

Striving

Posted by jollylemur95 - 14 Oct 2024 15:29

Hello,

This is my first time on the forum. It took me a lot of courage to go on to it. I have been struggling with these things for awhile. Usually it was M as porn was not accessible. I have always tried to keep all my devices clean. However recently I was exposed to an unfiltered device and I feel into that too for a while. BH that device is no longer accessible so I don't have to deal with that angle of it for now. But now Masturbation is the main concern. I am trying mightily to kick it but I feel like a caged tiger that is waiting for a release. Every walk down the street , to grocery, Bais Medrash, is agonizing. Keeping my head down at all times is my only option ant women regardless of how appropriately she is dressed is a trigger. Is there anyone who has some chizuk or guidance for me?

In addition I want to be clean from this stuff not because it is not accessible but because it is the wrong. I feel like if I got my hands on an unfiltered device it would be under a minute I would in the depths of this shmutz.

I just wish I can be normal that not every women is an almost overpowering urge to Do P&M.

Can anyone help?

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Re: Striving

Posted by odyossefchai - 29 Nov 2024 11:19

[menuchashanefesh9 wrote on 29 Nov 2024 01:50:](#)

If I may ask a simple question to bring out the Onusim stickle....

Imagine we had a choice. We could either A) have never chanced upon GYE, lived a life of daily porn watching and gone up to Shamayim after 120 and to only then found out that we were Onusim mamesh. B] Or we could have found GYE at ____ years old, learned that we were

onusim, and learnt tools to break free and never watch porn again. There is not a guy on this site who would chose the first option. ??? nobody is doing this because they want to. IT'S BECAUSE WE WERE ALL UNDER EDUCATED, developed a bad habit, and didn't have the tools to get out of it. **Tzadikim** keep on fighting!! You're all amazing, each and every one of you!

This explains ALL challenges. Hashem gives us them to help us have the opportunity of growing. While I hated having these nisyonos, that was only while I was deep in the mud. Once you break free, suddenly you can look at things from a better perspective.

AND I must add, if you did break free, use your newfound knowledge to help others. Maybe that's one of the reasons Hashem helped you break free.

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Re: Striving
Posted by freekoala73 - 04 Dec 2024 22:38

Your posts is very encouraging and I'm sure that as you turn the past aveiros to a z'chus for the oilam here, hashem does the same to you and loves you as a true tzaddik.

aren't we all ????? ????? ?????????...

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Re: Striving
Posted by jollylemur95 - 06 Dec 2024 16:59

I had a story this week that rebakiva is making me crazy to share so here it goes:

I have for the most part been very strict to filter all my devices so porn was never a consistent because it was not always accessible. However if I ever got my hands on an unfiltered device I would be on it for hours late into the night...

My wife was always careful to get her devices filtered , but as a busy mother she some time did not do it right away. I used to ask her to filter it at the same time part of me hoping she wouldn't so I can see porn. Recently she had a computer that was my "window" to all this lustful junk. Despite me asking and begging her to filter it she got busy and for a while it was not filtered.

around 3 months ago she put it somewhere that I was not aware where it was. I have not seen porn since. Recently, despite me not knowing where it is I asked her again to filter it and she b"h did that. As she taking it out I ran out of the house so I wouldn't know where it was. At that moment I felt like Yisro. As Rashi tells us, he had mixed feelings when he heard of the downfall of mitzrayim, I felt the same. Happy it was going to be filtered and part of me hoping she wouldn't.

B"h it is now filtered. I went with my wife this week to pick it up from the filter company. Right then, Every fiber in my being (I know **Vehkam**, it is not really me: laughing:!) was screaming do not say anything. Maybe the filter is not working so well and I would be able to see.....

But because I have the greatest friends a man can ever ask for here on GYE I pushed myself and asked her to check the filter first to ensure it is working properly. As I said it, I was in real pain! I had this horrible feeling in my stomach. It hurt me for at least a day before it subsided. I was going crazy! Why do I feel this way? I should be excited that I was able to push against my entire being saying to stay quiet. But I all I had was pain..

