

My ENTIRE story

Posted by Muttel - 10 May 2024 18:05

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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 chosemyshem - 28 Jun 2024 18:13

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[Muttel wrote on 28 Jun 2024 18:11:](#)

I just completed a long post at the request of a Rebbi here, detailing the tips I've given others in a clear format. It got deleted! I've never had that happen to me!

Wondering if I shouldn't be posting it.....

Muttel

Long posts often get deleted when you try to post bc the page does something after awhile. Nothing to do with content. Safer to type elsewhere and copy paste.

I'd love to hear the "R Muttel shmooze"

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Re: My ENTIRE story

Posted by BenHashemBH - 28 Jun 2024 18:25

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You can also do a quick 'ctrl+C' before hitting the submit button. Just make sure to ctrl+C something else afterwards if you don't want it to stay on your clipboard.

Perhaps you will make a slight adjustment the 2nd time writing and Hashem want's that please don't be deterred.

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Re: My ENTIRE story

Posted by amevakesh - 28 Jun 2024 21:07

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[Muttel wrote on 28 Jun 2024 18:11:](#)

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Muttel

The Chofetz Chaim once sat down to write a letter. After he finished the inkwell tipped over and messed it up. He took out the quill again and rewrote it from scratch. When someone asked him, maybe it's a Siman from ' that you shouldn't be writing it, he said that it's ???? ??. A different time, he was trying to accomplish something else (I forgot what) and obstacles were coming up, so he took it as a Siman that he shouldn't go through with it. When someone asked him about the discrepancy of the 2 stories, and how he knows whether it's a Siman or ???? ??, he responded "? ???? ??????".

Muttel, if anyone's got a heart on this forum it's you. Please Please enlighten us. I'd guess that's it's ???? ??, but it's your call to make and I'll respect whatever it is. A Gutten Shabbos!

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Re: My ENTIRE story

Posted by jewizard21 - 28 Jun 2024 22:57

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Happened to me when writing my intro. Was kinda crazy bc I was posting for the first time.

I dont think it should be taken as a sign to not post

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Re: My ENTIRE story

Posted by Muttel - 30 Jun 2024 03:07

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[amevakesh wrote on 28 Jun 2024 21:07:](#)

[Muttel wrote on 28 Jun 2024 18:11:](#)

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Of course you're right.....

I'll get to work again tomorrow!

Muttel

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Re: My ENTIRE story

Posted by Muttel - 30 Jun 2024 16:14

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To all my GYE brothers,

Today is 53 for me. ??????? ??.

Staying on this path has engendered a feeling of walking through a ?? ??? ??????. It's been wondrous thanks to all of you!

Nonetheless, I feel the need to post today as I'm feeling a bit anxious/uneasy and could use the boost I get from the Olam when I post here.

I could use a word of Chizzuk from y'all if you have a moment to share one...

Wishing all of my brothers here a wonderful upwards climb towards true purity!!

KOMT!!!

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Re: My ENTIRE story

Posted by Muttel - 30 Jun 2024 17:58

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I really appreciate those that reached out, it's been super helpful!!

I'm in a much better spot now than 2 hours ago....

KOT!!

Muttel

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Re: My ENTIRE story

Posted by eerie - 30 Jun 2024 18:04

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Wow. I just read your last few posts. And then I saw the last one. WOW. What should I tell you, Muttel, we are truly blessed!!!

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Re: My ENTIRE story

Posted by Muttel - 30 Jun 2024 18:04

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I have something positive to share; I'm posting it in the hope that it gives someone some chizuk.

I posted at the beginning of my journey

([guardyoureyes.com/forum/19-Introduce-Yourself/413292-Re-I-Want-to-Help-Others](https://guardyoureyes.com/forum/19-Introduce-Yourself/413292-Re-I-Want-to-Help-Others)) about how I don't think I'll ever manage to hold myself back from falling with using an unfiltered device. Well, I found myself by one on Friday afternoon and the internal squeeze began immediately. The truth is, I don't really know, maybe it was filtered without my knowing, because I BH didn't try to find out!

I told myself "I don't want this! What will browsing get me!". Note the "I" moved from "I want porn" to "I don't want this"!

Much thanks to vehkam for pushing me to read TBOTG, clearly the catalyst for this paradigm shift.....

Here's wishing everyone else much long-term success in this lifelong battle!

