

Let's go, and let go!

Posted by eiyantov - 08 Sep 2024 04:25

Hi. I grew up pretty close minded. I actually discovered masturbation without actually knowing what I was doing. I just knew it felt good, and kept doing it. I was 12 at the time. Only a year later did I finally comprehend what happens in the bedroom, and realized what I was doing was the male action. At that point I was addicted, and ashamed. I knew I needed to break the habit, but it was stronger than me. When I entered 9th grade, I made up in my mind I won't masturbate. That lasted pretty short. Going forward, there were many times, I told myself I must stop, but stop I couldn't. Masturbating actually led to breathing issues, but the addiction was too strong. In order to climax i needed to think pornographic thoughts which just filled my head with more garbage. I don't recall the first time I saw porn, but I do remember where and what. Those memories don't go away sadly. Thank goodness I didn't have much access or I probably would've been even a bigger mess. I remember when I went to learn in Eretz Yisroel, telling myself the journey of masturbating must end. I came summer zman and lasted until the Shabbos after Shavous. I still can recall the feeling of utter helplessness and worthlessness when i fell and masturbated. I felt so deflated. I continued to have up's and downs, but did not succeed in kicking the addiction. I came back from Eretz Yisroel and got engaged relatively quickly. Of course I told myself once I'm married this problem is gone. After all I'll have a wife. How naive and foolish I was. I don't recall the first time I masturbated after marriage, but it felt awful. I felt and continue to feel like I'm betraying my wife. I wish I could come clean with her, but she would never understand. Once I got more internet access porn became more added to the problem. No matter how many times i filtered my devices I always seem to find another way to watch. But BH I've been more controlling on porn than masturbation. I don't fall to often to porn. Because I've trained my mind to think pornographic thought to reach a climax though, my mind is full of them, and by habit reverts to those thoughts when bored, which makes me sick. I have a hard time looking at women, because my mind goes straight to thinking about their body. I wish to kill this devil for once and for all and live the right way, without this terrible addiction. I hope that this site will help me get there! Let's go, and let go!

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Re: Let's go, and let go!

Posted by einoidmelvado - 08 Oct 2024 06:46

The question if you could end your addiction or not is not up to you! That is not your focus at all! You're focused and what god wants from you is to try, And not give up try again even after you fell hard, Remember god created you with all your struggles within you, he knows Your background your upbringings and The trauma that's leading to this...

My dear brother, keep strong. My prayers are with you, Don't give up never ever should you give up because that's exactly what the yh wants you should be doing..

Don't give in!

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Re: Let's go, and let go!

Posted by eiyantov - 11 Oct 2024 17:25

So, today will be 20, BH! So why is this 20 different than any time before? I've done from Pesach to Shavous before (49 days) I've done a couple Elul's.

This time is so so different.

- I am working with a mentor (HHM)
- In the past it was with zero education and understanding what the real battle was.
- In the past, I would lust, fantasize, and satisfy myself, as long as i didnt actually watch or m*****e.
- In the past, I didn't focus on Shemiras Einayim.

Now, with the right education, with a real determination, and a tzaddik of a mentor, I feel I am making real change, and for the right reasons.

I look forward to a real cleansing this YK. And to not spending an entire YK focused on this, rather on focusing on my entire self, not just one small part of me. And of course, thanking Hashem for this matannah!

May HKBH answer all your tefillos ltovah!

Gmar Chasimah Tovah!

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Re: Let's go, and let go!

Posted by eiyantov - 20 Oct 2024 21:45

Heated debate at the Sukkah table! I stated that our generation is the greatest generation. No generation has been tested as strong as ours. We live in a generation where every thing you can think of plus, available in our pockets. The pretzuis one sees in one day today, was more than you could see your whole life in the shtetl back in the day. My wife agreed with me (And no, she has no idea about my struggle)

My shvigger disagreed. She attempted to argue that they had the Haskallah movement back than.

Sorry charlie, the Haskallah doesnt compare to the smartphone and all the 'knowledge, shmutz, ect' it contains, in any which way.

For obvious reasons I couldn't, but I wanted to tell her to look at GYE. See the warriors of our generations! The nisyanos, and the fights we are putting up to win over The Greatest Battle! May Hashem continue to give us the kochas we need to win!

A Gut Moed!

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Re: Let's go, and let go!

Posted by chosemyshem - 21 Oct 2024 19:56

[eiyantov wrote on 20 Oct 2024 21:45:](#)

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A Gut Moed!

I'm gonna go with your mother in law on this one. Bechira is necessarily an exact balance (at least according to Rav Dessler). That means anyone being bocher b'tov is making a decision exactly as hard as anyone else, in any generation, being bocher b'tov. So if I'm bocher to not watch porn, and some bochur in the time of the beis hamikdash was bocher to not bow to ba'al, we made the same effort as someone who chose not to leave Volozhin and become a communist.

Obviously we're not operating on the same plane of existence as the people in the time of the beis hamikdash. But it's the same effort.

I don't think you understand the pull of haskalah, because it's not something our generation has a pull for. We go off the D to watch movies on shabbos and smoke pot, not to passionately battle for the common man. But it's the same fight no matter what or where you are fighting.

Reasonable minds may differ.

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Re: Let's go, and let go!

Posted by eiyantov - 21 Oct 2024 21:15

We definitely can agree to disagree. (Love that line)

I will argue though, having the greatest challenges available 24 hrs in your pocket simply can't compare. I can't argue on R Dessler, but I could agree with the manybTalmidei Chachomim who have said our generations challenges are greater and harder than ever before.