I started calling some of my friends to understand why I felt this way. I finally got through to HHM who told me it was a great thing that was done and I am like a baby throwing away his pacifier! As the pain continued I was thinking and I hit something else. I think I was sitting shiva on porn! Not willing to accept that I hopefully will never see it again!

In a fantasy I would end off that I became a malach and never had a tayva again.

But this is real life and in real life the battle never ends.

Yesterday I had a lapse. Not in porn (no access) or masturbation (controlled my self) but in shmiras einayim. I looked at someone inappropriate (more then a first glance, though as stated earlier it was not porn)

This brings out 2 things in particular for me

1) How lucky I am to have such a great group of friends here who are literally pushing me to keep growing! Thank You!!

2) I may have had a victory, but the war is not over. Proof is I fell back just 2 days later. I must stay vigilant on this until the day I am summoned to to the bais din shel maaloh. The YH never gives up and is a most formidable enemy and I must keep working to defeat him. He never gives up so I can not give up either.

ON TO VICTORY BE"H!! (and bezras his sheluchim here on GYE!)

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Re: Striving
Posted by Muttel - 06 Dec 2024 18:15

What joy to see this most beautiful post.....

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Re: Striving
Posted by rebakiva - 06 Dec 2024 18:49

Oh R' jolly, thanks for comforting me, I've always thought that only **"I"** am crazy, but now I see

This post is what they call the "GYE user's dream" there's so much in this that we all dream about, 1) yes we will struggle forever (possibly), the YH never gives up, but we can stand up to him and against our will, do something, or say something {like telling your wife to make sure the filter is working, before using it yourself} that is beneficial for our **STRIVING** in inyanei kedusha, 2) the support system you've managed to build for yourself, is also something everyone here dreams about, to ensure they can also STRIVE to kill this beast.

Thank you so much for this post, you've inspired me, you're an inspiration for everyone reading your story, seeing where you're coming from, to where you currently are, and it'll be an inspiration to everyone who's going to read this in the years to come.

With love and hope to keep making you crazy, Akiva

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Re: Striving
I've succeeded in making others crazy as well, so now I'm no more alone.
Posted by Jollylemur95 - 13 Dec 2024 16:15

I had a very uplifting experience today.

I was in the bank recently waiting for a teller. I was second on line and I glanced to see if it was moving and I noticed one of the tellers has a certain featured that is very triggering to me. I quickly looked away. (I did not really see her as it was for around a half a second but I did notice the triggering feature) I started getting nervous that she would be the one helping me as the person in front of me was going to take the other teller who was almost finished and I would be left with her. It was hard enough to keep my eyes away standing on line. If I had to interact with her I did not know if I would be able to overcome the temptation. I started davening to hashem that I should have a different teller so I can stay strong. Around 30 seconds later a man (no temptation there) came from his computer right over to me and asked me if I needed help! He helped me and I was able to leave without having to look at or interact with that teller.! I am so thankful to Hashem that he came through for me!

This brought out to me something we all know but I have to work to get into my psyche. HKB"H is not a neutral third party in this battle against lust. He is the judge but he is not impartial! **He is actively on our side, rooting for us and wanting, ready, willing and able to help whenever we ask!** He knows the struggle and is totally supporting us! I know that every time I keep this in mind (unfortunately not often enough) it gives me a boost of momentum to keep going. It so encouraging to keep in mind!

Just thought I would share

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Re: Striving
Posted by eerie - 13 Dec 2024 18:37

That's beautiful, Jolly! Thanks for sharing!

Yes, Hashem loves you, and He cares for us all, and we should never stop talking to Him.

