

My ENTIRE story

Posted by Muttel - 10 May 2024 18:05

I've just joined and would love to share my story to get support from this amazing platform. I grew up pretty sheltered and innocent. When I was 12 (26 years ago) a friend invited me and brought me to his basement and promptly showed me a nude photo (no real porn vids in those days and it took time for pix to load). I succumbed and it would be a 3x weekly trip to his basement. Of course mutual hj's and bj's followed until I finished elementary school. This went on and off until I entered shidduchim when I stopped - thinking I was done for life. Enter Covid. After being clean of P&M and shmiras einayim for 12 years I stumbled during covid. Porn, phone sex, shmiras habris everything one can do without a partner.

Though happily married, I couldn't stop.

I visited a therapist and it helped for a bit but any device I encountered was dangerous. I filtered computers and phones. Recently I moved into a new office and a non filter able screen was there. BH I cut the internet chord 2 days ago. Yesterday I stumbled into 800 numbers and BH was motivated to sign up to GYE. So embarrassing and I shudder to think of my trial upstairs.....

I'm sharing this with the hope my expressing myself will lead to my keeping my commitment to being here going.

gut shabbos!

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Re: My ENTIRE story

Posted by yiftach - 24 Jun 2024 06:35

[Muttel wrote on 23 Jun 2024 15:27:](#)

To my dearest GYE friends,

I'd like to broach a new topic with the Olam. I've mentioned that after my wedding, I was porn/masturbation free (I've stopped saying clean - because I don't think I was) until COVID19- when I fell with a work laptop my wife brought home that wasn't filtered. There's something else that resumed then as well - a bit embarrassing - and I'd like to get the Olam's take if possible.

That is the following of sports (not as inappropriate web use as porn but...). I'd found better things to occupy my time with during that 12-year span (even more - about 15-18 years) - ????, ?????, ????"?... and hadn't a clue who was playing for the yankees, giants, rangers, or knicks (I was a super avid fan in my pre-teen - young teen years).

When I fell into P&M, I also began following sports, albeit primarily baseball and not as closely as in my younger years. In my current ????? in HHM's program - where I can't fantasize about women - if a thought or sight comes to mind, I immediately shift to thinking of baseball players.

I'm looking to rid myself of following sports completely - but am hesitant to do so for the following 2 reasons 1) I'm scared it'll be too much for me and cause me to relapse into my lustful behavior. 2) I need something to replace sports with as my distraction from lustful thoughts.

I'm looking for feedback from the Olam in regard to both concerns. All responses would be greatly appreciated!!!!

I remain,

Muttel

Why is it that your break of watching sports ended when you began watching porn again?! Maybe has somewhat to do with our conversation, albeit on a lesser degree?!

If yeah, then strengthening your commitment to kedusha will automatically cause your need to watch sports to evaporate. I never followed sports too intensely, but began following more when I was watching porn. As I let go of porn, the rest fell into place.

Let it happen by itself, why push urself to a corner?!

- Yiftach'l

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Re: My ENTIRE story

Posted by Muttel - 24 Jun 2024 08:28

[yiftach wrote on 24 Jun 2024 06:35:](#)

Why is it that your break of watching sports ended when you began watching porn again?!
Maybe has somewhat to do with our conversation, albeit on a lesser degree?!

If yeah, then strengthening your commitment to kedusha will automatically cause your need to watch sports to evaporate. I never followed sports too intensely, but began following more when I was watching porn. As I let go of porn, the rest fell into place.

Let it happen by itself, why push urself to a corner?!

- Yiftach'l

This response really got me thinking. I do believe that sports provides - *for me* - some release somewhat similar to what porn provides, albeit on a *much* lesser scale in a way that's obviously not assur (maybe I'm being medameh too much - domeh ledomeh). That being said, Yiftach, asssuming I understood you properly, your point is brilliant. It's not just that I should wait until my footing is more firmly entrenched in Kedusha to make a move to drop sports. Rather, given that they seem to be sourced from the same cause, *as soon as my level of kedusha increases sufficiently, it will slip away on its own*.

I love this point, and will carry on following the Yankees this season - and look forward to gaining from everyone's support to continue monstah trucking up the kedusha mountain - until the day this slips away of its own accord!!

As an aside, I read HHM's thread in the BB forum last night, and gained tremendous chizuk. I saw how when he hit 50 days or so, he felt like he'd made great strides and developed hasagos to be clean for life. When I texted him last night that I was clean and looked forward to getting 90 days clean, he responded by saying "looking forward to a lifetime".

so just a shout out to Reb HHM for being the amazing support he is, and to all of you here at GYE that have enabled me to get this far...

My wishes that we should all shteig together in kedusha and other inyanim too, and collectively be zoche to reach zeniths of aliya until we heard the grandest of blasts, amen!

