

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 proudyungerman - 05 Jun 2025 17:13

Another proof?

[chosemyshe wrote on 28 Mar 2025 18:12:](#)

Gotta say, I get a kick out of seeing this guy arguing with himself using his two accounts.
#RedfacedIsn'tReal #YouKnowWhoHeReallyIs

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Re: My ENTIRE story

Posted by Muttel - 10 Jun 2025 18:20

Day 399

I have quite an interesting post for today. I posted previously that I've had a difficult period of time trigger-wise recently.

Well, Sunday and yesterday I engaged in filter poking for the first time in 399 days... BH I didn't see anything and reached out to friends before it got further.

However, I learned quite a few things.

1) **I forgot what it's like to struggle.** It was a real reality check to what our struggling brothers go through on a regular basis. I ***thought*** I remembered what it's like, but I clearly did not. This is super critical given I speak to many....

2) **I don't want sympathy.** I guess everyone is different, but I just want reassurance I can bounce back and right the ship (BH I've gotten that from friends). Today, though I still have some poison in my system, has been a very productive day. I'd like to believe I'm back on track - time will tell.

3) **Even someone squeaky clean for so long can stumble.** I always knew this, but I've really absorbed it.

4) **Friends are the lifeline to breaking free.** Also, no chiddush there. However, I was surprised how hard it was to reach out - *especially because I've been clean for a while*. I can definitely sympathize more with guys who fall before reaching out....

All in all, it was a real learning experience....

Onwards, friends!!

With the utmost love for you all, and some newfound respect,

Muttel

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Re: My ENTIRE story

Posted by amevakesh - 10 Jun 2025 19:06

Muttel you are a inspiration to all of us. Nothing like a good, healthy reality check from the YH, to restore our feelings of humility and gratitude for the gift of living life the way it ought to be. Blazing in to 400 on fire he goes!!! KOMT!!!

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Re: My ENTIRE story

Posted by SisonYishecha - 10 Jun 2025 20:47

I am **not** offering sympathy.

Thanks for sharing

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Re: My ENTIRE story

Posted by Muttel - 17 Jun 2025 18:02

I know I'm not the only one that struggles with news/sports/ attachment. My trigger difficulties and subsequent filter-poking was a direct result of looking at non-Jewish news sites (not to endorse Jewish ones, but...).

I just want to express my thanks to a dear friend here for looping me into a partner agreement, holding me in check and helping me stay clean from non-Jewish news sites.

Thanks iwantlife!!!

Muttel

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Re: My ENTIRE story

Posted by justwannabefree - 19 Jun 2025 03:01

hi muttel I'm new to the forum but you know me you we got in contact around Purim time. I just wanna say that I've now gone through ninety percent of your thread and I'm really inspired by your fire and positive spirit and to be honest I'm not quick to be inspired. When I joined the forum I was doing it because logically I knew it was a good thing to do but the fighting spirit was gone from me , dead and burnt after too many falls coming even after big efforts. yet ill say that slowly since joining the forum and especially after reading your thread I feel like I am beginning to see signs of life, as if the old me from my better days is possibly not gone forever although I will say its still quite far away. I don't know exactly why but something about your journey makes me think lama neegara, there's no reason I cant turn myself back on also thanx so much your an inspiration and here's hoping this isn't just a temporary high from emotion (one of my biggest fears)

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Re: My ENTIRE story

Posted by Muttel - 19 Jun 2025 13:01

Thank you!

JWBF, your Neshama shines through and the yakrus you possess is inestimable. The kochos you've demonstrated with the gadlus of a Yid are breathtaking. You don't give up; you always rear back looking to shteig and grow.

The RBS"O should give you the strength and willpower to overcome this damned beast - forever.

With boundless brotherly love,

Muttel

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Re: My ENTIRE story

Posted by Muttel - 05 Aug 2025 13:37

Good Morning All,

I've been kind of dispirited the last while. I had way too many filter poking escapades that without a filter would've resulted in..... Thank to Iwantlife, I now have accountability to refrain from filter poking and recreational internet use (the last week or 2), but nonetheless I'm really not feeling inspired. I'm not complaining, just commenting.

Yesterdays' Vayimaen video really turned something on in me. I'm sitting and crying by my computer - full of hope, longing, and inspiration. Hope - for all of my struggling and lost brethren; I was there 456 days ago and sometimes feel like I'm back there..... Longing - I long to live all of my life with one goal in mind: ???? ?????? ?????? ?? ???... And inspiration - how motivating and helping one our brothers to get out of this struggle brings such ??? ??? to Hashem..... Helping someone see himself as a pure Yiddeshe Neshama instead of a disgusting human being.... I'm moved beyond words and don't have the means of expressing my feelings right now. Maybe later.....

Can someone post a link to yesterday's Vayimaen video? I don't know how to...

With deep, deep love for you all,

Muttel

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Re: My ENTIRE story

Posted by redfaced - 05 Aug 2025 15:46

www.torahanytime.com/lectures/385946

Re: My ENTIRE story

Posted by chancyhk - 05 Aug 2025 16:27

Holy Brother,

Thanks a million for posting about this.

I just watched it and it was incredible. I needed this.

Re: My ENTIRE story

Posted by alex94 - 05 Aug 2025 19:33

wow thanks so much

the emes is pure light

chazak venischazek!

Re: My ENTIRE story

Posted by diamondwithaflaw - 05 Aug 2025 19:57

Sruly Besser is always great. He really gets it and is always spot on. His video a few days ago about kids in camp was really good as well.

I too was crying while listening to the song. It's brilliant!

I'll also add that I thought Rabbi Farhi was great today. Short and really sweet.

Hatzlacha to all!

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