

Recovering from a Fall

Posted by sprather - 28 Oct 2024 19:42

---

I have struggled with this since I was 10 years old. I didn't grow up frum, so I was exposed to this stuff constantly throughout my childhood, and no matter how much I wanted to quit, I could never stop for long. I think the longest I was clean was probably around two weeks. I finally decided that I was done and signed up for GYE, and it was a game changer. I was suddenly capable of suppress and moving past these compulsive desires. I was clean for 37; I thought I was done for good. Then, over shabbat, I fell. I feel so bad about it. Coming off of that has made staying clean so much harder. I want to move past this, but now I doubt if I can. I just wanted to vent; thank you, to anyone to reads this.

=====

Re: Recovering from a Fall

Posted by vehkam - 05 Jun 2025 20:01

---

It is very important to separate the concept of teshuva from the concept of breaking free from an addictive habit. Keep focusing on the positive and allow yourself a sense of accomplishment while you go through this journey. The concept of teshuva will come later. Right now you need to work on getting to a healthy place.

While we don't stop pushing for more growth, every small step in the right direction should be celebrated.

Please read a book such as the battle of the generation every day until you develop this mindset.

Best wishes

Vehkam

=====

Re: Recovering from a Fall

Posted by sprather - 05 Jun 2025 21:15

---

---

Ben Hashem, thank you so much for the kind words. I realize that I really need to have an internet filter on my devices (I used to have, but it was extremely overly censorial, and I had managed to stay clean for a long time without it, so I convinced myself I didn't really need it. I acknowledge now that I just need to find a better one.) I have people IRL that I talk to, but not like a weekly check-in. I also have a therapist. I spoke to my Rav this afternoon about this, and his basic point was that this is something many (according to him - most) people my age struggle with, and that I shouldn't expect myself to just "get clean". B'Mechilat kvodo, this didn't make me feel much better. Could I ask you to elaborate on what you mean by "whatever tomorrow brings, you can always be today done for good"? It sound like something that could be meaningful, but I don't quite understand what you mean.

=====

=====

Re: Recovering from a Fall  
Posted by sprather - 05 Jun 2025 21:24

---

Vekham, thank you for your response, but I don't know how it could be separated. We must ask G-d to heal us from all illnesses, both physical and spiritual, and to recover from spiritual evil is teshuvah. Obviously I know that the self-destructive attitude is bad and unhelpful, and am thus working on changing that, that is not somehow divorced from the process of teshuvah. Ultimately, I am doing all of this, with all of the struggle that it entails, in order to draw closer to G-d.

=====

=====

Re: Recovering from a Fall  
Posted by kavey - 05 Jun 2025 22:08

---

Rav Pincus in his shiurim on Chanuka, talks about Hod (Glory).

The Greeks were so successful because they didn't fight for the spoils but rather for the glory of the fight/win (Olympics, Alexander the Great etc.)

The Chashmonaim countered the glory of the Greeks by their glory of standing up for the Ribono Shel Olam even when they were vastly outnumbered. They knew there was no hope but they fought anyway (and they won!).

I wonder if from where you stand now the end-goal of "winning" seems unattainable but that doesn't mean you can't have glory. Take pride in the fight!

=====

=====

Re: Recovering from a Fall

Posted by vehkam - 05 Jun 2025 23:25

---

Vekham, thank you for your response, but I don't know how it could be separated. We must ask G-d to heal us from all illnesses, both physical and spiritual, and to recover from spiritual evil is teshuvah. Obviously I know that the self-destructive attitude is bad and unhelpful, and am thus working on changing that, that is not somehow divorced from the process of teshuvah. Ultimately, I am doing all of this, with all of the struggle that it entails, in order to draw closer to G-d.

End quote

If one tries to do teshuva before getting themselves to a healthy place the teshuva may be very much guilt based which is often debilitating and counterproductive. Many who have been successful in this struggle have stated that it is best to put off thinking about teshuva until you have some confidence in your continuing success.