Muttel

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Re: My ENTIRE story

Posted by eerie - 30 Jun 2024 18:07

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Still waiting for the rebbe shmooze. Personally, when I type a little of a longer post I copy it

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Re: My ENTIRE story

Posted by Muttel - 30 Jun 2024 18:18

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I was asked by a Rebbi here to post tips I've given our youth struggling with P&M activity. While there aren't chiddushim and what I say was largely learned from my conversations with and reading advice of others' here, nonetheless, ??? ??? ????? ??? ????? and my hope is that someone, somewhere, at some time may benefit from what I put here, ??? ????? ??? ?????.

I'd share 4 tips, 1 at a time, along with some ancillary information aimed to flesh out these concepts. Here goes:

1) **Communication and accountability.** The ??? ??? thrives on isolation and loneliness. One's belief that they're the only wicked, tortured soul struggling with the struggle of a lifetime, lust, creates a false image of engaging in dark, dirty behavior, simply by engaging with the struggle. What results is a vicious downwards cycle after masturbating: guilt, promises of "I'll never do it again" **borne of deep-seated guilt.** Given he's never worked on internally fighting the battle, following this "iron-clad" commitment comes struggle, trigger, loosening of the commitment, falling, guilt. and the cycle begins again. Communication with a Rebbi allows for several positive change to take place, facilitating real change.

a) Knowing that this is a common (super common!) struggle allows for one to understand his struggles don't define him and *he is a really good guy.... who struggles.* This is super critical to fighting the battle **from a place of strength.** For me personally, this was probably the greatest game changer.

b) Speaking to the Rebbi brings the issue to light, *itself a large part of the battle; once the light is shone on the struggle, the Yetzer Hora loses his edge of keeping us in the darkness.*

c) Staying accountable to the Rebbi is a massive tool to conquering the struggle, as it will instill in his consciousness - *to fall is not ?????, I need to tell Rebbi about it (it is critical that he understands his Rebbi won't look down on him if he falls - it will defeat the purpose and create an incentive to be dishonest).* Many times, we'd be able to avoid falling if we have a sensory perception that we need to repeat the fall, it will find a way back into our heads helping prevent a fall.

More to come IMYH.

Have a great day!

Muttel

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Re: My ENTIRE story

Posted by merryzebra74 - 30 Jun 2024 21:49

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You're advice from the trenches is very much appreciated! Chazak ve'ematz!

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Re: My ENTIRE story

Posted by amevakesh - 01 Jul 2024 00:05

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You now have a ??? in many Bochorim's '???? that they will have as a result of their ????? being properly guided in how to speak to them. !????? Looking forward to the next installment.

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Re: My ENTIRE story

Posted by Muttel - 04 Jul 2024 16:24

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OK, time for installment #2 in what guidance to provide Bochorim (and us?) in the challenge of porn and masturbation:

**2) A key to winning is cutting off urges and triggers.**

a) people embroiled in this mess often say: "I can stay clean for ten, twelve days.



After that, the pressure buildup of urge is too strong to resist, and I fall"! The scientific fact on the table is: one who abstains from ejaculates doesn't let out more sperm when the next ejaculate comes. As HHM puts it: "one who doesn't have sex for 8 weeks (e.g. after a baby) won't drown their wife with a gallon of sperm on mikveh night"! It's a fallacy produced by you know who (not the user! the damned Yetzer Hora) to cause us to feel like pressure cookers ready to explode! Just as one who has an urge to speak a juicy piece of loshon hora; if he were to go to sleep, he'd very likely see that urge pass. Here too, urges come and go. *It is crucial a talmid understands that the test is about getting past the current urge. Past or future urges play no role in his success nor in his mindset.* As we say on GYE: ODAAT (one day at a time)!

b) That being said, there is a reason why we burst like pressure cookers after 10-12 days. When we talk of the ability to stay clean for 10-12 days, our intention is remaining clean from porn and masturbation. *However, if one is constantly engaged in fantasizing or otherwise triggered, **that is not cleanliness!*** The fact that he is self-stimulating through thought or sight creates the pressure which causes him to pop after a short period of struggle....

c) when we are clean of triggers and maintain accountability/communication (as written on my last post), *there is no pressure buildup!* Urges do come. Our job is to deal with them, as will be expounded upon in a future post.

d) there are 3 forms of triggers.

I - visual

II - physical

III - in thought.

Our job is to avoid all 3. The first 2 are pretty self-explanatory albeit difficult to carry out. Steer clear of inappropriate sights and don't allow your hands to just make their way to your pants (if you know what I mean)...

We will deal in the next post with what to do when encountering something unavoidable, in addition to what to do when a fantasy hits (trigger number three).

Looking forward to posting our next segment!

Muttel

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