R Chaim Epstein Ztl, before his petirah, stated, "if a bochur walks by, you should stand and give kavod. It's an incredible challenge to be Ben Torah today, and they deserve tremendous Kavod."

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Re: Let's go, and let go!

Posted by eiyantov - 22 Oct 2024 02:02

Day 30!!!!

Can't believe it was 30 days ago that I did something life-changing.

I picked up the phone and called HHM from a blocked number, hoping he wouldn't answer the phone.

Happy he did!!!

30 days later, I've haven't mas*****ed for 30 days, haven't followed lustful thoughts for 30 days, haven't watched p**n for 30 days, haven't used social media for 30 days (big trigger by me). Haven't physically stimulated for 30 days.

The best 30 days in the last 19 years since this all started!

Thank you so much GYE!

Thank you so much HHM!

Thank you so much each of you for being here and giving me the chizzuk I desperately needed.

Lchaim on the past 30!

Lchaim to the next 30!

A Gut Moed!

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Re: Let's go, and let go!

Posted by eiyantov - 21 Nov 2024 04:13

Someone say 60? Ya yup!

BH we are at 60 days clean!

Found this quote from the Lubavitcher Rebbe: "The number 60 represents the power of transformation. A rule-of-thumb in Torah law is the 'nullified by sixty' principle. For example, if a drop of milk accidentally falls into a pot of meaty food, the undesirable element is 'nullified' if the desirable element is sixty times greater than it."

While I'm not so active here recently, i still read the forum from time to time and appreciate the chizuk!

Thank you all!

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Re: Let's go, and let go!

Posted by rebakiva - 21 Nov 2024 04:48

Welcoooooommmmmmmeeee Backkkkkk!!!!!!!!!!!!!!!!!!!!!!

Maza!!!!!!!!!!!!!!!!!!!!!! Tovvvvvvvvvvvvvvvvvv!!!!!!!!!!!!!!!!!!!!!!

It's an honor to have you finally back here. looking forward to seeing a lot more posts from you, but most of all, a lot more wins.

Keep it up and keep us posted.

With love your brother and partner Akiva (who's just 7 days ahead of you)

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Re: Let's go, and let go!

Posted by odyossefchai - 21 Nov 2024 05:46

[eiyantov wrote on 21 Nov 2024 04:13:](#)

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BH we are at 60 days clean!

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While I'm not so active here recently, i still read the forum from time to time and appreciate the chizuk!

Thank you all!

Kiddush and multiple lchaims all round this shabbos.

What an amazing achievement.

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Re: Let's go, and let go!

Posted by eiyantov - 20 Dec 2024 13:21

90 days!!!!

Not sure how, but somehow we are here. Special shoutout to HHM

Lchaim!

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Re: Let's go, and let go!

Posted by yesoidshebiyisoid - 20 Dec 2024 19:12

Lchaim and Gut Yom Tov!

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Re: Let's go, and let go!

Posted by redfaced - 22 Dec 2024 02:00

[yesoidshebiyisoid wrote on 20 Dec 2024 19:12:](#)

Lchaim and Gut Yom Tov!

I'm in for the Lchaim. Always

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Re: Let's go, and let go!

Posted by odyossefchai - 23 Dec 2024 21:57

[eiyantov wrote on 20 Dec 2024 13:21:](#)

90 days!!!!

Not sure how, but somehow we are here. Special shoutout to HHM

Lchaim!

Buddy, as someone who has succeeded along the 90 day journey, I think you have an achrayus to share with the oilam what worked for you.

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Re: Let's go, and let go!

Posted by eiyantov - 25 Dec 2024 03:24

Ok Challenge accepted. How did I do it?

I listened to Meaningful Minute's podcast with the founders of GYE. I had opened an account a year beforehand but never used it. After listening to the podcast I decided to write my first post. I felt good and lasted two weeks, rummaging around on GYE. Than Motzei Shabbos hit, 2 weeks in, and I couldn't hold back. I had access to an unfiltered laptop. Not only did I watch porn that night, I signed up to one of these chat websites, and I literally felt if I could I would take it to the finish line. I felt so sick with myself. I reach out to someone who advises on the 12 step program and we spoke about whether I'm an addict. I thought yes, he felt probably not. He suggested to call HHM. I did. HHM gave me his time and more. Answered my calls at all hours of day/night, and even came to visit me. Knowing that I needed to answer to him every night is really what kept me from failing. He really cares, made himself a friend and mentor, and especially coming to visit me made an impression. I felt that I couldn't let him down. There were times that were really difficult. There were days that I was under extreme stress, due to circumstances in my life. I really wanted to masturbate or watch, just once, but I held back. And the few times I really reached the edge and almost "pulled the plug" I called HHM and he gave me chizuk to keep on chugging. So that is how I did it, and with the help of Hashem and through His tzaddik of a shliach HHM I will Bezras Hashem continue to do it! Continue to grow. There is still work to be

done. "Hayom Lasoisam, U'Imachor L'kabel Zcharom"

As an aside, I also made sure every device in my home is filtered, and smashed and threw out and old phone sitting around.

In regards to ttrigges (aka women) Ive learned to fixate my eyes on something else when walking by [without looking like a total fool]. Obviously coworkers are harder. I still struggle there much more, but it works to constantly remind yourself that they are human beings who have feelings, and they would be truly disgusted - (shocking) - if they knew you were thinking of them sexually.

Rabbosai, There is hope! Never ever give up!

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