

Skeptical but open-minded

Posted by ratherstayanonymous - 20 Jan 2025 18:20

Hello to the chashuva oilam on the forums, I've been poking around on the forums for a while and I feel the time has come to make I own thread, for some background I'm a bucher in Eretz Yisroel and I've been struggling with P/m for close to 8 years, hopefully I don't bore you but here's the backstory.

In 9th grade I got ahold of an unfiltered device through a relative of mine, at the time I was in an out of town yeshiva so most of the inappropriate content I was exposed to happened bein hazmanim, for years I hated bein hazmanim because while I was in yeshiva I didn't have access to P so I would naively tell myself that M wasn't so bad and really I was a shtieging buchor but at home I just felt hopelessly lost about my identity and many times throughout bein hazmanim I would ponder thoughts that "maybe I don't belong in yeshiva" and "yeshiva isn't meant for people like me" but then back in yeshiva surrounded by all the good guys I would laugh at how ridiculous those thoughts were and remember how much I enjoyed yeshiva and how deeply and passionately I felt about learning Torah (very clique I know)

This cycle continued until BM when one bein hazmanim I got rid of that device, I was on a high that bein hazmanim but of course a month later I found myself falling again, and that's how I continued for many years highs and lows all the time,

BH throughout this ordeal I was somehow able to continue to shtieg and am considered of the better buchorim, but inside I was never satisfied I always felt like a fraud and a liar.

Through some crazy hashgacha (I posted about it on a different thread) I discovered GYE and I'm 60 something days clean. So why am I skeptical you ask, in all my years (not that many I'm only 23) of suffering I can count on two fingers how many ppl I've opened up to (both of whom I connected with through GYE), and I just don't really connect to the whole open up on the public (anonymous) form and post where your holding thing, could be I'm bais but let's see where this goes (hence skeptical but open minded)

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Re: Skeptical but open-minded

Posted by ratherstayanonymous - 26 Jan 2025 17:00

Just checking in holding now at day 68(!) Had some minor urges over shabbos BH nothing I couldn't handle, on a different note I started reaching out to someone it definitely helps, just having someone to talk to and speak things out with is a game changer (thank you ykwya) also started reading a couple of pages of TBOTG a night not sure what I think of it yet but I'll give it a fair shot.

Less skeptical still open minded but ratherstayanonymous

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Re: Skeptical but open-minded

Posted by ratherstayanonymous - 29 Jan 2025 21:56

I think I'm getting more sensitive to just regular shmiras eynayim, started noticing how my eyes just move around on impulse to the happenings on the street, It isn't easy tuning out the crazyness of geula but I guess no one achieves greatness easily

Onwards and upwards ODAAT

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Re: Skeptical but open-minded

Posted by jewizard21 - 29 Jan 2025 22:37

We never realized how desensitized we were. Remember that our natural response is to look. The part that is important is that we don't linger or look back.

Keep on Trucking, One Day At A Time!!

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Re: Skeptical but open-minded

Posted by vehkam - 30 Jan 2025 03:20

[ratherstayanonymous wrote on 29 Jan 2025 21:56:](#)

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Onwards and upwards ODAAT

awareness is a big step

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Re: Skeptical but open-minded

Posted by ratherstayanonymous - 02 Feb 2025 18:37

Got way too close to a fall on shabbos it's the first time in a while I got hit with such a strong urge, BH I caught myself before anything happened, I jumped out of bed read down my reasons for change card I keep on me and got busy, still a little shook up from the whole experience guess I gotta be more vigilant!

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Re: Skeptical but open-minded

Posted by lamaazavtuni - 02 Feb 2025 18:59

That's it brother !!!catching yourself. Pulling out of that rats(YH) clutches. Remember your taivos are not you. But your seichel and yetser tov ARE THE ACTUAL YOU
breathlessly waiting on your continued success

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Re: Skeptical but open-minded

Posted by ratherstayanonymous - 12 Feb 2025 12:20

Hey there been a while since I posted BH now holding at day 85 (the numbers keep getting crazier) as the big "90" approaches I wonder if I've made any real inner change or if I just white knuckled my way here, it seems that there's a pattern the goes something like "if you white knuckle your way through, whatever the amount of days when a tsunami urge hits you'll fall, but if you make an inner change of your prospective on the struggle you have a chance at succeeding"

It's all very useful and makes sense but how do you know if you've made that change? And how do you do it, if not by just staying clean?

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Re: Skeptical but open-minded

Posted by jollylemur95 - 12 Feb 2025 15:07

Amazing!

Regarding internal change vs. whiteknuckling I can not say from a personal experience as for the most part I am still white knuckling. However speaking with others who have gotten there they tell me there is no 1 moment where you say "I have changed". It came from a realization over time (Sometimes long) they realized "I do not think the way I used to".

That being said, whatever the reason is you should be extremely proud of yourself that you have gotten to where you are!

You are an inspiration to to whoever reads your thread!