I'd like to point something out. BeH as you keep going up you'll learn to stay calm. You'll learn that seeing something that triggers doesn't mean you should panic or get nervous. And when you'll stay calm, you'll be able to control your mind, and decide what you want to think about. It's the panic that takes away our ability to choose properly. And then, even when Hashem decrees that we should be challenged, you'll be able to be calm and strong and withstand the temptation with strength and calm

How do we stay calm?

Keep reminding yourself that feeling that is very normal. You are normal for wanting that. And

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then calmly decide that those are things you don't want to do.

Re: Striving

Posted by jollylemur95 - 20 Dec 2024 15:47

In the past I did not want to post my daily struggles because it is very repetitive. Fall, trying...trying...trying...etc. But following the advice of my yedid **R' IWANTLIFE**, I will attempt to give somewhat of an update.

Yesterday I hit 60 days that I refrained from P & M.(Actually P is longer then that due to lack of access) I frankly did not feel anything. At this point I am not finding the fight any easier. I still feel my blood pressure shoot up whenever I encounter a female. (It is not the failure as BH I have refrained from looking. It is simply the test) I am told it will just take time but I am growing rather impatient. In fact the last few days have been especially difficult due to some disappointments and hardships I am dealing with in other aspects of life. In fact yesterday was arguably my hardest day since I started. Chavrusa did not show up,hard sugya, some other disappointing news all led me to a really bad frame of mind. I actually went to listen to some light shiurim because I knew the other option was to be MZ"L. I was listening to a shiur on the inyan of shmiras einayim, and the speaker was speaking about how HKB"H values people dealing with these nisyonos more then Malachim who obviously do not have these impulses. At That point I just burst out crying. (I do not know why but ever since i started this journey I am doing a lot of crying, which in the past, crying was mostly on Yom Kippur) I was crying due to the overload of emotions I was feeling. Hoping to get to a better place, Hearing that HKB"H values my struggle , and just the immense pain and tension I am carrying with me until the fight gets easier.

I am frankly a little surprised that it is **still so tremendously hard** for me. I am beginning to realize how deeply engrained this shmutz is in me. It is really hard work to uproot it! Does anyone have any ideas how to deal with this tension? (**Eerie** , I know it is normal but that takes time to feel that change. Also, as **HMM** says to DEobjectify them also takes time as my first instinct I have when I see a female is how does she look. After all , I have unfortunately been fantasizing about women since I was a child of 5 years old. Not the act of intimacy, but in more general terms)

And so, I still feel like I am walking a tightrope. Hanging off a cliff maybe is more accurate. The only way, I have been able to stay here is because of the greatest friends I can ever hope for. **That is all of you, here on GYE!** Your inspiration keeps me going even when I am collapsing from the tension I am experiencing just by seeing a female in my line of vision! Thank you to all

my friends who are there for me when I need it!. Some of you even take the initiative to reach out to me! (I am realizing that I need to make my support system larger as B"H we all are very busy and not always available to speak when I need it.) So I wanted to Thank all of you for your support and friendships! It means more then I can ever express!

And I hope that be'h (I beg him constantly to make the nisoyon easier) and your support I will be able to continue with more menuchas hanefesh!

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Re: Striving

Posted by Hashem Help Me - 20 Dec 2024 19:36

Words from the heart,

feeling like falling apart,

but courageously hanging on.

A hero from the start,

In GYE playing his part,

an inspiration - a rising sun.

While fightiing the fight

with super focused might,

friends he helps and advises.

A Jolly friend demanding right,

with friends he holds tight,

may Hashem shower him with brachos - all sizes.

Hats off to you Jolly. It may still be so tough, but you are obstinately showing us how to be loyal. Very impressive! Continued hatzlocha!

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Re: Striving

Posted by jollylemur95 - 25 Dec 2024 18:37

Just an update.

Things are still very tough but I have been putting a lot of thought into this together with discussions with some of the greats here on GYE.

Here is what I came up with. I would love if anyone has some other ideas or comments, corrections etc.

