

My journey

Posted by vibranthippo60 - 29 Sep 2024 03:08

Hi everyone, I just joined a short while ago. Having mixed feelings about sharing my experience but I'm gonna do it anyways.

My journey began when I was in Yeshiva Gedolah. I was a very good buchor and a masmid. I wanted to do the right thing and never imagined I would get involved in P.

But deep inside I was struggling. My family was very dysfunctional, and my older siblings either went off the derech or simply did not want to have anything to do my parents. As a middle child, it tore me apart and I had almost no one to talk to. So I started searching online (yes I had a hidden smart phone) for therapies. And then slowly slowly I went down the dark path and ended up in P. It was a big shock to me the first time, but the yetzer harah is very clever and pulled me back into it again and again. I still remained a masmid because I enjoyed learning, but I guess it was a temporary relief for my struggles.

Then when I finished Yeshiva, I was at home, by myself and with my parents, since no one else wanted to come home, and again I got back into it. It became a bit tricky when I started with shidduchim and I really tried to cut down on it, which I did. I was mainly addicted to masturbation since I felt a release of stress and it helped me cope with my situation.

I hope this wasn't too long of a post but this was and is my journey. I still struggle from time to time from going on bad websites, especially during difficult times. If anyone has any advice for me I will greatly appreciate it!

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Re: My journey

Posted by whywatch - 29 Sep 2024 05:47

Wow! Sounds like you had quite a journey. You've definitely come to the right address. Use the tools on GYE, shmooz it up with the chevra. And when you have the courage give one of the great tzadikim on GYE a call. They are here for you!

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Re: My journey

Posted by Hashem Help Me - 29 Sep 2024 06:44

Welcome. Wow! What a hero - such a history of challenges! Hang around here and b'ezras

Hashem you will be fine.

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Re: My journey

Posted by neshomo kedosha - 29 Sep 2024 13:15

Welcome

Thanks for sharing your story!

Stick around here it's the best place to get help at any stage of the struggle

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Re: My journey

Posted by ilovehashem247 - 30 Sep 2024 03:40

Wow - not too long of a post, we're happy to hear your story. Every road to recovery begins somewhere - hopefully yours starts here.

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Re: My journey

Posted by hopefulposek - 01 Oct 2024 00:00

Welcome!

Oy, I can hear your pain in your words. You have amazing courage to take this step and share your journey with the oilim here. There are many steps to take on this journey and we will all be here to help you along with guidance and chizuk. The first step it sounds like you already identified that you navigate towards P and M when you get uncomfortable feelings being at home by yourself with your parents, labeling it as a coping mechanism. This is a very helpful realization to have in the journey to freedom.

For right now, start the Flight 2 Freedom program and take things slowly, week by week working on the lessons and tools that it gives you.

It will also be helpful to post about what you learn and the ups and downs that you are having on this thread, this can help you clarify and internalize the lessons as well as get chizuk, feedback and guidance from the many members here.

Hatzlachah Rabbah! We are all rooting for you!

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