

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 richtig - 29 May 2024 13:36

This can sometimes be a very helpful strategy for staying out of trouble. **It's not a particularly religious cheshbon, it's just basic common sense! Don't do things that will torture yourself**, just keep your nose out of where it doesn't belong and you'll be fine.

My man

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Re: My ENTIRE story

Posted by chaimoigen - 29 May 2024 16:19

[youknowwho wrote on 29 May 2024 13:30:](#)

However, if one is no longer masturbating, why on earth would I choose to torture myself endlessly?

This can sometimes be a very helpful strategy for staying out of trouble. It's not a particularly religious cheshbon, it's just basic common sense! Don't do things that will torture yourself, just keep your nose out of where it doesn't belong and you'll be fine.

Makes good sense.

However, a pragmatic approach should also include a guy encouraging himself to take a close look at what ***makes him "Go Looking" to fall.***

Because sometimes we do. Sometimes, an honest and painful look back at the search history at the end of the night will show that we were really ***looking*** to end up falling from the night's beginning, just it took some dancing around near edge of the cliff until we slipped...

What precipitate that feeling, that feeling that pushed me in that direction? What planted the "itch" deep in my bones? What need do I have that unfulfilled that sometimes drives me to torture myself?

Awareness in this area can help a lot.

And even without dealing with the sometimes difficult, underlying issues, when a guy knows that “when I feel X I get itchy”, it helps to be careful to keep your nose clean then, careful not to choose this time to take a walk on the edge of the slip-n-slide....

Pragmatic, real stuff.

Tastes like living.

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Re: My ENTIRE story
Posted by Muttel - 29 May 2024 16:51

Thanks R' CO!

I want to just share a quick thought with the Olam as I hit my 3 weeks mark - a thought that may be mechazek others as it was me.

Chancy posted previously about the fact that I was clean for 12 years before falling during the Covid months. When I responded, dissecting myself and concluding that there chinks in my kedusha armor long before 2020, I was struck by the following: prior to 21 days ago (when I got onto GYE), my own view of myself as a disgusting good for nothing wouldn't have allowed for calm, honest self-dissection...

Only now, having worked hard the last 21 days and regained a positive self image of a man who cares and struggles, was it not even a bother for me to engage in dissecting myself.

A tremendous thanks goes to GYE and the malachim on this forum who are selflessly dedicated to holding my and other's hands throughout this journey. Besides the actual help to be cleaned from porn and the like, the healthy ability to relate to myself with some sense of objectivity is a

wonderous by product of this avoda!

I hope I'm clear in my point...

Muttel

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Re: My ENTIRE story

Posted by Bennyh - 29 May 2024 18:18

[youknowwho wrote on 29 May 2024 13:30:](#)

[chancy wrote on 28 May 2024 20:10:](#)

A Giten Tug Rabbi Muttel,

..... Or I tell my mind "whats the point of this? I know already that I will NEVER masturbate so why would i look and make it so much harder for m e to fight? Thats just stupid".

Thank you Chancy for the usual amazing pearls of wisdom! I highlighted one in particular which really spoke to me, something I'm personally discovering more and more as I move along on this journey.

I thought I'd only come to GYE for help with stopping the destructive behaviors of porn and masturbation. The other stuff, the shmiras ainayim etc, was not on my radar.

Yet slowly, organically, this is changing. Slowly coming to the realization that if I am not careful with my eyes, I will constantly be in a state of unhappiness and craving...

In the olden days, when I knew I'd eventually masturbate to any image/video I chose, it at least made sense in a *sick, warped kind of way*, to look at stuff I shouldn't be looking at.

Because this brought me relief, escape and dopamine/pleasure for a bit, and finally culminated in the ultimate release and dimyon of pleasure. So, the indulging on any kind of shmutz had purpose. And a horrid, sad, depressing, fleetingly pleasurable ending.

However, if one is no longer masturbating, why on earth would I choose to torture myself endlessly? Its silly and just not worth it.

This can sometimes be a very helpful strategy for staying out of trouble. It's not a particularly religious cheshbon, it's just basic common sense! Don't do things that will torture yourself, just keep your nose out of where it doesn't belong and you'll be fine.

Amazingly well said, Chancy and YKW. This really resonates with me.

I actually wrote in a very similar vein [here](#), [here](#) and [here](#).

This is the ONLY strategy that works for me, I think.

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Re: My ENTIRE story
Posted by cande - 29 May 2024 18:53

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However, if one is no longer masturbating, why on earth would I choose to torture myself

endlessly? Its silly and just not worth it.

i live on this type of talk!

i say to myself, **dont look because your selfish, do it for YOURSELF, you will be inflicting pain, emotionally and physically**

on your self,

your wife,

your kids,

your grandkids,

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Re: My ENTIRE story

Posted by Bennyh - 29 May 2024 19:11

[cande wrote on 29 May 2024 18:53:](#)

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on your self,

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You had me until "your wife and kids and grandkids" -- no, just myself. This is pure hedonistic selfishness, not to feel like a piece of excrement. Let's not get distracted.

