

proud to join

Posted by justwannabefree - 17 Jun 2025 05:30

Wow I cant believe I'm doing this. here goes then. I would like to share my story and some of my feelings (i may be lengthy hope y'all got patience!) also bc I really think emotions are so tied in to this whole thing. although I'm new to the forum I've been working with and have met/spoken with a few gye mentors and have benefited from that. I have however not been doing great and I'm looking for a new start which is why i recently started talking to someone new and also wanted to check out the forum to try give myself a jumpstart.

At first I was gonna just look around without posting but honestly when i checked it out i was so impressed with the achdus and the open honest discussions and everyone's interest in helping each other while really getting helped at the same time I was like I want in! this honestly just one of the most impressive groups of people I've ever seen. my feelings are that is the epitome of the mayla of bimakom shebalei teshuva oimdim ein tzadikim gemurim yecholim lamoid bo. i think tje simple pshat in that is the difference is in their avoidah. its true that the tzadik is on a high level and his avoidah is lichtig. while the bal teshuva is at least in the beginning in a place of darkness where his avoidah is nowhere near as lichtig by its nature as the tzadiks not in its level beetzem nor in how it is perceived by him or by others around him. yet its precisely that quality that makes in on a level that the tzadik cant match! bc serving hashem from darkness is a trillion times harder there's is much less sipuk and ur low matzav itself offers incredible resistance. he's in uncharted waters being mekadesh shem hashem from the darkest places in the world which are not what you would think is a place to see kiddush hashem yet hes lighting it up against all odds without the sipuk of the lichtigkeit of the tzadik which is a level the tzadik never reached. i really thought that shines out here on this forum which is the shpitz avoida mitoich choishech this isn't something u can write about in the yated in big flashy letters this is a bunch of guys doing real grunt work in uncharted areas to lift each other and themselves out of the dark and that's why I say I'm super proud to join.

Now for my story. I do not know exactly how typical this is but i started being attracted albeit in a very light way at a very young age, I'm talking four five. I still remember wanting my kindergarten teacher to pick me up. around six I started with some very light form of M just like applying pressure and stuff. as I started to get older eight nine and ten it developed into the real thing and basically became a habit whenever I would read which i did plenty as a kid I would act out. It totally became part of my life i couldn't really imagine not doing it. I still remember finally getting wind that it might be

assur and literally not knowing how to understand how such a thing which I felt I had no control over and was just part of life could be assur. My childhood and especially by my preteen years were full of fantasizing and I didn't even think about stopping it. as I got older and went through mesivta i finally tried to get hold of myself here and there but to no avail and generally treated it as a lost case. through this tekufa my struggle mainly was just M not so much P in the typical sense bc I was a little different and was just as attracted if not more to clothed individuals so even a regular movie with a little love could be a problem for me. Also because of that all the extra tznius that frum women have over non frum didn't help much and probably was worse.

Finally when I was a little older one elul I took on myself to stop on shabbos I don't remember exactly why I may have been inspired by the iglei tal in hakdama who i think connects shabbos to shmiras habris. anyway almost to my surprise it worked! the next year I looked into the hole inyan more and i finally got the guts to talk to people about it. there was an older bachur i was close to who was known as the best bachur in yeshiva a huge metzuyan and oived also. much to my surprise he had struggled with it also. i went to rebbeim one of them really scared me which he probably shouldn't have but at the time it worked I really took on myself to be done with it. and I was for about a year and a half it almost became not a nisayon for me. then came a rough tekufa in my life. It wasn't just that it was a bein hazemanim that i was home and had access to poorly filtered internet. bc I was pretty strong at the time. the reason was that i had suffered really throughout my life with a lot of emotional distress. i had a big episode at the beginning of that year which had left its mark already but this time especially was really bad. I believe it is this that caused me to to start suffering from some form of ocd/anxiety that manifested itself with certain thoughts of kefira that I couldn't get out of my mind it was a torture beyond words I cant explain what its like when your own mind turns on you but those who know know. Under this pressure I succumbed. at first I managed to get it somewhat under control and when this tekufa was over I would say I was resisting for about a month at a time. at this time in my life i also had a lot of sipuk I was in my rosh yeshivas shiur and baruch hashem we hit off i became a real talmid and he showed me that he appreciated me and I would say the high level of sipuk I had helped not mess up too often. then however i went to EY. I do not know exactly why but there I completely went under probably because I was a lot more out and about and there were a ton of frum women around which as I mentioned could be a full blown turn on for me. and I was back into my habit of doing it multiple times a week.

