

12 Years of Pain

Posted by NH95 - 03 Jun 2024 05:08

Hi all

Thanks for the opportunity to start talking here

I've been hiding my pain for 12 years not sharing for one person

Till my wife caught me!

Just wanna introduce myself and maybe get some support on my journey

Thank you

=====

Re: 12 Years of Pain

Posted by vehkam - 01 Jan 2025 14:11

[NH95 wrote on 01 Jan 2025 08:28:](#)

164 days now bh

I mentioned before but had a fall afterwards

So had more important things on my mind

In the past years I got used to go sleep in the morning and wake up at night

That was literally my schedule

since I started working I have no choice I wake up last minute runnnn to work

And it's over two years and almost didn't daven shachris

I need to figure out how to be up everyday on time and daven

I feel miserable not davening

My father is giving and giving

And I couldn't care less

Feel so stupid

but tried million times

and nothing changed besides me getting more upset

That has to change right now

I am writing now this post

And we need to figure this out

Can anyone relate?

i can relate. there were times in my life that i was barely davening. how are the other tefilos? best advice i have is to find something attainable and commit to it. for example, start with become very committed to davening mincha with a minyan or perhaps friday morning shacharis would be easier etc... whatever you feel is workable for you. once you are consistently doing that it should become easier view yourself differently and to slowly change the rest of your habits regarding tefila.

=====

Re: 12 Years of Pain

Posted by chosemyschem - 01 Jan 2025 14:29

Definitely can relate to difficulties with shachris.

This is going to sound like such a small thing, but switching to [this type](#) of alarm clock (I found a much cheaper one than the link) and **going to bed on time** were very helpful. Not sufficient, but very helpful.

I'm currently working on trying to find enjoyment in davening - basically using the TBOTG approach.

It's not all or nothing.

Definitely the very first step is to put on tefillin and say shema every day. That takes five minutes and you can do that no matter how much you struggle with shachris.

=====

Re: 12 Years of Pain

Posted by amevakesh - 01 Jan 2025 14:58

Perhaps try talking to Hashem in your mother tongue. The main point in ????? is the connection that it fosters with '?. Often the reason people don't connect to Davening is because having ???? in words that need to be translated in our minds is hard work. If this the issue, then talking to '?' in English or Yiddish about the things that matter to you in your own words can help.

=====

Re: 12 Years of Pain

Posted by cande - 01 Jan 2025 15:03

[NH95 wrote on 26 Dec 2024 09:47:](#)

A gitten Chanukah

Today I watched the lecht it had a different meaning to me my eyes were shining for simche

I decided to do something I waited 13 years

So here is my story

it's about time to give it out

12 years

I was raised in chasidish family

to good loving parents bh bh

As I got to the age that my nisyones started popping in and I wasn't told anything what's waiting for me in the coming years

I was just drove in pure evil

At first I was just Mast..

I had no idea what I am doing

I was 11 years and my shame started building up

Lust for woman also came in so hardly

And couldn't talk to anyone just doing bad things

Till one day I got access sadly to a Unfiltered Smartphone

I had no idea what it is

The first app that came up was google

I learned that I can search whatever my heart desires

So as my desires were woman I searched for that

And when google sees you searching for this

they know exactly what you need

and they are gladly helping you getting what you ask

And I got to porn of course

11 years old

I was so shocked I was in toilet for hours

this went on for 5 years

usually I had easy access

if not I would go in ppls house without permission and using their computer

or I would grab newspaper and run in toilet or I would watch in window to be able to see one woman to fill my lust

I did more crazy things I can't write over here

It went on from day to day week to week month to month year to year

and I didn't share for one person

hours of porn that damaged me for life

at the age of 17 I got my own phone with open access to internet

so the yetzer made it easier

I didn't had to do crazy things

just go to bed and...:

Thats what I did day after day

till I got married by 20

sometimes few times a day

Ohhhhhh

writing this down breaks my heart

I wanna cry

We are in such tough times

And leaving your child dealing with it him self is nothing helpful NOTHING!!!

my opinion my experience

I was going with a cycle

and crying and crying

and couldn't say a word for anyone

one time I watched on my uncle computer and he caught me and told my father

all my father told me is

I'm not telling you what to do just make sure nobody finds out anymore

I was so mad

I still can't look at this uncle

so much shame

I wanna go on with my story

I just got stuck and heartbreaking

bringing back these memories

So I got married to my wonderful wife bh

I loved her from first second

but after a few weeks I realized that one girl will not end 10 years of garbage

and I started again watching even I promised my self that this is it

I watched and did more crazy stuff

and till one day

little bit after my first baby the day came and my wife caught me

That night was something I can't think about

but I need to give it out of me

She was on the way to her mother crying and yelling on tone 11

Ohhhhhh hashem

Nobody should ever have this

The first time someone finds out in since I started 10 years before and it was my wife

My partner I promised to be a good husband and not to go under her back

and in one second I lost everything

And I begged her with tears in my eyes

Please stay here

I promise I'll stop

she wasn't impressed at all

She told me

You are not interested in me

You are working behind me

I don't trust you

I'm going to my mother

I blocked the door

I begged her

She never heard of porn before

and she just knew that I looked at other woman because I don't like her

I couldn't change her mind

I begged her

please let's call a professional

I'll start therapy

I'll do whatever it takes

After hours she agreed to wait till tomorrow and will call relief

Thank god

for this organization

in a few days I got a therapist

these days we're so hard so painful so depressing

Maybe you will look at this as crazy

but when my wife learned that it's something thats a struggle and has nothing to do with her my wife wanted to go out eat a day after

she is so so caring

I know it was her darkest day

but she worked so hard and together we are getting so much healthier and happier

I wanna thank her for everything she did to me

I was terrified from this day

I stayed clean for 155 days bh

my therapist helped me a lot

and with hashems help I reached milestones I didn't ever had bh

Just one problem I had

Something called SMARTPHONE

and with this in my pocket

Life was miserable

even if I was clean bh

I will say it again

with this in my pocket my life was miserable!!!