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Re: My ENTIRE story

Posted by Muttel - 31 May 2024 14:23

As I sit here Erev Shabbos, looking, reading, and most importantly, reflecting on my last 3+ magical weeks, I was struck by a thought:

We say in the tefilla following ????? ????? that begins with ????? ?? ?????:

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A lot can be said here, but I'll suffice with a pithy thought/feeling. Davening for the above while simultaneously engaging in viewing filth is a revolting idea, and one that leads to self-revulsion. The ability for me to say this while feeling pure is other-worldly....

Here's wishing all of my GYE brothers the ability to wipe that self-revulsion clean, replacing it with self-motivation leading to self-perfection.

Good Shabbos!

Muttel

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Re: My ENTIRE story

Posted by Muttel - 04 Jun 2024 19:28

Just wanted to share an interesting and formerly painful thought.

My wife went walking with a neighbor one morning. This woman happens to be particularly attractive. As they were walking I instinctively was about to turn to look at them - **Read: HER** - and caught myself before I looked - in line with my HHM program. What I found fascinating was that in the split second before I was about to look **my brain rationalized that I was looking to see how much taller my wife is than that woman (my wife is taller). I then screamed at my YH (I was in my car) "you think you're telling me to look to measure???????????? It's about looking at her body, period!**

I was flabbergasted at his plan and how he almost got me there!!

Figured I'd share the challenge and tactic of the damned beast, I never thought of this particular tactic of his....

Hatzlacha to all!

Muttel

P.S. This is formerly painful, because I **now have the tools to overcome his tactics - Thanks to GYE!**

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Re: My ENTIRE story

Posted by amevakesh - 07 Jun 2024 11:29

Mazel Tov Muttel on hitting 30!!! The first of many many months (and years) to come. What a

way to go in to ??????. May you continue to inspire us all.

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Re: My ENTIRE story
Posted by Muttel - 07 Jun 2024 14:40

[amevakesh wrote on 07 Jun 2024 11:29:](#)

Mazel Tov Muttel on hitting 30!!! The first of many many months (and years) to come. What a way to go in to ??????. May you continue to inspire us all.

Thank you, and Amen!

Speaking to you was so inspiring and I'm grateful to be a part of such a choshuve chevra!

Muttel

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Re: My ENTIRE story
Posted by chaimoigen - 07 Jun 2024 17:17

30 Days is a Chodesh.

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Watching your sunrise, Muttel, gladdens the heart.

Keep going! With caution, with hope, with optimism and determination, with prayer and with

heartz and with Simcha and with a helping of grit for the inevitable tough times.

You keep monstuh trucking up the mountain....

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Re: My ENTIRE story
Posted by Muttel - 07 Jun 2024 17:31

Thank you Reb Chaim!

I appreciate the well wishes and sentiments for my long journey ahead...

30 days is my first month of true success and definitely have the feeling that to even be here
??? ??? ?????? ! All the support, love, and deep friendship struck in such a short time
period, is beyond heartwarming....

Here's looking forward to getting under the proverbial white Tallis (CO's reference) and hearing
the clarion call of "???? ?' ??????" next week. It'll be a different experience with the
engendered by the work of the last 30 days....

Muttel

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Re: My ENTIRE story

Posted by Muttel - 11 Jun 2024 22:43

Here's wishing all of my GYE brothers a most sweet and uplifting Yom Tov! For me personally, this will be extra sweet, going in clean and at a point where I'm working on myself and thriving off the support so many of you have given me.

However, my joy will be tempered by the many here going through the daily struggle that was mine not that long ago. How I wish I can make it all go away! How I wish you all can see the power of viewing these painful tugs and squeezes as opportunity of growth! How I wish you could share in the serenity of cleaning up our insides and getting on that monstah truck!

So my message to my beloved friends is: I love you and hope and pray for your aliya and inner calmness to come bimheira!

gut yontiff!

Muttel

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Re: My ENTIRE story

Posted by Muttel - 18 Jun 2024 01:03

Who can I share this with if not my chavirim here?

I got a call that a relative of mine who happens also to be a talmid, is out of yeshiva and looking to join the IDF.

I spoke to him this morning for a while and sensed his deep pain (though unwilling to open up much). He feels he should go OTD and start building himself up from scratch.....

He is 23, not the right time to have a 16 year old tekufa!

He sounded serious and continued to say he is considering dropping shabbos and getting a girlfriend....

I was reminded of 1 GYE member flying cross country to visit another - and promptly booked a ticket to EY.....

Im going to give him a hug and cry with him... to share in his pain and to provide that warm hug.....

Thank you to GYE for helping me be the person I wanted to be and giving me the wherewithal to provide support to others.....

Muttel

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