

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!

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Re: proud to join

Posted by justwannabefree - 13 Jul 2025 05:31

Hi everybody! Some happy news... I made it to day fourteen, two weeks!

I also am starting to feel different, not so much that I don't have the urges, but more in the sense that I have the confidence in myself to manage them. I have written previously about this inyan. Yet as I travel further on this journey to cleanliness I have come to recognize more and more just how important confidence in yourself when it comes to managing the urge is. The biggest problem is when you think your helpless.

Of course I don't mean chas veshalom that the main thing is to fight head on with the YH. Obviously that isn't wise, of course we aren't meant to put ourselves into a matzav of tayva lechatchila, the best way of fighting is by not walking into the YH's lair. However the metzius that we all know too well about is that you can't avoid him completely, eventually an urge will come and and we have to have a strategy for urge management.

What I have discovered from my experience is that ingredient number one is confidence. The second you think you have no shot, your not in a good place. Once you believe in yourself you can say hey I know I have this crazy urge but I'm not a slave to it. I can do what I want and I wanna focus on something else now instead of listening to the urge. The realization itself is tremendously empowering because for most people even if you don't feel it, your inner ratzon is not to act out, its just that you feel helpless.

Just wanted to share these thoughts... Here's to confidence in ourselves forever more, and a week of attaining our goals in kedusha! Thanx everyone for all your support and please help me keep chugging on!

signing off with gratitude Hashem, to all you guys, and my mentors,
yours truly jwbf

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Re: proud to join
Posted by yosefthet zadik - 13 Jul 2025 11:37

[markz wrote on 13 Jul 2025 05:10:](#)

[yosefthet zadik wrote on 12 Jul 2025 20:45:](#)

M

Yosef, how's is going.

What is M?

"M" Stands for Money!

Here on this forum we try to work only purely Lishma. So when we want to write Prizes & Money, we write P&M.

Warning: Spoiler!

Warning: Spoiler!

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Re: proud to join
Posted by markz - 14 Jul 2025 03:41

[yosefthet zadik wrote on 13 Jul 2025 11:37:](#)

[markz wrote on 13 Jul 2025 05:10:](#)

[yosefthet zadik wrote on 12 Jul 2025 20:45:](#)

M

Yosef, how's is going.

What is M?

"M" Stands for...

I'm patient. Whenever you're ready to spell it out, please do so.

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It might help
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Re: proud to join

Posted by justwannabefree - 16 Jul 2025 04:45

While you're waiting, grab some popcorn and checkout some Dov boosts below
Hi everybody....

So... today for a few minutes here and there I felt a little different. The yh made the sin look shiny and tantalizing for me in a different way then I've felt about it since a couple weeks. BH I didn't fall.

looking back I guess that if I had to say how I didn't fall (besides for the obvious hefty dose of sy"d) I would say I used a combination of tactics. I used my favorite tactic of calmly accepting the urge as taught to me by my great gye mentors, plus since tonight it was looking extra hard, I definitely had to throw in some distraction. Right now I'm feeling pretty safe bh.

Just posting this bc I feel like its healthy for me to engage on the forum when I have a harder day.

yours truly, jwbf

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Re: proud to join

Posted by davidt - 16 Jul 2025 14:00

[justwannabefree wrote on 16 Jul 2025 04:45:](#)

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yours truly, jwbf

What a powerful post - thank you for sharing this with us! It's so inspiring to see how you handled a challenging moment with such wisdom and self-awareness.

The way you described your approach really resonates - that combination of calmly accepting the urge (what incredible mentors you must have!) while also knowing when to bring in distraction shows real growth and maturity in your recovery. It's beautiful how you recognized that tonight called for "throwing in some distraction" - that kind of flexibility and responsiveness to what you need in the moment is such a valuable skill.

I love that you're feeling safe right now, and even more, I love that you chose to reach out and share this experience with the forum. You're absolutely right that engaging here after harder days is so healthy - it keeps you connected to this community and reminds you that you're not walking this path alone.

Your honesty about how the yetzer hara was working differently today, making things look "shiny and tantalizing" in a new way, is really helpful for others to hear. It's such a good reminder that our challenges can shift and change, but so can our tools and responses.

Thank you for being vulnerable with us and for showing what it looks like to navigate a difficult moment with both siyata d'shmaya and practical wisdom. Posts like yours strengthen the whole community!

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Re: proud to join

Posted by justwannabefree - 20 Jul 2025 05:59

Hello everybody and gut voch! just wanted to say that bh I've reached three weeks clean. Not going to say its easy every day but I guess that's pretty obvious to all of us on here, there's a reason we need this website.

I will say however that a little over a month ago I wrote this. "**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**". I was coming from a place of no hope, a feeling of inevitable doom to a life of lust. That feeling was based on years of trying and except for one actually pretty long tekufa of success only failure after failure. I had no vision for the future. I can't say yet that I have completely broken that mindset. However I am seeing cracks in the wall.