Muttel

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Re: My ENTIRE story

Posted by yiftach - 24 Jun 2024 10:33

[Muttel wrote on 24 Jun 2024 08:28:](#)

This response really got me thinking. I do believe that sports provides - *for me* - some release somewhat similar to what porn provides, albeit on a *much* lesser scale in a way that's obviously not assur

Exactly my point! What was with this release until now?! I guess when you're in driving mode you're not in reverse.

P.S. Not that following sports is necessarily reverse, it's just something that you don't want/need for your aliya (at least that's what I understood from your original post).

Continued aliya!

- Yiftach'l

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Re: My ENTIRE story

Posted by SHER - 24 Jun 2024 11:44

I see the same thing with me

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Re: My ENTIRE story

Posted by Muttel - 24 Jun 2024 13:12

[SHER wrote on 24 Jun 2024 11:44:](#)

I see the same thing with me

I see you're new here, welcome! This is the best place to get support in this battle that bonds us and to learn the tools that save us! Stick around, learn the ropes, and see the tremendous resources available here that can Be"H send you soaring!

Muttel

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Re: My ENTIRE story

Posted by SHER - 24 Jun 2024 13:45

thanks r' muttel!

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Re: My ENTIRE story

Posted by Muttel - 25 Jun 2024 08:28

Just wanted to share something that happened to me with the Olam, ***and would love to hear feedback.***

Last night, I had a massively sinking feeling; *I had fallen!!* I thought to myself: *how am I going to face everyone here? How can I let everyone down? I must be honest and blast it out to everyone, move on and get started with day one!*

Then I realized.... It was a dream (NOT a wet one bh and not even where the falling was part of it, just the knowledge that I fell)! So, I'm just wondering if anyone has experience with this notion, given I'm around the 50 day mark (48), wondering if this is something others have experienced. Or maybe it's just another "nightmare" like any other?

Just wondering.....

Muttel

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Re: My ENTIRE story

Posted by yiftach - 25 Jun 2024 09:06

[Muttel wrote on 25 Jun 2024 08:28:](#)

Just wanted to share something that happened to me with the Olam, ***and would love to hear feedback.***

Last night, I had a massively sinking feeling; *I had fallen!!* I thought to myself: *how am I going to face everyone here? How can I let everyone down? I must be honest and blast it out to everyone, move on and get started with day one!*

Then I realized.... It was a dream! So, I'm just wondering if anyone has experience with this notion, given I'm around the 50 day mark (48), wondering if this is something others have experienced. Or maybe it's just another "nightmare" like any other?

Just wondering.....

Muttel

Been there.

One of the YHs greatest tactics. It's on us to prove him that it doesn't work.

Hatzlacha

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Re: My ENTIRE story

Posted by cande - 25 Jun 2024 11:29

yeah, so looks like the ??? ??? is done with the sports thingy,

and now ***dreaming up*** somethin' else to drive you crazy about.

will be ????,

stay safe, love you.

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Re: My ENTIRE story

Posted by redfaced - 25 Jun 2024 12:08

[Muttel wrote on 25 Jun 2024 08:28:](#)

Just wanted to share something that happened to me with the Olam, ***and would love to hear feedback.***

Last night, I had a massively sinking feeling; *I had fallen!!* I thought to myself: *how am I going to*

face everyone here? How can I let everyone down? I must be honest and blast it out to everyone, move on and get started with day one!

Then I realized.... It was a dream! So, I'm just wondering if anyone has experience with this notion, given I'm around the 50 day mark (48), wondering if this is something others have experienced. Or maybe it's just another "nightmare" like any other?

Just wondering.....

Muttel

YH is starting to get nervous, that he's losing you for good. He own your subconscious still - and desperately wants to lower your morale to get you to fall. I like the fact that even in the dream you knew there was accountability & honesty.

Sucks for him, cuz you ain't going nowhere but up

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Re: My ENTIRE story

Posted by richtig - 25 Jun 2024 13:04

You may also think of this as a natural response to making great strides in changing something which has been a part of you all these years, and doing it with great ado, too. Simple response. Maybe yetzer hara, maybe a part of yourself reacting; actions change faster than our dark insides (and this stuff with it's attendant fears, shame and loneliness lodged themselves pretty deeply in).

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Re: My ENTIRE story

Posted by jewizard21 - 25 Jun 2024 14:55

I don't usually remember my dreams but in the process of becoming clean I sometimes experience one's like you described. BH the more recent ones are of me stopping in moments

of clarity. It's all part of the process.

I think its part of the subconscious that is now revealing itself and trying to influence us to go back to our old ways. Try not to focus on the dream bc in the end it's just a dream.

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Re: My ENTIRE story

Posted by amevakesh - 25 Jun 2024 15:05

Relax! I remember in the beginning of my journey, I had a similar dream that involved my accountability to HHM. I was going to fall, but then I thought about reporting back to him, so I refrained. All in the dream. Those dreams dissipate over time, and will become a thing of the past. KOMT!!!!

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Re: My ENTIRE story

Posted by Hashem Help Me - 25 Jun 2024 19:09

Dreams are expected as a "revolt" from the subconscious. Ignore them completely. You're a hero.

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