

My Story - Summarized

Posted by just\_me - 19 Jun 2024 15:35

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I am 48 years old and have been struggling with porn + masturbation for years. I stopped smoking pot almost 6 months ago and since then my porn addiction has gotten much worse. I stopped smoking weed because I lost my job due to the habit. I am still not working and the job market in my industry is very difficult at the moment. Due to feelings of depression due to my work situation, I have been periodically slipping (every 1 to 2 weeks).

This has been causing many problems, both personal and professional.

Just wanted to put this out there and turn to the GYE family for support and assistance.

Best wishes to everyone!

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Re: My Story - Summarized

Posted by BenHashemBH - 19 Jun 2024 16:00

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Sorry to hear that you are going through a rough patch. Thank you for reaching out. Not being busy is definitely an angle that the YH uses to get us involved in things that we might otherwise avoid. I hope you find employment soon and in the meantime it might be beneficial to find other major tasks to keep your days full and fulfilling.

Hatzlacha!

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Re: My Story - Summarized

Posted by eraygrand - 19 Jun 2024 17:00

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First of all I feel the pain and wish you nothing but the best. Stress like many other factors make this fight even more difficult. I would imagine that without a job to occupy your time and mind, it is natural to turn to something that can provide the distraction and short term pleasure that you

used to get from pot

I implore you to make a personal connection with some of the great people on this site. These forums are a tremendous source of chizzuk and ideas but cannot completely replace speaking to someone directly at least over the phone.

Finally, you need to make sure to eliminate sources of easy access via filters and other tools.

Looking forward to hearing great things from you!

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Re: My Story - Summarized

Posted by balancedzebra27 - 19 Jun 2024 19:05

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Hey!

Sorry that you're in such a difficult situation right now.

Putting out your story is a step in the right direction, so congrats on that.

There are two things I'd like to point out:

1. A point which was made by previous responses. The YH thrives when we don't keep ourselves busy with productivity.
2. You mentioned that you quit smoking 6 months ago. In my personal experience, people who don't have a lot of gevurah (those who lean more to the side of chessed) tend to have this issue. As they are using a lot of willpower in one area of their life by taking it from a different area. The saying " We don't break habits we replace them" I believe is referring to that method.

Personally I have found that working on our core helps in a way which is a lot healthier By understanding what drives us we can reduce the power of our impulses.

Wishing you much Hatzlacha on your journey in all areas!

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Re: My Story - Summarized

Posted by eerie - 19 Jun 2024 23:29

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Welcome! My friend, this is a wonderful place, so please stick around, get to know the oilam, read some threads. And listen to Eray. He said it so well.

Looking forward to fighting this together!

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Re: My Story - Summarized

Posted by just\_me - 21 Jun 2024 18:48

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Thank you all for your advise & encouragement.

10 days clean & very grateful!

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Re: My Story - Summarized

Posted by proudyungerman - 25 Jun 2024 17:54

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Hey brother!

How's it going?

We, your GYE family, want to hear from you...

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Re: My Story - Summarized

Posted by just\_me - 26 Jun 2024 16:48

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Hi,

Doing well. Today is 15 days clean which is probably the longest stretch in quite a while.

Sometimes I get down about my job situation, but I have been spending time applying for jobs, doing interview, doing interview preparation etc. At times, sadness grips me and I can feel stuck, which usually leads to negative behaviors.

I am trying to take one day at a time and focus on making it through another day.

I know that abstinence is possible because it has been almost 6 months since I have smoked weed. I have been smoking for about 10 years now and the smoking was pretty much everyday and usual multiple times per day. There were stretches in-fact where I was smoking all day, every day.

I have been trying to focus on my family life and being productive during the day.

Much appreciation to you all!

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Re: My Story - Summarized

Posted by chosemyshem - 26 Jun 2024 16:57

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Glad to hear you are doing well! Staying busy and taking it one day at a time are crucially helpful.

Hatzlacha with this. And with the job search!

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Re: My Story - Summarized

Posted by frank.lee - 27 Jun 2024 00:18

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A tip about getting a job, do you have a network of friends and family? I understand that the best way to get a job is with an insider connection. Not just submitting an application and hopefully getting an interview. This is from many years involved in this.

And the main thing is to daven.

Hatzlacha!

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Re: My Story - Summarized

Posted by just\_me - 28 Jun 2024 21:01

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Hi frank.lee

Thank you for the advice! I am currently pursuing any and all options and B"H hope to find work soon.

Today is day 17 and I am the end of my second full week of abstinence. As I have mentioned above, I had been on a vicious cycle of slipping once every 1 to 2 weeks. This has been going on for about 6 months now, the entire time that I have been clean from marijuana. I am feeling hopeful and looking forward to a rejuvenating Shabbos.

Thank you all for your loving support!

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Re: My Story - Summarized

Posted by joyfulcheetah85 - 30 Jun 2024 20:50

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that has to feel terrible I hope for you the best

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Re: My Story - Summarized

Posted by just\_me - 02 Jul 2024 15:37

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I am grateful to report that today is 3 full weeks of abstinence for me.

Things are certainly challenging for me due to external and internal factors, but I view 21 days as a true milestone.

Will keep and doing what I am doing and hopefully by the end of today, I will be poised for day 22.

One day at a time ...

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Re: My Story - Summarized

Posted by eerie - 02 Jul 2024 18:52

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Re: My Story - Summarized

Posted by just\_me - 08 Jul 2024 16:25

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Today is 27 days free and clear of any porn/masturbation. I am very grateful for this as recently I had not been getting past the 2 week mark. I am still, however, feeling down about my job situation, but I have decided that no matter what, I am just not going there. Things have not

been easy, but I know that the longer I stay clean, the easier things will get.

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