In the vaad (still highly recommended!!) we were discussing the benefits and detriments of streaks. The benefit is obvious. As long as one is on the streak it is a huge boost of momentum to keep going. The flip side is just as obvious. If he falls, he can feel like all that work is gone and all the way at the bottom gain with nothing to show for all the efforts. It can be really demoralizing that may discourage one from trying again. one may feel he does not have the ability to try again. I have long stated and I have seen and heard others say the same. Those who were able to just turn on a switch and desist from all these bad behaviors are truly great people. They are an inspiration! What I am even more impressed from is one who tries, goes a little bit (or more the a little) then falls again and still gets up and starts again. still believing he can do it despite the setback! That is off the charts!!

Next.

I have been asked by a few people privately why I am so scared of this , more then any aveira. To the point that my blood pressure rises by every women I pass. I am not walking around all day scared to speak, lest I speak c"v Lashon Hara Though I have a few different reasons that I believe is all true, I will state one of them here. The Prisha on the Tur and the Taz on shulchan aruch both say and I and probably many others can say from their experiences the same thing. The aveiros in these inyanim are the hardest to break free from. I will speak for my self as I know that for sure to be by me. I am not a **habitual** lashon hara speaker. Do I occasionally slip and speak lashon hara? Yes. Do I more times then not refrain? Yes. I am not emotionally attached to any forbidden speech I may utter. To be more direct: I do not doubt my ability to refrain from lashon hara, and do teshuva if I c"v fell short. Inyanei kedusha, and p & m

in particular I am emotionally attached to. The feeling that I feel when doing these things are extremely strong. It is almost addictive. (Yes, I asked a HHM if I need SA and I was told no b"n). In short, I am a **habitual** p&m person. I was doing these things (almost) every day and often multiple times a day. I really doubt my ability to break free for good! Hence, when I am on a streak and I see a women who presents another challenge, I view it as potentially not just the end of a streak but the end of my attempt to clean up my act for good.

In a few words : **I AM TOO SCARED TO FAIL!**

Because I doubt my ability to get back up and be matzliach.

So I have to find that fine line. Where I view the aveira as the worst thing (it is) before it happens. And if c"v it does happen, I should not view as my ride is over. I have to believe that if I fall c"v I have the ability to rise again and clean up for good. And that what I did accomplish is not for waste but rather will be helpful in the fight going forward. Of course teshuva must be done for the fall but it should not be viewed as a mission impossible or an insurmountable obstacle. But rather a bump on the road to freedom!

Of course, I hope not to fall but to be prepared if I do c"v. This will take a long time to truly get to such a frame of mind but knowledge is empowering so I hope to get to work on that.

If anyone has any ideas how to get to that frame of mind I would love to hear!

Thank you all for your support!

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Re: Striving
Posted by amevakesh - 25 Dec 2024 19:20

You're gonna hate me for saying this, but you are a **HERO** (I wish I knew how to make it bigger, but I don't know how to) of epic proportions. Most people would have thrown in the towel a long time ago.

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Re: Striving

Posted by odyossefchai - 25 Dec 2024 20:55

[amevakesh wrote on 25 Dec 2024 19:20:](#)

You're gonna hate me for saying this, but you are a **HERO** (I wish I knew how to make it bigger, but I don't know how to) of epic proportions. Most people would have thrown in the towel a long time ago.

I couldn't agree more!

Jollylemur is amazing.

An inspiration to us all and to the newer guys on here.

We need him to keep posting.

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Re: Striving

Posted by proudyungerman - 25 Dec 2024 21:52

Warning: Spoiler!

KOMT!!

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Re: Striving

Posted by stopsurvivingstartliving - 26 Dec 2024 00:03

Beautiful post.

This line especially spoke to me.

Where I view the aveira as the worst thing (it is) before it happens. And if c"v it does happen, I should not view as my ride is over.

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