

Hi, now you can't say I'm just a lurker

Posted by renewedunicorn23 - 27 Jan 2025 00:48

Hi, just wanted to make a post on here, mainly as a reference for when I can hopefully look back on this as the "old" days, but also feel free to respond with any tips or things you think I should know.

I would say that I have struggled with P&M for about 7 or 8 years now, but I'm not sure that's totally accurate since for 1-2 years of that time, I was genuinely oblivious to the fact that masturbation is assur. I knew about pornography being assur but I probably put it in the same mental category as going to the movies. The topic was never brought up to me at home, in yeshiva, or anywhere else. Any information I had was from the internet which I had access to early on. Of course, I eventually realized the gravity of what I was doing, but for a long time, I was able to ignore it or intentionally remain as uninformed about the halachos as possible. It was only about 6 months ago that I decided to make a conscious effort to stop. That lasted 3 weeks (which was tremendously difficult) and then I fell right back down for a while.

A few weeks ago now, someone opened up to me about their struggle for the first time (He is doing exceptionally well for a while b"h)

I had never discussed this with anyone, but his opening up made me want to unburden myself, although I could not bring myself to do it. I really don't know where I fall as far as my difficulty with this, is everyone around me going through the same thing? Are some people just cruising through with no challenges? Are some people not even trying? I still have no clue. However, just knowing that at least one other person had fought and was winning gave me motivation to try again. I installed a filter on my devices and I found that I have almost zero urge to watch pornography whatsoever. I have not needed the filter or even come close. As far as masturbation, well that's another story. It's been easier so far than the last time around, but there have been a lot of urges, and since I decided to get clean, I'm so afraid of failing and having to start over that I'm almost afraid to change or shower. I'm proud of my success so far but I feel it getting more and more difficult, and I'm afraid that if I fall I won't be able to get back up.

Since my turning point Hashem has thrown me a few lines bh. My rebbi spoke about shmiras habris in shiur, and while most guys didn't speak too much, it was clear from those who did that others have at least had challenges. I have heard of various tikkunim/tshuvah although I don't really know too much about them, would appreciate if anyone wants to share what they have found to be helpful/meaningful. (I'yh 1 and done, especially as I don't and have never had a wet dream). I also want to go to the mikvah but I don't know how to access the mikvah near me and I would feel very uncomfortable asking as a single bochur, If anyone has any ideas would love to hear.

Thanks so much and I appreciate all you guys do for the klal!

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Re: Hi, now you can't say I'm just a lurker
Posted by renewedunicorn23 - 28 Apr 2025 04:39

Checking in again. I felt like I was really cruising along, 115 days is insane and when I started I didn't think I'd get this far. The past few weeks though have been hard and I had some close calls. I see that all my lust is still there, just beneath the surface.

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Re: Hi, now you can't say I'm just a lurker
Posted by dontevergiveup - 28 Apr 2025 04:56

Wow brother I am blown away. 115 days is huge !!! What an inspiration !

Of course the lust is always gonna be there, that's how Hashem created this world.... But I'm sure it'll get easier. You're inspiring us all regardless... Thanks !

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Re: Hi, now you can't say I'm just a lurker
Posted by renewedunicorn23 - 05 May 2025 03:26

Just fell after about 120 days. A few weeks ago I just started going nuts and I couldn't snap out in time. I don't know why, it had been going so well, gotten so much easier, and then I got hit with crazy urges. I never felt this bad about it because I had never been on such a high before.

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Re: Hi, now you can't say I'm just a lurker
Posted by ilovehashem247 - 05 May 2025 17:23

Did you think that you've got this once you passed 115 days? That you're over the hump?

That's been my experience - when i feel like it's all behind me and I got this now, then I get a not so friendly reminder that my will power is not enough.

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Re: Hi, now you can't say I'm just a lurker
Posted by renewedunicorn23 - 05 May 2025 20:27

Thats exactly what I thought until about 2 weeks ago. However I would say that whatever strategies you may employ, they are all just aids to your will power. The buck stops with me, as Abie Rotenberg said, "you're on your own - it's up to you"

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Re: Hi, now you can't say I'm just a lurker
Posted by ilovehashem247 - 06 May 2025 01:13

I don't use strategies, I just try to surrender to Gd and stay connected to my brothers

I am powerless over lust, and it has made my life unmanageable

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Re: Hi, now you can't say I'm just a lurker
Posted by renewedunicorn23 - 06 May 2025 02:01

Well you're clean for 255 days, I wouldn't exactly call that powerless

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Re: Hi, now you can't say I'm just a lurker
Posted by ilovehashem247 - 06 May 2025 12:27

I've been clean for all those days by accepting daily my powerlessness over lust and making my best effort to accept that only Gd can relieve me of my daily burden and then letting Him.

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Re: Hi, now you can't say I'm just a lurker
Posted by ilovehashem247 - 06 May 2025 12:28

The day that I think I am in control is the day I lose control. The Yetzer Hara is much older and more powerful than me. The only way I can win is by not getting into battle with YH at all, rather letting our Creator handle it for me instead.

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Re: Hi, now you can't say I'm just a lurker
Posted by BenHashemBH - 06 May 2025 13:20

Even a lion tamer will regret the day that he neglects to recall the reality that it is an animal that can end his life quickly and effortlessly.

All the more so a wild beast. You turn your back to him, and he will not waste a moment to pounce.

12-steps surrendering is accepting that I cannot control, let alone fight with the lion. I can never beat it. The only thing to do is let Hashem take care of it.

Days clean are not about my power over the lion, they are days of handing over the leash to Hashem and allowing (trusting?) Him to hold it.

Not everyone uses the 12-steps approach, and for many there are strategies that do help, but we all must remember that there is no such thing as complete safety around a lion without Hashem protecting us. The complacent day can be an unfortunate reminder of the kind of foe we are up against. Whether fighting or surrendering, we can only succeed with Hashem.

(Please, anyone correct me if my explanation isn't accurate. I'm not any expert in the 12-steps, but thought a mashul might help one to understand the concept of surrender, at least as I understand it).

Kol Tov

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Re: Hi, now you can't say I'm just a lurker
Posted by ilovehashem247 - 06 May 2025 14:15

Pretty accurate. Bottom line is the only day I have is today. so 255 days of sobriety = 255 days of letting Hashem run the show. Many days were very difficult and I barely made it through but one thing that helps a lot is knowing that I only need be concerned with today. For example, now is a slow season for me and I have a lot of credit card and vendor debt that needs to be paid up very soon and it can get overwhelming. So i cope by doing my best today and giving up the results to Hashem. I can make an effort but cannot control the results of my work.

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