

Please join me on my journey, I need you.

Posted by menuchashanefesh9 - 01 Aug 2024 18:24

I would like to introduce myself. I'm introducing myself because I would like to make friends to help me and each other in the Avoda of Kedusha and in part of that friendship (thank you amevakesh for pushing me to do this) I would like to share some thoughts that hopefully may be helpful to someone. I would like to start with my story and then to explain why I am only reaching out now for friendship.

Last summer discovered GYE. A few decades ago as a young adult I began struggling with a habit of viewing inappropriate material and other areas of Kedusha. These years were full of better periods- months of tremendous growth in Yeshiva with few falls, and very bad periods (mostly ben hazmanin when home and internet was unfortunately way too accessible). Baruch Hashem, overall I had very productive growth in many many areas of Avodos Hashem over the years but this was a challenge that hurt me and I was so desperate to kick it. As I grew more and more in my devolvement into a ben torah I really put a lot of the nisayon at bay (getting married and living a beautiful kollel life really helped). But the habit (or call it addiction) of watching pornography was something I still reverted to when feelings of sadness or emptiness were to creep up. I needed guidance on how to break free from this bad habit. Last June 29th I started Flight To Freedom. I admitted to myself that I had an issue and was going to invest real time and work into the program and really to break free. F2F was my therapist, my rebbe, and absolutely G-D-sent gift from shamayim (I'm so indebted to all those involved in the making of it!!!! If I ever get rich I'm going to support it bl"n). It validated me, gave me hope, and most of all gave me the tools to break free. And break free I did, BH! After a few weeks of trial and error on July 17th I started a streak which lasted for 373 days!! On July 17th when I hit a year free it was from the most gratifying accomplishments of my life. And then on day 374- 3 days ago I fell. Not hard, but I fell. It hurt. And then I fell again a bit harder yesterday. It hurt hard. It still hurts. Oy, how much I yearn to not be here back at the beginning of a new streak, but I would like to take this as an opportunity to reframe my journey a bit and perhaps this time we could do this together! I need your help!! I need friends to help me get back on my feet. and I need help in the reframing of the journey!

When I started last July I wrote under 'My Plan' that the top reason I want to break this habit is because "This is an area that is totally inconsistent with the rest of my development and growth". Meaning I viewed myself as an overall bentorah, perhaps even a chosuva learner to boot, with this tremendous flaw of being habitually a porn watcher. I viewed it as a side problem that had to be dealt with. For this reason I think I didn't want to get involved with the amazing GYE chevra. I didn't want to associate my life with this problem. I wanted to fix it and move on. Baruch Hashem I broke free, I un-addicted myself and the fruits of that began with a 373 day streak of Tahara. But through breaking free I learnt so much more about this challenge. I learnt that while perhaps my pornography watching was addiction oriented it also left a deep imprint on me. It was disallowing me to connect to a full ruchnius life, as I want to explain further.

Allow me to make a bold totally uncertified statement. Bnei Torah-- Mevaksei Hashem- people who are immersing their life in real Ruchnius struggle with areas of Kedusha as the central Nisayon in their life. The reason this is is because they are seekers of connection and ruchnius lends itself to that of the ultimate connection- one that our Neshama truly seeks- and our Neshama- our essence- is created in essence as a seeker of pleasure. Therefore as we continue to immerse ourselves deeply into Hashem's Torah and really attain levels of connection to Ruchnius, Yetzor Hara's main task is now to rid of this tremendous pleasure. The only thing in his arsenal that can combat a Chiddush in ger katan is that of extreme ????? ?????. That does not mean to say that it is of equal pleasure. In fact it pales in comparison quite miserably, but it has its superficial easy nature to attai that can allure us into falling deeply into that connection replacing feelings of connection to Ruchnius. And even more potently, it disconnects our Neshama's connection to Ruchnius through miraging our feelings of connection with something so fake- which gives a suffocating blow to our feelings of connection that our neshama really yearns for. Perhaps this is the ??? in the -???? that ?? ????? ????? ???? ????- the more one feels connection in ??????? the more the ???" has to present superficial feelings of connection through ????? ?? ????? Perhaps the addictive nature of these struggles root itself in the ??????- immersion that it is coming to replace of ????? ?????. Perhaps this is precisely why ??? ????? struggle so much. ??? ????? should not be ashamed of this struggle, it is a testament to their tremendous desire to grow. Looking back at the year of ???? it is almost hard to capture how much this allowed me to grow. I was able to fully immerse myself in ??????. Tefilla afforded opportunity for real connection. I was able to fully CONNECT to my wife- another area of connection that watching phonography kills as it replaces a super deep relationship with quick superficial feeling of fake connection. It allowed me to connect so much deeper to everyone around me as my I now began to seek true connection. I began to understand people better as I actually was connecting with them. And the list I'm sure goes on and on if I were to stop to think of it.