It is not unhealthy to consider your work on overcoming challenges as a part of a teshuva process but the goal at this point should not be teshuva. The goal should be to get to a healthy place where you have the ability to make good choices and to feel good about that.

=====

=====

Re: Recovering from a Fall

Posted by BenHashemBH - 06 Jun 2025 02:41

---

[sprather wrote on 05 Jun 2025 21:15:](#)

Ben Hashem, thank you so much for the kind words. I realize that I really need to have an internet filter on my devices (I used to have, but it was extremely overly censorial, and I had managed to stay clean for a long time without it, so I convinced myself I didn't really need it. I acknowledge now that I just need to find a better one.) I have people IRL that I talk to, but not like a weekly check-in. I also have a therapist. I spoke to my Rav this afternoon about this, and his basic point was that this is something many (according to him - most) people my age struggle with, and that I shouldn't expect myself to just "get clean". B'Mechilat kvodo, this didn't make me feel much better. Could I ask you to elaborate on what you mean by "whatever tomorrow brings, you can always be today done for good"? It sound like something that could be meaningful, but I don't quite understand what you mean.

Here is a post I wrote that elaborates a bit on how I think about

it: <https://guardyoureyes.com/forum/2-What-Works-for-Me/429380-Everlasting-Change-Vs-ODAAT#431258>

Too much focus on tomorrow can skew the mindset to results only. What is needed today, and what Hashem expects from us in the moment, is appropriate action. If I do that, then the results that I am capable of will follow, and there is no need to worry about being clean forever tomorrow, because I'm already living it today.

=====  
=====

Re: Recovering from a Fall

Posted by Muttel - 06 Jun 2025 12:56

---

[vehkam wrote on 05 Jun 2025 23:25:](#)

Absolutely

Vekham, thank you for your response, but I don't know how it could be separated. We must ask G-d to heal us from all illnesses, both physical and spiritual, and to recover from spiritual evil is teshuvah. Obviously I know that the self-destructive attitude is bad and unhelpful, and am thus

working on changing that, that is not somehow divorced from the process of teshuvah. Ultimately, I am doing all of this, with all of the struggle that it entails, in order to draw closer to G-d.

End quote

**If one tries to do teshuva before getting themselves to a healthy place the teshuva may be very much guilt based which is often debilitating and counterproductive. Many who have been successful in this struggle have stated that it is best to put off thinking about teshuva until you have some confidence in your continuing success.**

It is not unhealthy to consider your work on overcoming challenges as a part of a teshuva process but the goal at this point should not be teshuva. The goal should be to get to a healthy place where you have the ability to make good choices and to feel good about that.

See Rabbeinu Yonah in his Yesod HaTeshuva (printed in the back of many editions of Mesillas Yesharim) who espouses this thinking.

=====

Re: Recovering from a Fall  
Posted by sprather - 10 Jun 2025 14:14

---

Hello again. I am now back in the States, and already the struggle is a lot harder. I am at home, in a non-religious area. I do not have the normal structure of learning, and I am going to be at home for long stretches of time with unfiltered devices. B"H, I am going to go to a Kollel in July, which should be great for me, but until then, I need to figure out a way of filling up my schedule in ways that are productive. Obviously I am going to continue learning on my own, but other than that, are there any suggestions?

=====

Re: Recovering from a Fall

Posted by BenHashemBH - 10 Jun 2025 16:11

---

[sprather wrote on 10 Jun 2025 14:14:](#)

Hello again. I am now back in the States, and already the struggle is a lot harder. I am at home, in a non-religious area. I do not have the normal structure of learning, and I am going to be at home for long stretches of time with unfiltered devices. B"H, I am going to go to a Kollel in July, which should be great for me, but until then, I need to figure out a way of filling up my schedule in ways that are productive. Obviously I am going to continue learning on my own, but other than that, are there any suggestions?

Shalom Brother,

Is your personal device filtered?

Is there a way to have the unfiltered devices at least locked so you don't have completely free access?

Can you set up some accountability for yourself regarding them, limiting their use to specific and necessary times (not at night), amounts (small increments only), and location (never alone or in a private space)?

