

Help! I can't believe I'm writing this

Posted by gibor1836 - 23 Sep 2024 01:13

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I'm still not sure why I am writing here. I am just letting my fingers do the writing as uncomfortable as it is. I've been on and off this site for a few years choosing to gain from the resources here without any contact with real human beings. I don't think it's easy for anyone to come out in public (even though it's anonymous), but struggling with social anxiety and anxiety in general makes it very difficult. But here goes...

Like many if not most healthy males, kedusha has been a struggle ever since I can remember; at least since puberty. Baruch Hashem my parents were pretty strict with internet so there was only so much I could access. But I made do with whatever I had. Only in my later years in yeshiva did consistent porn viewing become an issue. It starts with a borrowing a friends smartphone to watch movies and from there is downhill until you have your own phone using it for a few hours a night. I remember sneaking out in middle of shemona esrei by maariv to get a head start on my nightly routine.

With a combination of therapy and a fresh start in a new yeshiva I got past the worst of my addiction. Dating and the first few months of marriage were more or less clean. Not to say that I never gave in to a taavah but there was no serious acting out. But eventually the dream of all the taaavos going away by marriage start to fade. As much as you love your wife, she'll never be an actress or a porn star. The more you give in to the taavos the more you start to hyper focus on your wife's imperfections which then exacerbates the taavos. You try to trick yourself into thinking that if only your wife would like like this or do this then your issues will be solved. But in the end of the day we all know that that is not true and the yetzer hora will never give up (I hope he does though).

So I'm here because I have nowhere else to go. Every time I think I've conquered the yetzer hora he's back again with something else. Or I'll be doing great and then I get hit with anxiety or depression and this is the only thing that will distract me. Or I had a fight with my wife or a bad day at work, it is the easiest escape out of real life and into fantasy land and pleasure. I think the thing about this that eats me up the most is the amount of time wasted. I love learning but for the life of me I just can't get myself to sit down and learn. I am very easily distracted even if it's "kosher" screen time. By the time I look up the night is gone. This is not who I want to be and this is only setting me back in getting to where I want to be. But try as I might there is no getting past this roadblock. As familiar as I am with this site I think I have not tapped in to the full potential of it and am missing out on a lot of what it has to offer. Just writing this is filling me with new hope. I am looking forward to hearing feedback and any suggestions as to how to get the most out of this site and this community. I probably have a lot more to say and I don't think I've shared all the details but I will quickly hit *Submit* now before I chicken out.

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Re: Help! I can't believe I'm writing this

Posted by gibor1836 - 09 Oct 2024 00:41

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Day 1 again. Had a nice little streak going but had a few rough days. Just the little bit of writing I did here and feeling part of a "chevra" was such a chizzuk. Even though I haven't reached out to anyone personally there's still this feeling that people are rooting for you and you don't want to let the oilam down. Rosh Hashana was a little bit rough to be honest. A lot of tension with the in-laws made those 3 days not so enjoyable. So Motzei Shabbos my streak came crashing down. It was my way of unwinding. (Maybe I have to find another way to unwind). The GYE website was not working properly for me for some reason so I didn't have the satisfaction of seeing my streak or the chizzuk from the forums. Yesterday I was having some issues with my filter company and in the process of trying to fix something they turned off the filter. It was supposed to be turned back on but it was off the whole day. Of course I was just checking to make sure the filter was working properly... it wasn't. So that made last night kind of like a rock bottom. So trying to get back on track today.

P.S. Do I do a 90 challenge? Is that too ambitious? What's the mehalach?

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Re: Help! I can't believe I'm writing this  
Posted by proudyungerman - 09 Oct 2024 01:11

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[gibor1836 wrote on 09 Oct 2024 00:41:](#)

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Golden piece of knowledge you have here, my dear friend...

I too had to find a new pacifier, and also learn to love myself.

BH, after speaking to some of the tzaddikim on this site, I am now in a rockin' awesome place!

P.S. Do I do a 90 challenge? Is that too ambitious? What's the mehalach?

I spoke to HHM (Hashem Help Me), the mentor-in-chief, one of the warmest, nicest people you will ever speak to, who has helped hundreds. I'd recommend asking him this question. He is reachable at [michelgelner@gmail.com](mailto:michelgelner@gmail.com)

(P.S. eerie, IWLR, Muttel, chaimoigen, yiftach, Shem, amevakesh are also great:smiley:)

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Re: Help! I can't believe I'm writing this  
Posted by Hashem Help Me - 09 Oct 2024 11:35

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[gibor1836 wrote on 09 Oct 2024 00:41:](#)

Rosh Hashana was a little bit rough to be honest. A lot of tension with the in-laws made those 3 days not so enjoyable. So Motzei Shabbos my streak came crashing down. It was my way of unwinding. (Maybe I have to find another way to unwind).

It is an interesting statistic how many guys fall or come very close to falling on Motzai Rosh HaShana, Motzai Yom Kippur, Motzai Simchas Torah, Shavuot after Vasikin, after one's child's chasuna, and other such zmanim. Pshat? One has never learned healthy self-regulation tools. All of the above mentioned times are tension filled times (Good stress, but stress nonetheless). Guys simply do not know how to process that. They need to release and have taught themselves that the only way to do so is with their penis. I struggled with this immensely and was convinced i was a rasha - Motzai Yom Kippur?! I learned it is not a lust problem, it is a "pacifier" problem. Buddy, you will be ok b'ezras Hashem. With a little time and education you can simply stop these behaviors completely. Not for 30 days or 90 days. Forever.

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Re: Help! I can't believe I'm writing this

Posted by chaimoigen - 09 Oct 2024 15:32

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I'm very curious about that book as well. Someone said he was gonna review it but has yet to come through. Alas.

The book Breaking Free by Rabbi Ostrov has a lot of great points and good inspiration. He's a wonderful person.

I think people can be helped by the book. I do not like to rain on anyone's parade. But if you're here on this site, I feel I ought to say this. In my humble opinion the **information in the** whole book contains a lot, but not all, of the content contained in a single, long, good conversation with HHM. (It's missing a big part because Rabbi Ostrov does not talk that much about rewiring and retraining oneself from erroneous misconceptions about sexuality, marriage, and relationships. Just about how to view yourself and your battles and life). And a book doesn't have the human element (though Rabbi Ostrov recommends going to GYE and getting a partner/mentor to work the book with). A conversation with a person is just different and can help in so many different ways.

(QUALIFIER: I did not actually DO the meditations. It's possible that the meditations could provide a big impact for someone who is ready to do them in a way that I can't evaluate. I have a lot of respect for Rabbi Ostrov. I know he's helped a lot of people.)

**Here's my main point: If you haven't yet, reach out and talk someone. A real live person who has been there before, understands what you're going through, and isn't afraid to help you - that's worth more than 1,000 books. But, hey, that just, like, my opinion.**

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Re: Help! I can't believe I'm writing this

Posted by anon4318 - 09 Oct 2024 18:04

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Anyone have a pdf version of the book?

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Re: Help! I can't believe I'm writing this  
Posted by BenHashemBH - 09 Oct 2024 19:01

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[anon4318 wrote on 09 Oct 2024 18:04:](#)

Anyone have a pdf version of the book?

[The Battle of the Generation \(guardyoureyes.com\)](#)

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Hatzlacha

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