I think this frames the struggle of ????? ????? into a central area of our growth. It is not a pain, a side nuisance. rather a key ploy of the ??? ??? in our pursuit of our real ????? leaving a life full of connection to Hashem. I regret not bringing you guys for the ride the first time. I believe it was because of this mistake- I misunderstood this battle to be a side-battle, not a central battle in ??????. So dear friends, I ask of you to join me in this exciting, and central pursuit of combating the ??? ???'s pathetic attempt to replace true connection of ????? with his world of ?????. Let's share our triumphs of real growth in ????? and share our insights into the fake world it is showing us, and together we will all become true ????? ?' ? through this battle of uncovering the mask of the ???" and connection all so deeply to true connection. I also humbly request all your help in getting back up and celebrating next year on August 1st another year of ???? , this time together!

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Re: Please join me on my journey, I need you.
Posted by yiftach - 20 Aug 2024 20:00

[menuchashanefesh9 wrote on 20 Aug 2024 18:27:](#)

I want to to update my dear friends a bit on my past few weeks...

THANK YOU HASHEM FOR HELPING ME FALL TWO WEEK AGO!!!!

Now this may sound off... but let me explain.

From the age of 12 until today (more than two decades) I struggled with lust. My struggles did not bury me, but they weighed on me.... heavily. I am an open guy, have forged deep meaningful relationships with friends, Rebbeim, and Talmidim, but this part of me I kept secret... and this secret-- a normal, common, not even too crazy, but inner struggle stayed inside me all these years. This secret weighing down on me did two things. It forced me to fight this fight myself, suppressed from proper tools to fight it, effectively prolonging my endless battle with it and without any ability to truly beat it. But moreover, it made me carry the burden alone. And boy did it hurt. It hurt because I had to do it alone, but it also hurt because I was beating myself up way too hard without proper context of what this struggle was all about.

And then Hashem was kind enough to put me in a situation that I had no choice but to reach out. I had literally just completed a year streak, a year of tremendous fight, endurance, and sweet freedom. I thought I had this damned thing beat!! I now know I did, but I didn't. I was no longer dependent on it, I was a free man, but I was still alone. And this is exactly where the Yetzor Hora wanted me, because as long as lusting is your own personal struggle- he will blow it up out of proportion, making it seem like an impossible unbeatable monster, and also cruelly make you carry the guilt alone. So when the Yetzor Hora got me good after a great clean run I was utterly terrified- this monster needed to be defeated once and for all. But how????!! So I reached out to you Heiliga Chevra, Malachim (in a human form), and boy did it change my life...

Reaching out was the next hardest thing I ever did (besides for breaking free for the past year)... actually ten times harder. Which showed me that this was the Yetzor Hora's most demised tactic. I trembled as the phone rang, I even cried as it dialed, and I cried some more quietly a bit as the Tzadik lovingly applauded me for calling and my amazing courage in the fight. And then after the initial first short call I waited with more excitement (and a little nervousness) for later that night (Tisha b'Av night, no less) to continue our conversation. I do not have enough words to describe what type of kindness and Middos he displayed each and every minute of these calls. Utter perfection in the ??? of ?????? ???.

I then reached out to another, this time the head honcho, MR. HHM himself, and boy was that the next most important move of my life.. His name in my contact list is now saved as Hashem HELPED ME!! What a Chessed from Hashem every minute of that conversation. And now as I hope continue to forge relationship with fellow Yiddin, each so special, so helpful, I feel as if I am now equipped in a way never before.