This continued when I came back to America but with time this got worse in two ways. Number one I finally fell into more serious P real and AI. Also even worse bc I always have access to my phone is that I fell into call lines. Put together with the fact that I'm dealing with a personal struggle of a different nature which has been very difficult

and affected my learning I find myself at a pretty low point now. I look back at my peak years when I was on fire in learning I had tremendous sipuk I was from the top few guys in my shiur went to brisk the whole 9 yards and barely messing up and now I go to seder without much interest (I will say baruch hashem that he even in this time has given me number one really good chavrusas despite my not being as involved as i have been in the past. this has kept me at least somewhat involved which has been a lifeline. number two hashem has given me really great friends who love me and i love back which is the only way I think I'm still hanging on) i don't feel in control of myself i can sometimes spend a whole night doing P or miss minyanim bc of it and i can do M multiple times an evening, my concentration by davening is almost nonexistent i used to say tehilim and feel a close connection with hashem and cant say i feel it now. and honestly i have tried so many times in the last few years that i really have a hard time convincing myself that this time can be it. i feel like a certain dryness as if I'm almost just joking around because i cant be serious about stopping and deep down a certain voice that says u don't really have the self control. yet paradoxically as i write this and also as I'm on my second day clean with my new gye mentor i am hopeful for a breakthrough. just by joining this chashuve group i feel inspired as i mentioned. i do feel like if i can just get into a position of strength with lets say fifty sixty days clean it would be a whole different situation. is rare however in the last few years that i ever got to even thirty and basically never past that. so here's my tefila that this should be the time that i break through with your help and the help of hashem. thanx for reading!

=====

=====

Re: proud to join

Posted by BenHashemBH - 20 Jun 2025 18:51

Thank you for the detailed follow-up.

It could be quite reasonable for you to say that never looking is too much to expect right now, but, the huge difference will be (and what you seem to be saying you are doing) that you are working on shemiras einayim, just starting with a stable beginning. If you focus on those shemiras einayim wins and appreciate the meaning of those accomplishments, over time, you should BezH be able to build on that foundation as you progress.

Have a wonderful Shabbos!

=====

=====

Re: proud to join

Posted by goal2beabainoini - 20 Jun 2025 22:17

[jewizard21 wrote on 18 Jun 2025 05:52:](#)

You are 100% correct. I wrote it better the first time and I see how this looks like I am taking Hashem out of the picture.

Chas Vshalom!

I didnt mean to say it like that. I definitely agree that Hashem must be a part of your beginnings. My idea is that for a lot of people thats not enough motivation to keep on going.

One of the main things that Porn and Masturbation do is distance ourselves from our relationships and this includes our relationship with Hashem. I have definitely seen that over the course of my journey that my keshar with Hashem has grown to be stronger than ever before!

We say 3 times a day ??? ????? Hashem is our king, our helper, our savior, and our shield.

I could not be where I am now without having Hashem help me and shield me and ultimately save me.

hi (I'm not sure if I ever formally introduced myself on the forums yet) I think the general idea is similar to mitoch shelo lishma ba lishma

Wishing you a much success on your journey, may you go from strength to strength!

(sorry if it looks like my post is part of the quote I couldn't figure out how to make it look separate)

=====

Re: proud to join

Posted by justwannabefree - 22 Jun 2025 05:50

Hi everybody! I wanted to give a progress report.

Baruch Hashem I have good news to share. I have been clean from P and M now for a week. Although I will say that I have much more hard work ahead of me, it's still an accomplishment that I am proud of and admittedly its been some time since I've been able to do that.

I will say from past experiences that I know it will get harder soon but that's no reason not to appreciate where I am. Friday afternoon has always been a really bad time for me especially a long Friday afternoon in the summer. It was such a relief to go into Shabbos not feeling horrible about what I just did.

Anyway, here's hoping that my seven days becomes seven hundred and then many more. Also shout out to all you guys on here and Reb eerie for keeping me going! I really think I've felt my confidence in my abilities go up exponentially from gye; its mentors and very much so from the forum.