Hashem gave us a really hard nisoen

I know brothers and sisters its tough

But as ppl here in this family

I want to share my two cents

my experience

ITS IMPOSSIBLE!!!!!!

Throw it away please

your life will start shining

I know that's not the solution

but with this all the hard work you do to be healthy you are just making it impossible

And because of this my story is not finished yet and on day 155 after all what happened to me before after all I promised all I committed all I worked all I cried to hashem

I had a fall

After that fall my wife reaction was double from last time and I didn't had much to tell her

I was so lost We both cried and we were lost

During the period I was clean that 155 days I signed up here on GYE I got many feedback that HHM can help I contacted via email but I couldn't call him I had shame from years and it was impossible for me

that night I decided that's my only way I asked my wife before you leave me please give me a chance to call someone she agreed bh

I don't know what HHM told her but this guy changed my life I gave up my phone that day and started to work with him and bh bh

The impossible became possible and bh now I am 158 days clean and I'm growing each day instead of all these years I dropped each day

there is so much more to say here but maybe In future posts

I just wanna take a moment to talk to to you my dear brothers over here I know that feeling of
It's impossible Its the hardest thing ever It's never gonna stop

Please listen to me

I promise there is a way out

Hashem created this nisoen

He knows how it feels too and he is watching you and he is ready to give you strength to fight

There is a way out

We can help you

Throw your phone in garbage and start living this world erlich and peaceful It can be your reality
soon I will do whatever I can to help you there are many other ppl here that can Just don't give
up

the good days are right in front of you

This is very tough business

But with Hashem help this can be history you are not alone and you will be healthy and happy
very soon

sorry for long posts

I hope you can learn from it

For me it was a therapy session

Reach out to if you want at NH95.GYE@gmail.com

A blessed Chanukah

WOW!!

what a inspiration!

keep strong keep climbing!

keep inspiring us

keep posting

cande'

=====

Re: 12 Years of Pain

Posted by NH95 - 20 Jul 2025 07:43

Hello people

Tomorrow turns a year free of garbage

I can't take enough the ppl over here

I would have never be able to be at this point without you guys

About davening I started last week everyday 5 minutes with tfilen

And I just want make it clear for anyone who will see this post

and needs to hear this

ITS POSSIBLE!!

I was very deep

12 years deep

Keep strong and ask for help

and you'll do it

Good Voch

=====

Re: 12 Years of Pain

Posted by NH95 - 15 Aug 2025 01:45

Hi!!

I wanna share what I feel

I don't have a smartphone now for over a year

and each and every day it hurts me

I can't have with my friends family

I am shamed to use my flip phone

They all have smartphones

I am ok to have one just with talk text WhatsApp

evrything else blocked of course

wondering if it's a normal thought or it will lead me down

cause I can't like this

I am shamed to go out with neighbors

And I assume if I ask my wife she will right away think that I'm looking to get back to p/m

I clean for over a year bh

I believe as of today that with good filter it's possible

I know I changed my mind

but I realized that it's too extreme for me

Unfiltered is suicide

but there is a middle way

I wanna hear the thought of the experienced ppl over here

Thanks in advance

=====
=====

Re: 12 Years of Pain

Posted by mggsbms - 15 Aug 2025 04:24

[NH95 wrote on 15 Aug 2025 01:45:](#)

Hi!!

I wanna share what I feel

I don't have a smartphone now for over a year
and each and every day it hurts me

I can't have with my friends family
I am shamed to use my flip phone
They all have smartphones

I am ok to have one just with talk text WhatsApp
evrything else blocked of course

wondering if it's a normal thought or it will lead me down
cause I can't like this

I am shamed to go out with neighbors

And I assume if I ask my wife she will right away think that I'm looking to get back to p/m

I clean for over a year bh
I believe as of today that with good filter it's possible

I know I changed my mind
but I realized that it's too extreme for me
Unfiltered is suicide

but there is a middle way

I wanna hear the thought of the experienced ppl over here

Thanks in advance

If the point is shame, many people admire those who don't have smartphones, nothing to be ashamed of, to the contrary, you can be proud between your friends for taking the right step, and showing self control, my hunch is they think highly of you too, (even if they wouldn't admit it).

As far as access, there are flip phones that have only email, and even a tablet (not saying it's the best idea, as it still is a step closer to the problem) that's not with you a whole time can be a better idea for WhatsApp then a smartphone, it will also be much harder to hide from your wife if ch"v it comes to that.

May Hashem guide you to continue making great strides.

=====
=====

Re: 12 Years of Pain

Posted by NH95 - 20 Aug 2025 01:22

Besides shame

I really can't handle being the only one in family and friends and neighbors without it

I don't need email no internet

I really wanna have the comfortability of it

It drives me crazy

=====
=====

Re: 12 Years of Pain

Posted by gibor1836 - 20 Aug 2025 02:51

Based on my personal experience (without getting into details) I would say WhatsApp can be very dangerous. In the end of the day it's social media and if someone is looking for trouble it's easy to find.

=====
=====