

Unsure But very Hopeful

Posted by struggler33 - 23 Mar 2025 17:05

Hi all

My story is not one of major trauma, at least I'm not aware of it yet. My journey is not very interesting, I was actually a good boy, but struggled in Yeshiva. Whether I wanted acceptance that I wasn't getting doing what I was, and I tried getting attention from being cooler, I'm unsure, my therapist can help me with that. I got introduced to pornography in Israel at the age of 18, and when I came home I got my first Smartphone my parents had no idea.

As is the nature of pornography it quickly gets boring and you need more and more extreme categories, I got hooked on some crazy stuff and I felt shame and guilt even to be looking at it. At the time I had zero connection to Hashem, I did the things I needed to but I didn't know what it was.

Then I started dating, I remember speaking to Shadchan and to a Rabbi I was in touch with (With whom I haven't shared any of this) That I needed a pretty girl, I told myself if She'll be pretty I won't go back to any of this ever. I did find my wife, she was and still is gorgeous inside and outside. We had and still have a great relationship, but the fact of the matter is that women need more emotional support and you need to put in lots of work and effort to be extremely vulnerable, some days were better than others. But we men are more selfish and especially in the days when she was Nidah I told myself it's not my fault, And I was right back at it. I found myself going to sites that I swore I wouldn't come back to. But I was able to regain control when I needed to meaning I was able to shut it out of my life when it counted.

At some point I discovered a Mashpia who speaks about these things openly, I went to him I told him everything, and he helped me get closer with a strong connection to Hashem, I had a nice streak but after a while I went back to it.

This time it was worse than before since I discovered virtual connections and that made it seem more real. I found chatting and stuff like that were very addicting, and I spent hours and Money on these places.

Next breakthrough came when I decided it was enough and I installed filters on all of my devices, but I still found a way to work around it.

This time it was even worse since I started collecting personal phone numbers so I didn't need to be on any site, i could message them with my regular phone! This started consuming me like it never has. 24/7 access to whatever it was I wanted, was the low I needed to finally realize how I am destroying everything I have. That is when I decided enough was enough. I signed up to be here, was provided a mentor, and I can say I know it won't last forever, I will still fall, But I'm enjoying it as much as I can, and am hopeful that this is a turning point in my life to be a better husband, father and a better Jew.

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Re: Unsure But very Hopeful
Posted by struggler33 - 06 Apr 2025 22:00

Hi peeps

So last week I almost fell, I opened an old iPad which I needed for something. Although it is filtered there were still some apps on it where I can get to bad places. First I felt a rush I signed in with an email address I have deleted but it still went, and started searching. But then I reminded myself that I will need to tell my mentor HHM about it, that accountability made me shut the app, delete all the bad apps, send a message to my filter company to block all those apps, and stop myself from falling.

I messaged HHM about it and he replied with hero and hug, I told him I reject those calls of hero and hugs, I expect much more from myself, and I won't accept this as some major breakthrough, nor did I feel like being hugged.

Just thought I'd share this.

It's been almost 21 days, the past few days have been harder than the first 18 days, but we're still here, and we hope to go the long game. One day at a time all the way to 90 iy"h

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Re: Unsure But very Hopeful
Posted by yitzchokm - 06 Apr 2025 22:44

I suggest doing the Flight to Freedom program and reading The Battle of the Generation. They can keep you going after the pink cloud fades. You can access the book here:

<https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>

There is an audio book there and there is a download button at the end of the page for a pdf of the book.

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