Thank you

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Re: Skeptical but open-minded

Posted by chosemyschem - 12 Feb 2025 15:31

[ratherstayanonymous wrote on 12 Feb 2025 12:20:](#)

Hey there been a while since I posted BH now holding at day 85 (the numbers keep getting crazier) as the big "90" approaches I wonder if I've made any real inner change or if I just white knuckled my way here, it seems that there's a pattern the goes something like "if you white knuckle your way through, whatever the amount of days when a tsunami urge hits you'll fall, but if you make an inner change of your prospective on the struggle you have a chance at succeeding"

It's all very useful and makes sense but how do you know if you've made that change? And how do you do it, if not by just staying clean?

First of all, congrats on the massive number of clean days. Regardless of what's going on inside, you've accomplished something amazing.

I would say don't overthink this. Having self-confidence and trust in yourself that you have changed and won't fall back into the same things is a huge part of actually staying clean. If you're spending time doubting yourself and worrying "did I really change?" then you're more likely to fall back.

Trust in yourself and in the changes you've made. If you've gotten to ninety and you're not going out of your mind plotzing for a "release" then you've definitely made some inner changes.

That being said, there's always more room for inner growth. A good idea is to sit down and make a plan. "Until now I've been doing xyz and that's been working. I'm going to continue doing those things. In order to continue growing, and not stagnate, I'm also going to do abc." And the new things that you work on should be related to inner change.

What's an example? Things like filters/webchaver/knassos/day-based goals/etc. are external tools. Tools like really feeling the Battle of the Generation approach, surrendering, tefillah, some of the mindfulness tools in F2F, change your mehalach and perspective in dealing with the struggle, and in dealing with life in general. Focusing in on tools relating to inner change is a way to get to inner change.

Just some thoughts. Either way, huge mazel tov on day 85. Keep on crushing it!

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Re: Skeptical but open-minded

Posted by ratherstayanonymous - 16 Feb 2025 19:06

Day 89 and I've been thinking about all the things that expose me to untznus things besides P because at the end of the day many things can contribute to urges, fantasies, and lack of basic sensitivity to unholy things. Bikitzur most nights before I go to sleep I like to listen to a podcast true crime or the daily wire or just pashut stupidity, I always convinced myself that it helps me wind down and just disconnect from the world in general, but to be honest we all know the many innuendos that make there way even onto the more "kosher" shows and not to forget that basically every true crime case revolves around some sort of relationship (spare the details). So just to test it out I BN this week will try to go to sleep without listening to a podcast or following up on the latest news. I got myself a Jewish book (which has is own dangers of "just one more) so I could have some healthier entertainment before bed and hopefully I'm right that it doesn't actually help me fall asleep and I'll be able to forgo my nightly ritual smoothly, but I thought I'd post it here just for some accountability and reassurance.....

Wish me luck

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Re: Skeptical but open-minded

Posted by ratherstayanonymous - 17 Feb 2025 17:36

It's quite surreal seeing the big ol' 90 on top of my GYE dashboard, it's funny to think about but if someone would've placed a bet on my success I would've bet thousands of dollars against myself and truth be told I probably would have won the bet if not for the help and chapter encouragement of everyone on the site and befrat the few people I've been zoche to befriend in the last 90 days.

Now obviously the journey has just begun and the YH will never let up but for once I'm hopeful that this is a battle I can win.

KOT

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Re: Skeptical but open-minded

Posted by minhamayim - 18 Feb 2025 02:18

My dear SBOM,

Mazel Tov!

If only I would have known you a few months ago I definitely would have placed that bet and now I would have been a rich man..

Your desire to learn and grow is a force that has brought you to where you are today and will bezh continue to propel you to new heights. You are now armed with a greater degree of strength and a deeper understanding of yourself and this struggle which will help you as you continue to navigate and conquer this beautiful thing called life.

Keep going strong!

your friend,

minhamayim

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Re: Skeptical but open-minded

Posted by ratherstayanonymous - 21 Feb 2025 01:09

What a horrible terrible week it's been, for those who haven't seen my grouch the podcast/news kaballah I tried this week was a total disaster, was up till 3:00 a.m. every night, I feel like it helped somewhat for urges and lust but it's hard to tell, what definitely doesn't help us waking up late and davening in the dining room cuz I couldn't fall asleep until some dysfunctional hour, not even sure if it's worth pursuing this vieter

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Re: Skeptical but open-minded

Posted by ratherstayanonymous - 05 Mar 2025 19:58

Holding today at 106 been a while since I posted, so lemayssa the podcast thing didn't work out as well as I would've hoped, it just wasn't feasible to continue falling asleep as late as I was, and I came to realize that being in yeshiva and spending so many hours focused on learning I pashut enjoy learning new things outside the bais medresh and gemara, call it what you want unwinding or escapism but I can't (or just don't have the motivation) to just cut out something that at the end of the day brings me joy without real determination or resolve which is difficult to achieve when I don't really see it as such a problem, but I definitely don't plan on just jumping back in like before I think I'll just be more careful about what I listen to going forward and not just listening to anything that sounds interesting.

shoin enough of that the past couple of days had some intense urges, nothing real mostly with fantasies and stam lusting, I find myself questioning myself at times and BH I have the answers to those questions but it's weird that in a way I knew that even after 90 urges don't go away and the struggle continues albeit a little easier but it just catches you off guard when you feel so far in and still at times have some of thoughts and urges you were having at like day 11.

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