

I don't really know what my situation demands.

Posted by bechor - 16 Feb 2025 20:50

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My first time (posting) here.

Yeshiva bochur, 21, starting shidduchim in the next year. Really want to get clarity and make a plan to move on from P use.

This site is amazing, however it is a bit overwhelming with so much information, much of which I feel is not relevant to my situation.

I got involved with P as a child, but never had consistent access in yeshiva, aside for one year.

my struggle has always been those random times my family computer filter was down, or at a friends house, vacation, new phone, etc.

I have always been very conscious of the need for a filter, and have never been in a situation that allows for extended use.

my GYE assessment score said I am not addicted (something I was very curious to find out).

I am here on GYE now, because I recently had a nasty week or so when I was out of my usual safe situation, and indulged daily.

I want to ensure that going forward, I will be able to protect myself, even when I come across situations outside of my own filtered phone.

bh I have a rabbi that is young and knows the sugya very well. I asked him to speak one of these days, and hopefully he has what to help me with.

These are the questions I am struggling with at the moment, that I hope an experienced member here can explain to me:

1) will I ever be able to move past this struggle? Meaning for example, I have friends that are able to work on a computer (obviously filtered). At the moment I stay away, because I am very techy, and find it hard to avoid looking for loopholes.

will I ever be able to let's say work a job which requires relatively open internet? Or will I have to figure out something that I can do with let's say a Whitelist only??

2) entering shidduchim, would it be important to have a conversation with my parents about my years long struggle? I would want to do this if it means they better understand me at this important stage in my life, but would not want to if there is not much benefit, and just worry and possible guilt for allowing computer access a child that led to all this (they had no idea).

that's the main questions I have at the moment, I would love if someone that has a similar matzav could respond, as I feel I am bh not too deep in, but I do really want to have a good grip on what dangers and solutions I should be more concerned with.

I will lyh update once I speak to my rabbi. I tried setting up a meeting a few months ago and it fell through for a side reason and I never tried again. lyh this week!

with tears in my eyes, bechor.

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Re: I don't really know what my situation demands.

Posted by proudyungerman - 16 Feb 2025 21:14

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Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

There are many tools here to help you in this fight.

There is the F2F Program, the [Vaad Program](#) (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframin' the struggle.

There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at [michelgelner@gmail.com](mailto:michelgelner@gmail.com).

Some of the other great guys here are Eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel - [muttel15@gmail.com](mailto:muttel15@gmail.com), Reb Akiva - [mevakesh247@gmail.com](mailto:mevakesh247@gmail.com) iwantlife - [iwantlifegye@proton.me](mailto:iwantlifegye@proton.me) minhamayim - [minhamayim1@gmail.com](mailto:minhamayim1@gmail.com)

Keep postin', you'll see, the oilam is here for you.

Lookin' forward to seeing great things from you!

And don't forget, as always, KOMT!!

P.S. I don't think it's necessary to have a conversation with your parents, but that's just an anonymous guy on the internet's opinion...

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Re: I don't really know what my situation demands.

Posted by time2win - 16 Feb 2025 23:28

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Welcome to the club of fighters! also, big Shkoyach for tackling this challenge before you get married.

Your story sounds rough. Can definitely relate. Lots of us fell prey to unfiltered internet at home by parents who were clueless.

My Two cents:

1) do yourself and your future wife a favor and officially get on top of things and sort things out with your P use before getting married. I didn't do that and it was a big mistake.

2) as far as telling your parents, depends on your relationship with them. In my experience , confiding about my struggle with people

I trust has only helped

3) as long as you are a biologically healthy male living in a oversexualized world, you will never be able to fully move past this struggle. That doesn't make you bad, it just means you are a

human. Doesn't mean you are doomed to be an addict the rest of your life, it just means you need strategies to keep your baser impulses in check. You can do this. People in much messier situations have beaten this.

wishing much hatzlacha and Bracha!

time2win

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Re: I don't really know what my situation demands.  
Posted by lamaazavtuni - 17 Feb 2025 01:00

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Wow someone that's really roye es hanoiled , very smart and mature to take care of/give yourself the tools to deal with this struggle before your in a relationship and watching porn means so much more (as your in a committed relationship and your looking out for fulfilment) ashrecha !! About your parents what do you think is gonna be the toiyeles in telling them?

keepstrong my friend much much continued hatzlacha.

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Re: I don't really know what my situation demands.  
Posted by Captain - 17 Feb 2025 13:24

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Welcome! Try strengthening yourself with these great free resources:

1) The Battle of the Generation: a sensational free ebook that seriously gets you excited to fight and win this fight. It's a real game-changer.

2) The Fight: an incredible audio series from Rabbi Shafier.

Links are below in my signature. Wishing you much success!

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