Did you ever wake up in middle of the night to realize that there is absolutely no feeling in your arm because you cut off circulation by sleeping on it? That is what my ruchniyisdike heart felt like a month ago no circulation, no juice. However, going back to the hand mashal for a second, about a minute after you wake up, you've started to move your fingers and do stuff to get the blood running again. You start to feel just the tiniest drop of feeling almost reminding you that **your hand exists**, despite mostly not feeling it. I'd say that's where I am now, I have reminded myself that my bikush for kedusha, my innermost uplifted retzoinis are still alive, albeit not yet vibrant. To me that's wort a million dollars. Even if i were ch"v to fall tommrrow, i know that i am alive. (not my credit at all my friends, its all hashem, his shluchim my great mentors, and this great forum.

yours truly jwbf

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Re: proud to join

Posted by eerie - 20 Jul 2025 19:17

Wow. The raw beauty of this post.

JWBF, it's amazing to watch you grow and discover your inner self!

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Re: proud to join

Posted by cleanmendy - 21 Jul 2025 13:53

This is the problem of not being 'so active on the forums', I totally missed this thread, I'm having FOMO limafrea:)

Reb JWBF, Unbelievable stuff!!

I loved the fact that you quoted from your earlier posts, I find it so helpful to once in a while go back and read what I journaled here, whether good or bad. It helps me realize where I am holding and how I grew.

KOMT!!

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Re: proud to join

Posted by justwannabefree - 22 Jul 2025 05:13

Well hello everybody!

Unfortunately I had a fall this evening. Obviously that's a disappointment I'm not gonna pretend its not. On the other hand, there's really no time to waste being disappointed, I have a job to do. I need to speak out a few points about the proper outlook I must have and steps I must take. Some of what I'll say is basic and possibly cliché, but that's no reason not to say it, on the

contrary it most probably became cliché due to its commonsense.

Here goes: My fall tonight is not a stira to my journey its part of my journey. Real growth has ups and downs that's natural and normal. **Streaks are cool but so are fireworks, and life is not about fireworks.**

Not only that, if I look back I would notice that my last fall came after two weeks clean, this one came after more than three. So obviously I have made progress, which further proves the point that I am still on a journey of growth despite the fall.

I will add that just a couple days ago I wrote the following :"**I have reminded myself that my bikush for kedusha, my innermost uplifted retzoinis are still alive, albeit not yet vibrant. To me that's worth a million dollars. Even if I were ch"v to fall tomorrow, I know that I am alive.**" Really I am very happy now that I wrote that. Because I know that whenever there is a fall the YH has a second trick that comes along with it. He blocks the ability to have vision. He makes you see only darkness, not how far you made it, the perspectives you have gained. So it's really helpful that I can look back to my post from a stronger time, when my vision was complete, to give myself the ability to see even now what I have gained.

So going forward? I know now that I'm on the way up, I know all the positive things I just wrote but what must I work on? I think I know the answer. I was working really hard on managing my urges for M. However I was neglecting working on the things that trigger the urges. You see, even the best batters in baseball bat at most in the 300's. No matter how good I get, If I give the YH too many opportunities to trigger me, and more importantly, if I keep feeding him with lust, eventually I'll strike out. I gotta be careful with lusting in the street and in the store. It is integral to the fight and I believe its what caused my last downfall. So the battle with that starts now.

There are lot of hard parts to getting up after a fall. mainly your own feelings, number one like I said the YH clouds my vision after a fall. But more then that he tries to scare me. If I fell now and I'm in a weak state who knows how long ill last yada yada yada, and all different types of thoughts to demoralize me. However I have realized that sometimes the avoida isn't to answer him back. It's not about getting into an argument with him and weighing my chances. Its about throwing myself back into the fight without fear and without hesitating. This fight takes bravery and the ability to SAY DAM* THE TORPEDOES FULL SPEAD AHEAD!!!

with love and appreciation, and hoping for yeshuas Hashem for myself and

all of us on here, jwbf

P.S Another feeling: I'm at war my friends. The enemy struck me a blow. There's no way in purgatory I'm gonna let him beat me and keep me down especially with you guys behind me.

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Re: proud to join

Posted by yosefthet zadik - 22 Jul 2025 08:16

What a beautiful post!

I've got your back, gonna help defend the common battleships against the enemy.

Now, damn those frickin torpedoes! Full speed ahead!!!

"Aye, aye, Admiral JEBF"

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Re: proud to join

Posted by justwannabefree - 30 Jul 2025 05:32

Hello my dear friends.

I have had a rough week or so. To be honest I've been scuffling. I have not been able to make it more than a few days. I feel lost, just weeks ago I was flying high, now I feel like I have lost my way. When I read some of my posts from earlier, I do not recognize the confidence in which I then spoke. I feel myself slipping back into my old mindset of despair and inevitableness of failure, a most damaging mindset to be sure.

What is my point you may ask? Just to show despair is that the reason I'm here? I have two answers. Number one, I will say that even if I was just here to voice anguish and despair, I ask you to think about what one would do if chas veshalom faced with a "typical tzara"? Would that person not voice his anguish and despair to his most intimate people, his family?

