant wait to be ready for shidduchim and find my basheret so i dont have to feel as lonely. I know its not a cure all but its better than being surrounded by people that are moving on, or already have families. Regardless, I'm not ready for that yet for a multitude of reasons, and for once in my life I think that I have made enough progress in shmiras einayim amd shmiras habris to say that this is not one of the reasons I wouldn't allow myself to start shidduchim. Ppl will argue that this nisoyon isn't nesicarily a reason to not date, but I would argue that for me personally I would not have been comfortable starting a relationship while having a 2nd hidden life.

Thank you for reading my ramblings,

Keep on Trucking, One Day At A Time!!

=====
=====

Re: Me

Posted by chosemyshem - 16 Sep 2024 13:24

[jewizard21 wrote on 16 Sep 2024 01:34:](#)

Feeling tiered, drained, and kinda lonely right now. Hope that a good night sleep rejuvenates me for the week.

I have kept up my shmiras einayim, but i can tell that my brain just wants to stop for a second and just look wherever whenever and not even just for lusts sake but just to not have to be in control for a second bc I'm exhausted.

I love how much I have accomplished so I won't just let myself do the wrong thing but that doesn't stop the thoughts from saying it's hard to keep going.

I cant wait to be ready for shidduchim and find my basheret so i dont have to feel as lonely. I know its not a cure all but its better than being surrounded by people that are moving on, or already have families.

Hope you are feeling better after a good night's sleep! Loved this post, especially the bolded sentiment. Keep on crushing it!

And getting married is not a cure all but it is a fantastic cure for loneliness - if you put in the work. Someone wise actually once told me as kind of a self-diagnosis for starting shidduchim is to ask yourself if you feel lonely even when you're with the guys. Take it or leave it.

=====
=====

Re: Me

Posted by jewizard21 - 16 Sep 2024 14:44

Thank you

=====
=====

Re: Me

Posted by Hashem Help Me - 17 Sep 2024 11:36

[jewizard21 wrote on 16 Sep 2024 01:34:](#)

I cant wait to be ready for shidduchim and find my basheret so i dont have to feel as lonely. I know its not a cure all but its better than being surrounded by people that are moving on, or already have families. Regardless, I'm not ready for that yet for a multitude of reasons, and for once in my life I think that I have made enough progress in shmiras einayim amd shmiras habris to say that this is not one of the reasons I wouldn't allow myself to start shidduchim. Ppl will argue that this nisoyon isn't nesicarily a reason to not date, but I would argue that for me personally I would not have been comfortable starting a relationship while having a 2nd hidden life.

Being lonely is definitely one of the signs that one should look to get married. That being said, one who is still actively viewing pornography cannot start shiduchim unless he plans on telling the girl he is meeting that he has this challenge (which will scare away the vast majority of girls). You wrote correctly that one should not be comfortable starting a relationship while having a 2nd hidden life. That is true - and is true about many challenges a fellow may have (drugs, alcohol, serious health or emotional issues, etc.). Regarding this particular subject there is an added major point - this hidden life is a direct threat to a girl. Almost all women consider pornography viewing as being cheated on and betrayed - to the extent that many of them do not differentiate between computer viewing and live viewing or actual znus. So yes, you are wise to have waited until now. In addition, it is extremely important to discuss during the dating process your dreams for having a safe and nurturing home for your future children and yourself - where the technology challenge is dealt with seriously and responsibly - understanding that "in my future home my dream is to do whatever it takes that my home be protected, geshmak, and

healthy. I do not view this as fanaticism - it is basic kashrus and common sense".

=====
=====

Re: Me
Posted by jewizard21 - 17 Sep 2024 16:00

I am aware of all of these points and I hope that those that are not take these points seriously.

I am very fortunate to not have watched porn since last November 25th due to a filter and proper shmira. I have also not masturbated since April 15th with ODAAT- One Day At A Time.

Even though it's been many months and will bezras Hashem be many more when I start dating, I am still considering telling the one I believe will be my wife. Of course this is a delicate topic and must be evaluated case by case but I believe that a true intimate relationship cannot exist if I am keeping this a secret.

What scares me is both the fact that she may tell others and the point you made that it will scare off many girls.

I will definitely have to discuss this more when it is actually relevant for me and will discuss this with a Rav I trust in these matters, and Dov if he's available.

But for now the main reasons I cannot start is more due to parnasa which I am in the process of securing. If being lonely was the only indicator that I should start dating then I could have started a few years ago lol, but that's not the case.

Keep on Trucking, One Day At A Time!!!

=====
=====

Re: Me
Posted by jewizard21 - 06 Oct 2024 01:25

What did you all daven about on Rosh Hashana?

I don't think I asked for a year of being clean. I tried to focus on the meaning of the words which are focusing on Hashem and hoped through that I will have forgiveness through me being better that I was.

This is the first time that I can look back and definitively say that I sinned less than last year. It's amazing. I feel as if that person that was watching porn and relying on the release of masturbation didn't really exist. Is this just me lying to myself, am I moving on? I dont know what to say but Baruch Hashem I am in a much better place than last year and I cant wait to see how this next year will turn out with all the progress I have made.