May we all have a great week of reaching our kedusha goals and making the one above proud!

yours truly, jwbfb

=====

Re: proud to join

Posted by justwannabefree - 30 Jun 2025 01:36

Hello everybody! So.... can't say I'm gonna enjoy this but here goes:

Life is full of both ups and downs in particular I'm talking about victories and... some non-victories. And I'm here to tell you about one of those non victories. I was in a black mood on Friday probably a combination of different factors some related to a big difficulty I'm going through recently and some related to stuff I've been dealing with for years. Anyway to make a long story short I started chipping away at my gedarim but didn't actually fall until Motzay Shabbos. Yes I know I'm supposed to call someone when I feel like that but sometimes that's part of your feelings is that you don't want to talk to anyone.

Anyway I'm thinking forward now. I believe I know the proper perspective, number one that in the last couple weeks **I taught myself that I don't have to do anything, I can handle an urge and not give in, I am no ones slave**('cept the lord's of course) . Also I know that that my eventual success in breaking out of this habit means much more because of my failures. In fact in a general sense there would be no meaning at all to victory if not for the existence of failure so therefore failure gives meaning to my victory and must be accepted as part of the struggle on the road to victory.(I have also spoken with my epic mentor reb eerie who is a source of unwavering wisdom and chizuk about what happened and how to go forward.)

I'm posting this because despite this knowledge it sure is a lot easier knowing that the oilam is cheering me on! So with that I say once again as I restart my count while simultaneously building on my previous achievement DARN THE TORPEDOES, FULL SPEED AHEAD!!!!!!

p.s. and of course signing off with a tefilla that Hashem should set make this the time I break free free along with all the guys here on the forum

=====

Re: proud to join

Posted by vehkam - 30 Jun 2025 02:21

Have you checked out the book the battle of the generation. Reading that every single night was a big part of my Avoda in breaking free.

wishing you tremendous success

Vehkam

=====

=====

Re: proud to join

Posted by justwannabefree - 01 Jul 2025 05:24

Hi everybody!

This week is crucial for me. The reason why is because the first few days after a fall is when I am the most likely to give in and more than that totally give up. I know that until my fall i gained plenty but the YH always works full time to turn a fall into full 180 and turn me in completely the other direction instead of letting my fall just be part of my journey. Today was no exception with the YH whispering in my ear during the seven o'clock hour that you should just know that you want this really bad and you don't really have motivation not to do it. BH I got past it with a little distraction and other tactics. But still it felt so strong I'm not sure exactly how I didn't fall, there must have been some heavenly intervention.

So anyway because this week is important for me to get back on track i figured id post more often and let you guys know that BH I'm at day two clean and imyh many more! Thank you guys!

yours truly, jwbf

=====

Re: proud to join

Posted by justwannabefree - 06 Jul 2025 05:35

Hey everybody! BH this week I have some better news... clean for seven days now! I have to say I'm pretty relieved. The reason why I'm relieved is because typically when I fall (like I did last Motzay Shabbos) as I'm trying to build up my momentum, usually everything comes crashing down. My yh ends up turning the fall into another fall and another and another within days. So making it to seven days clean wasn't just the number for itself, it was about not letting the yh (and my overly obsessive mind) control the narrative of my last fall. I definitely know this wouldn't have happened this way before gye the forum and the mentors. So shout out to you guys thanx the most!

yours truly, jwbf

=====

=====

Re: proud to join

Posted by upanddown - 06 Jul 2025 21:37

Dear JWBF,

Your determination is inspiring! Keep it up!

Just wondering what are you doing to create **inner change**? From my experience whenever I was purely counting the days without much extra input or inspiration, falling was inevitable.

Have you read "The Battle of the Genration" as Vehkam suggested?

Reading every day a chapter or any other sort of daily inspiration is in my opinion crucial to keep the motivation going. Counting should be a side point. Just my humble opinion.

Keep going strong! We're routing for you!