Of course he would, even if his sharing of his pain would only bring them grief and not help him at all, that's what family is for. Well listen up my friends, you are my family leinyan this struggle. And you know what they say you can choose your friends but not your family, so you guys don't got a choice. So I'm here to share my pain, my burden with you. I do not like it down here in the gutter. It's quite smelly I must say, and nowhere near as nice as it is to be soaring on high. Feel my pain my dear friends, my family, my bewilderment and confusion as I wonder: will I ever **just be free?** Free from this degrading behavior, free from the pits of tumah, and most importantly free to soar to the potential madriegos I know I have? Have me in mind my friends, daven for me, you can say I'm davening for justwannabefree, have no fear hashem knows who that is.

But I'm not done, all that was my hashkafa rishosoina. At first I was thinking along those lines, that even without a clear toieles I will lean on my family.

But then I realized that there is a toieles. I have come to see that most of this fight is in the mind and based on mindset. Obviously there are actions one must do to be careful but the fight starts in the head. Which means a lot and I will explain. Its true that right now i am feeling lost and in despair. But I have felt like that before and not just in this inyan in other things also and I have seen that with time one can gain back his positive feelings, his sense of determination. So since this fight is based on in the mind, so too can the tide turn just like the mind has ups and downs in its emotions and mindsets.

I know now that the YH has me feeling down, even more down than I should be. I firmly believe that he has an extra power that besides making you fall, after your fall he blocks your vision and makes you not be able to see your struggle in positive light. I will not pretend that I don't feel the despair, I really do. However, even a soldier in retreat should not give up his weapon. Why? Because a retreat is not giving up, dropping your weapon is. **So a much more important reason for me to post is because this forum is my weapon** or at least one of my biggest ones.

In the past when I fell back into this mindset I would give up my weapon, i would lose touch with my gye mentor, a full blown surrender to the YH. Not this time, this time I will hold on to

connection, one of my biggest guns, whether connection with you guys or connection with my mentor. Do I see the way forward right now? Admittedly not. But I know that if I keep up my connection, if I don't dropout, the day will yet come that I will see the way forward shining like a bright light in the sky, I trust that if I don't forsake the fight, Hashem will eventually not forsake me and he will give me the strength. But only if I don't drop my weapons, which is you guys.

General Douglas MacArthur once said after evacuating with us army from the the Philippines to escape the invading Japanese **"I shall return"**. Despite having just ran for his life and having no clear way forward he promised he will do his duty and return, and return he did. I too, see no way back to my positive feelings of mere weeks ago, to my determination and strength, yet I promise bli'n, I shall return.

yours truly, jwbf

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Re: proud to join
Posted by yosefthet zadik - 30 Jul 2025 06:25

"Yes, sir!"

"We shall return!"

Lieutenant General YT Tzadik

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Re: proud to join
Posted by Muttel - 30 Jul 2025 13:37

[justwannabefree wrote on 30 Jul 2025 05:32:](#)

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Of course he would, even if his sharing of his pain would only bring them grief and not help him at all, that's what family is for. Well listen up my friends, you are my family leinyan this struggle. And you know what they say you can choose your friends but not your family, so you guys don't got a choice. So I'm here to share my pain, my burden with you. I do not like it down here in the gutter. It's quite smelly I must say, and nowhere near as nice as it is to be soaring on high. Feel my pain my dear friends, my family, my bewilderment and confusion as I wonder: will I ever **just be free?** Free from this degrading behavior, free from the pits of tumah, and most importantly free to soar to the potential madriegos I know I have? Have me in mind my friends, daven for me, you can say I'm davening for justwannabefree, have no fear hashem knows who that is.

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yours truly, jwbf

Keep you chin up, buddy! I have faith in you - you should too!

Muttel

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Re: proud to join

Posted by justwannabefree - 07 Aug 2025 22:40

Hello my dear friends. We haven't schmoozed in a bit.

I've been in a bit of an in between situation the last little tekufah. To be honest I've been struggling to get more than a few days in a row clean. I keep slipping up and falling. Yet I have been feeling stronger during the interval in between those falls . Meaning despite perhaps my last post showing a certain gloominess about where I felt, I have managed to get past the despair mode.

I have had some successful urge management, and I haven't felt like i have no shot. Yet at the same time I get these sudden urges, which haven't completely taken up my mind in the days leading up to the fall, as I mentioned that I had been having some level of success, but then I guess there's this moment of hesech hadaas (for lack of better word dunno if that's exactly what it is) and I suddenly give in.

So I will keep going my friends. Because there's no better way to go than forward, and although I haven't seen much success, the fact is that to give up and go backwards is most definitely a guarantee of failure.

I am gonna try a motivation strategy, however. I'm not so good at odaat, maybe one day, but for now i like to feel a goal and that doesn't feel enough to me. (not knocking it all ch'v just talking about what works in my funny brain) But thirty days I think has also felt far enough away to me that it's lav adaata. So I'm shooting for a week, my friends. One week clean as my goal, and of course i understand that the point isn't a streak, but I'm trying to use the streak as a motivation. So have me in mind my friends, as I restart and reenter this battle yet again, because although winning the battle is in the hands of hashem, fighting the battle is in mine.

yours truly and with love, jwbf

P.S i also just got the battle of the generation imyh I'll begin reading it this night.

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