So to those who I have spoken to, THANK YOU, for those who I hope to speak to- I can't wait, and to that damned Yetzor Hora I tell you-- now I got you where I want you!!

Thank you Hashem for helping me fall!

Beautiful! WOW!

KOMT!

-Yiftach'l

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Re: Please join me on my journey, I need you.
Posted by 138eagle - 20 Aug 2024 20:26

Wow!

I totally relate.

After being on GYE for a few months I thought I had this all behind me. then I had one day/incident that had me literally shaking. I came *this close!* to really falling down hard.

Then I opened up.

And it has been great!

Keep Flying!

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Re: Please join me on my journey, I need you.
Posted by iwannalivereal - 20 Aug 2024 20:42

Wow amazing to see once again how strong the power of reaching out to others can be! I've been down my own road of discovering the delight of being able to connect with similar minded guys struggling with this stuff, and I'm glad you've discovered this awesome tool as well!

Keep it up!

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Re: Please join me on my journey, I need you.
Posted by proudyungerman - 22 Aug 2024 14:16

[menuchashanefesh9 wrote on 20 Aug 2024 18:27:](#)

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myself, suppressed from proper tools to fight it, effectively prolonging my endless battle with it and without any ability to truly beat it. But moreover, it made me carry the burden alone. And boy did it hurt. It hurt because I had to do it alone, but it also hurt because I was beating myself up way too hard without proper context of what this struggle was all about.

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Thank you Hashem for helping me fall!

Beautiful! Just beautiful!

Warning: Spoiler!

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Re: Please join me on my journey, I need you.

Posted by amevakesh - 22 Aug 2024 19:08

Sometimes, a username says it all. The Alter of Novardok explains the difference between ???? and ??????. One who has ???? is at peace, because he has exactly what he needs, all the puzzle pieces of his life are in place. To be clear, this is a very admirable ??????, it means that he's a ??? ????? and is content with the situation that he has because he feels that all of his needs are being met. ????? is a far higher level, where one doesn't depend on external circumstances to be at peace. The contentment comes from within himself, whatever life throws at him won't change his internal serenity.

Over the course of the past year you have attained greatness. You valiantly fought battles and were successful, only one thing was missing, comrades in arms, to help you out when the going gets rough. In less than 2 weeks, you've gone from a ???? of ???? to a whole new level of ????? ?????. You've reached an inner contentment in this struggle which is nearly impossible to achieve alone. Yet you did what it took to overcome the fear, and reached out. You were ???? something priceless. Friends.

Yesterday on GYE, we celebrated a great ?????. One of our great generals made a ???? for his newborn son. In his remarks on the forums after the ???? , General IWLR wrote, that he was more excited to see his GYE friends than his real one's. I'd like to attempt to say ??? in the General. The friends we have in real life, might know us pretty well, but 99% percent of them only know our ??????????. They are what we can classify as circumstantial friends. They know our external situations in life, our likes and dislikes, perhaps our personalities, and based on these factors, they are or aren't our friends. The friends that we make here are forged based on our innermost struggles. The most private part of our ???? is bared when connecting with a good friend at GYE. Some of us barely know each other's lives outside of this struggle. The friendship is rooted mainly in the bonding of the ????????? of ??????. Regular friend can help one better their circumstances and help one attain a level of ?????. Friend here on GYE change our ????????? and can help one reach inner serenity, real ?????? ?????.

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Re: Please join me on my journey, I need you.

Posted by amevakesh - 22 Aug 2024 19:13

An unrelated point. You had an amazing 373 day streak, then you fell. Now you're back at it. There has been much written about how a fall doesn't negate past hard work, and I'd like to add a subtle point to that idea, based on a story that I heard about ?' ???.