??? ????,

UpAndDown

=====

=====

Re: proud to join

Posted by justwannabefree - 07 Jul 2025 00:35

Thank you upanddown for your encouragement. Also you make a great point about not just making a superficial achievement. I would say that for me the main change to work on at least right away is how to deal with an urge. And that is the work I've been doing. **I try to drill into myself that an urge is not a monster I can't handle.** It is of course a tremendous nisayon, but it's something I have a choice about which is not how I used to think. This point is something I've heard from my current gye mentor reb eerie and I heard it from muttel before that. It resonated with me greatly because I used to really feel like once there was an urge that I couldn't ignore it was like a hot potato in your hands, there isn't actually a way to live with it. I do feel like over the last few weeks I already handle it differently. obviously I'm not perfect but that's

the inner work I'm busy with now.

I will say however, that I am aware that there is more work to be done especially when it concerns the overall focus on lust. So you raise a good point about not forgetting about this inner work. I will imyh chap a shmuz with my great mentor reb eerie how to proceed with that. I hope also to read battle of the generation over bhz.

yours truly, jwbf

=====

Re: proud to join

Posted by upanddown - 07 Jul 2025 08:57

That's amazing!!

You remind me of when I was learning in Yeshiva in Israel I went to speak to someone about my issues, and he worked with me on exactly the point you're describing. He promised me a sum of money every month if I manage to control myself just on Tuesdays! Every other day I should try my best, but Tuesdays are *Chok Velo Yavor*... It was through that exercise that my brain was literally rewired to understand that it's possible to ignore an urge.

Kudos to you and to your great mentor R' Eerie!!

=====

Re: proud to join

Posted by yosefthet zadik - 07 Jul 2025 11:20

Wow! It's the people like you, that struggle, but don't give up, that hashem has the most nachas from!

My humble recommendation, from my personal experience, is that you should focus first on stopping only P, and untie the connection in your brain between P and M. Because you can't overcome your struggle with M right now, shouldn't mean that you can't conquer P for good.

Thank g-d that I stopped P more then 6 monthes ago. Without any plans to even think about stopping M. Once i was on stable grounds, i went out to fight M.

???? ?????, ?? ????

If you grab too much, you stay with nothing.

Sincerely, Yosef

=====

Re: proud to join
Posted by eerie - 07 Jul 2025 20:24

YosefHeTzaddik, that's a great point, and has a lot of truth in it

That said, I think that this point should be said someone who doesn't seem to be making headway, and there is reason to assume that he is incapable of focusing on both, for him we'd say focus on the porn, and we'll get to the masturbation a little later. And I have spoken to people that this was the case for them. But for most people who I have been in touch with, they

I would add, that for some people it's the masturbation that keeps bringing them back to the porn, and they need to focus on both at the same time. So, we gotta figure out when to apply

Dear Yosef, and JWBF, KEEP TRUCKING!!!!

=====

Re: proud to join

Posted by yosefthetzadik - 12 Jul 2025 20:09

I have just read through your entire topic, and I am really inspired! I'm in a somewhat similar situation like you, and it gives me motivation knowing that I'm in this together with other Bachurim.

Regarding my previous post, our great Eerie is entirely right. I replied to a single previous post that I read, and took it out of context of your entire situation. Now with the whole context in mind, I would still say that you should untie the 2, and even when you fall with M shouldn't automatically mean that you fall with P too. For me, quitting P was relatively easy even after daily use for 5 years, because I knew I could still M. I basically quit cold turkey and I never really had strong urges to go back to that black place. Because worst case, I would fall with M and give it out. Basically my point is that of course with your amazing progress you should and can work on both as Eerie corrected me. But if you ever fall, just keep in mind that M alone will rid you of the desire, you don't need P.

Good luck!

From your good friend,

Yosef

(P.s. maybe we should open a Bachurim only thread? Think it would help a lot for motivation feeling like we are in this together, as Bachurim.)

=====

Re: proud to join

Posted by yosefthetzadik - 12 Jul 2025 20:45

I know that I will probably get a lot of backlash for this, but just to emphasize my point even stronger. I have 2 completely unfiltered devices that I use every single day for work. I have never fallen through since I quit P before Rosh HaShana. Furthermore, It doesn't really attract me, knowing that M alone works fine....

(Since I have gotten in touch with my mentor about a week ago, I once bragged about this, and

he told me that even though I feel safe, it's not a great idea. I have since put a filter on one device, but I can reset the password through my email. The other device is an apple, I tried to set up parental controls, but I can't figure it out.)

=====

=====