Speaking of accountability, maybe get in touch with some of the chevra here and build friendships with people you can stay in touch with on the daily? That could be a huge help if you need to navigate any pre/during/post challenging situations.

What do you plan to do with your free time? Make yourself a schedule and have a contingency in place for "emergencies". Learn, read, exercise, journal, music, chess, or whatever you can make work. If you are having a rough moment, try something that will help you reset and refocus (go to Shul, buy yourself a treat, do some pushups, listen to a meaningful song, talk to a friend, etc).

What's on the agenda for today?

Hatzlacha and Kol Tov

=====  
=====

Re: Recovering from a Fall

Posted by sprather - 10 Jun 2025 17:42

---

Ben Hashem, I have been meaning to get a filter for my devices for a while (I'm not sure if I've posted about this before on here.) I had one a filter before, but it was so censorial as to make using the internet impossible. I realize that I really need to get a new one (maybe you could give a suggestion of one that blocks adult content, but otherwise leaves the internet intact.) Obviously being on a computer for too long is bad, even if you are using it for kosher purposes. I would love to be in contact with some of the guys here; it'll probably be easier now that I am in the States. I agree that I should make a firm schedule for the coming days; I have a lot of documents I need to get for next year, which should keep me busy. BS"D, I'll be busy between paperwork and learning. Thank you so much for the advice, and I hope to reach out to you in the coming days.

=====  
=====

Re: Recovering from a Fall

Posted by BenHashemBH - 10 Jun 2025 19:12

---

I'm not super familiar with filters. Currently I have MB Smart based on the TAG office's suggestion when I described how I use my phone. I blocked basically everything and then send them a request to unblock the few things I wanted access to. Different filters work for different people.

Several filters are pretty customizable, so you should be able to find one that suits your needs with a little research. I think there is a thread on GYE specifically for filter discussions.

I'd love to connect when you are ready. Kol Tov.

=====  
=====

====

Re: Recovering from a Fall

Posted by sprather - 29 Jun 2025 07:29

---

Hello everyone. I just wanted to check into the forum. I've been having a pretty hard go of things lately (as you can tell from "4 days clean"). B"H, right now, I think I'm on the up and up. I leave to kollel on Tuesday. I think that I can stay clean until then, and its going to be a lot easier with the structure of kollel, both in terms of filling up time, and in terms of getting rid of that feeling of restlessness and worthlessness. I don't really know why I'm writing right now. I guess I just want you all to pray for me. Pray that I am forgiven from all evil, and pray that I can continue to grow closer to HKB"H. Erev tov.

=====  
=====

Re: Recovering from a Fall

Posted by kavey - 29 Jun 2025 10:09

---

Others have written about this but I think it's important to cut yourself some slack and reframe the struggle. You're in a difficult environment and are fighting...that's amazing!

Maybe sometimes you fall, but I think in terms of those feelings of worthlessness it's important to see that you are on a path of aliya. You're dealing with your situation and are trying to move forward.

I wonder if some of the feelings of worthlessness stem from the black and white of what's written about this issur. And it's important to say that everything written is true. However, the kneitch is how we internalize that information. I haven't read the sefer Battle of the Generation but my understanding is that he helps with this perspective. And of course you can speak to our great Rebbe HHM.

Rooting for you and I apologize if I'm off-base.

=====  
=====



Re: Recovering from a Fall

Posted by sprather - 27 Jul 2025 19:46

---

Hello Chevra. It's been a while, so I thought I would check in. I'm in kollel now, so things have been a lot better. I've been learning shtark, which is both good bichlal, and good inasmuch as it fills my time, and keeps me away from shtus. Unfortunately, in the past few days, I have fallen into some "yellow zone" behaviours, but I have kept myself from falling, and today, I have added more failsafes to keep me from going onto less-than-kosher sites. I feel very blessed to have GYE to support me. It's been almost a year since I first signed up, and although I have yet to break free completely, I have gotten so much better over the course of the last year. It would have been impossible for me to imagine consistently going weeks clean a year ago. Thank you all! B'Hatzlachah!

=====

====