The late ???? of ????? ???? ???? Rav Moshe Feigelshtock, was once made aware of an obstinate elderly man, whose doctor had given him strict orders to eat on ??? ??????. The man refused to listen to the doctors orders, because he couldn't bring himself to eat on ??". In an attempt to change this persons mind, R' Moshe Feigelshtock called ?' ??? ??" to visit the older man to try to persuade him to change his mind. They both went down to the hospital, where ?' ??? told the man that he's ????? to eat on ??". The man still refused, he just couldn't do it. After trying many times and failing to convince the man, ?' ??? got up to leave. On their way out ??" said to R' Moshe Feigelshtock "?????? ???? ?? ?? ??? ??? ????? ??? ??", ??? ??? ????? ???? ???? ?'??? ??? ????? ???? ??" - The ???? ???? was remarking that the man's obstinance proved that his observance of ??" was a reflection of what he felt to be his own personal accomplishment. Up until that point, he had never eaten on ??" and he felt bad about breaking his own personal streak. Real '???? ? is about doing what Hashem wants at any given moment. If that means eating on ??", then so be it.

By getting right back up, and picking up from where you left off, you are making a declaration that you're not abstaining from that which is ???? because you have a personal vested interest in continuing your streak, rather this is a manifestation of '???? ? because '? wants it. Of course it's okay to use the streak as a motivating factor to push oneself, but ultimately the reason we don't engage in the this behavior is because that's what He wants me to do **today**. (Yes, I know there may be some that won't be able to break free for religious reasons, they must use other tactics, but ideally that's the reason we do it) There's no difference if you are working on your first and second day to working on your 3000th day, both are supposed to be because that what '? wants.

If you were able to bounce back and seek out a different ???? as soon as you were able to to get right back at it, and you were able to see the beauty in the fall that led you to reach out, it says something about the '???? ? that you are. Thank you so much for joining us in our battle. We look forward to much success on the battlefield together!

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Re: Please join me on my journey, I need you.
Posted by Muttel - 22 Aug 2024 19:37

Wow, I love these pearls of wisdom!

Keep 'em comin'!!

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Muttel

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Re: Please join me on my journey, I need you.
Posted by menuchashanefesh9 - 20 Sep 2024 06:04

To my dear friends,I want to share with you an experience from my past forty days of my journey. Forty days ago for the very first time I began to reach out to get help from GYE friends. Through exposing my inner self to dear friends, and holding myself accountable to them something major happened to me and I want to share them with this amazing GYE family.

These are my feelings, not fully formulated thoughts, so please forgive me if I'm not clear enough or if I start to ramble a bit.

While struggling in the past with Inyanei Kedusha I am only now realizing that more so than just failing in refraining myself from ???, I was holding myself back from an inner world of ????????. I do not mean to say that I didn't experience growth in my ????????, but the ??? ??? entrapped me into defining myself as person ???? ?????? ??????. I carried my shortcomings as a heavy baggage weighing down on ME. I felt handicapped in my abilities to steig because after all how can a person who occasionally (sometime even more than occasionally) watches phonography really be connected to ????????. Even when I broke free from this habit, and enjoyed a long clean streak, which accomplished ridding myself of this awful dependency, I still viewed myself as a guy who **used to watch porn**- meaning I primarily defined myself based on my past struggle. Forty days ago, when I BH finally had the courage to reach out and break the hiding of this part of my life I accomplished not just exposing myself to others, but actually **exposing myself to myself**. It allowed me to expose the real me to myself. I was not a porn watcher. I was an '??? ? who worked tirelessly in his '????? ?- and who because of different circumstances

had a specific struggle in this area. This may have been good for my self esteem perhaps, but it was much more vital than just that. It allowed me to view myself as someone who was actually deeply connected to '????? ? and someone who actually did already live in an ???? ??????. Thus, I allowed myself to enjoy the actual *liggin* in ?????? that perhaps was there the whole time, just I didn't allow myself to experience it, as I convinced myself that I had no ?????? to it. This pivot allowed myself to instantly feel connected to my ????? ? in an entirely new plane than beforehand.

Raboisai, the ???? of living real, doing routine ???? , yes even the ???? of not looking, were made available to me. But I want to underscore a bigger point here. While I do think that the lust struggles put dampers on my overall level of ?????? , however it was the cloud that it put on me- defining myself based on it- that made that damper, not the lust itself. All my work in ????? ? created real ?????? but I couldn't access them properly because of this self imposed cloud. The removal of this cloud through the help of connecting to real people and really identifying who I really am, has allowed me to access the ???? ?????? I had built for myself all these years. BH because of all your help I am now I *liggin* in that world, the very world I had built myself, but one that my lust had allowed me to lock myself out from it.