Keep on Trucking, One Day At A Time!!

=====
=====

Re: Me
Posted by odyossefchai - 06 Oct 2024 04:36

Same same

I got to Rosh Hashanah over 30 days clean which is a huge achievement for me.

I was able to concentrate a bit on actual RH stuff and not feel guilty like I usually do.

I also find aseres yeme teshuva extremely difficult. I'm the past, I would stop for RH and then white knuckle a few days and never make it to YK. BH this year I feel I can do it.

=====
=====

Re: Me
Posted by BenHashemBH - 06 Oct 2024 11:15

[jewizard21 wrote on 06 Oct 2024 01:25:](#)

What did you all daven about on Rosh Hashana?

I don't think I asked for a year of being clean. I tried to focus on the meaning of the words which are focusing on Hashem and hoped through that I will have forgiveness through me being better that I was.

This is the first time that I can look back and definitively say that I sinned less than last year.

It's amazing. I feel as if that person that was watching porn and relying on the release of masturbation didn't really exist. Is this just me lying to myself, am I moving on? I dont know what to say but Baruch Hashem I am in a much better place than last year and I cant wait to see how this next year will turn out with all the progress I have made.

Keep on Trucking, One Day At A Time!!

A gut yur Brother,

???? ??????? ?????????????? ?????????? ?????????? ?????????? ?????????? ?????????????????

Was thinking a lot about ?????? ?????????????????? ?????? ??????

Besides the YH, no one is really plotting evil against me . . . except sometimes (usually?) me. How often am I the one getting in my own way? I davened for clarity in making my life choices and decisions.

Also

?????? ?????????????????????? ?????????? ????????

What vain and empty things in my life am I ascribing great value to? Can I stop worshipping my own ego?

We will continue saying this whole week: ?????? ?????? ??????. For Your sake. But the level of ????? is so far beyond me. I need ulterior motives - and that is ok, but don't lose sight of the objective. Don't forget that this isn't really about me and what I want. Correcting my behaviors is a step in the *teshuvah* process, not the end. The goal is a relationship with the *Ribono Shel Olam*. Literally returning to Him. All the things that **I** want and **my** life, even the best and most holy things, if it's all about **me**, then I'm really missing the boat. Hashem please help me that the things that I'm doing and trying to do should ultimately be for the sake of bringing me closer to You.

Gmar ch'sima tova to you and everyone

=====
=====

Re: Me

Posted by chosemyshem - 06 Oct 2024 17:39

[odyossefchai wrote on 06 Oct 2024 04:36:](#)

Same same

I got to Rosh Hashanah over 30 days clean which is a huge achievement for me.

I was able to concentrate a bit on actual RH stuff and not feel guilty like I usually do.

I also find aseres yeme teshuva extremely difficult. I'm the past, I would stop for RH and then white knuckle a few days and never make it to YK. BH this year I feel I can do it.

I'm in a similar boat.

It's interesting though. I feel like I was lacking a certain fear-fueled intensity in my Rosh Hashana davening this year that is usually present. I guess starting to feel like G-d is not going to put me down like a rabid dog for masturbating and that it's actually possible to change isn't great for motivation?

(v'ayin Dov's nuclear reset button post.)

=====
=====

Re: Me

Posted by jewizard21 - 27 Oct 2024 05:28

I had a great but exhausting Yom Tov. One thing though is that I have married family and friends which are also in town for Yom Tov which I'm very happy for but it's a constant reminder that I am single. Now I have to return to my lonely single life and I won't be starting shidduchim any time soon.

How do you all deal with loneliness? I'm trying to tell myself that I'm working on myself to be the best husband I can be (working on myself in this area and others) but that doesn't chase the feeling that I'm wasting time when I could be with my wife. I'm 22 but have been feeling the distinct loneliness of missing my other half for a few years.

There's also the parnasa part which is a work in progress.

On another note, an unexpected guest showed up to a meal that was definitely not tznius. I did not look in her direction except to make eye contact and say hello. I asked Hashem to please make it a bit colder outside so that she would put a sweater on in the succah and BH that's exactly what happened.

Also by Simcha Torah I made a consious effort to not look at the women section even if it's "just to see if my family arrived yet". I wasn't perfect but definitely only glanced for a second and did not linger.

Keep on Trucking, One Day At A Time!!

=====
=====

Re: Me

Posted by jewizard21 - 05 Nov 2024 21:15

Just a general update. Im at over 200 days according to the GYE counter. I don't pay attention bc I take it One Day At A Time and clean streaks don't matter only overall cleanliness.

Life feels more free and manageable than with Porn or Masturbation. BH its going well and Im working on everyday shmiras einayim.

Remember Porn and Masturbation are not the solution to our problems, in the end they make the stress, anxiety, depression, loneliness, etc.. worse.

Keep on Trucking, One Day At A Time!!

=====
=====