Thank you to all my friends who have helped and I can't wait to keep living real together!!

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Re: Please join me on my journey, I need you.

Posted by Muttel - 20 Sep 2024 10:03

You hit the nail on the head!

Perfectly summarized my feelings these last 4 months....

KOMT!!!!

Muttel

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Re: Please join me on my journey, I need you.
Posted by proudyungerman - 20 Sep 2024 13:37

At the risk of sounding redundant, I strongly relate to your feelings.

I also had related to myself as primarily the one who acts out and also sometimes learns, dawns, etc.

Through opening up to the choshuve members here, I came to know the real me.

KUTGW, and, as always, KOMT!!

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Re: Please join me on my journey, I need you.
Posted by odyossefchai - 20 Sep 2024 14:47

Wow the people here are so impressive.

They have unparalleled and unimaginable strength to stand up daily and fight.

To the opening poster, while you did fall, and it hurt, just tell yourself that you fought a daily (ok it's probably hourly or minutely) battle, and won it for a total of 372 days straight.

Can you imagine someone having to battle something every day for an entire year and winning EVERY SINGLE TIME!

You are a gibbor.

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Re: Please join me on my journey, I need you.
Posted by eerie - 22 Sep 2024 17:35

Dear friend, keep trucking, and keep inspiring!

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WOW! Sounds like a real dose of menuchas hanefesh to me!

Re: Please join me on my journey, I need you.

Posted by menuchashanefesh9 - 30 Sep 2024 17:06

Until now I have shared MY story. Today I want to focus on the OTHER SIDE of the story.

I entered marriage in a pretty decent place in many areas, but I walked in with a secret teddy bear. This teddy bear (read: porn) would stay hidden, and only be brought out to keep me company if my wife was:

A. Not available.

B. Not turning me on for whatever reason (all self-inflicted reasons caused by not realistic expectations for her to be as hot and seductive as a p*** star, while also being as frum and edile as the amazing bas yisrael girl which she is).

C. Not fulfilling my needy emotional needs which somehow watching porn did, at least for the few minutes of watching, and then somehow magically leave me lonelier than before.

Thankfully this teddy bear has stayed hidden (I hope) but its ramifications have not. This teddy bear I thought was my own problem, but Baruch Hashem through much work I think I can now fully understand that this was actually more my wife's problem than mine. Meaning she was the victim of my problem. I really do think that my wife and I have a beautiful marriage. We care about each other, we support each other, we laugh together, and we cry together. I believe I am a good husband. BUT (and this is a painful thing to admit), my lusting has definitely affected my marriage. And I want to fix it so badly.

Why do I have to get down (and show it, dammit) when I realize that sex is not going to happen tonight?

Why does every hug need to be a full body hug?

Why can't I talk to her like a normal person without my mind thinking about the chances of sex that night?

Why can't I truly focus on only her needs?

BECAUSE I HAVE A PROBLEM! [Feel free to define it, but please give a solution too]!

My DW is perfect, and I have an issue that I want to fix so badly FOR HER SAKE!!

Each year my shortfalls in ?????? ?????? took center stage in my mind and my tefillos during this season. I beat myself up, I cried. I wanted to be clean so badly. But perhaps the focus over MY kedusha was the very problem itself. WHY DIDN'T I EVER THINK ABOUT MY POOR WIFE?!?! Was she not the victim here?!?

Hashem, I have no words to thank you in helping get free from my own biggest enemy. Over the last year and a half I have made great strides. PLEASE, PLEASE, let this be an impetus to become a great husband this next year.

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Re: Please join me on my journey, I need you.
Posted by eerie - 30 Sep 2024 17:18

Not nice to make a grown man cry...

My dear special friend, with the amazing work you are putting in, and I mean specifically the fact that you are connecting with HHM and hearing, listening, learning, I'm pretty confident that with time, as you stay away from the poison that porn is to our minds, you'll find that sex will give up the front seat. Staying away from porn is the detox that allows for the normal, natural regard to sexuality to take hold. But if a person doesn't teach themselves to see it differently, than all the perspective of sex will remain what it was when he was watching porn. So, now that you are doing both, beH you'll soon start seeing the subtle differences, as intimacy takes the front seat as opposed to sex.

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