

Hi. My first post.

Posted by yosefthet zadik - 30 Jun 2025 17:42

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Hi everyone, fellow fighters. This is my first post, trying to figure out how this forum works. Will post my journey shortly.

This forum seems to be quite complicated and confusing. I'm used to 2025 technology, this system seems older then the internet itself....

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Re: Hi. My first post.

Posted by yosefthet zadik - 08 Jul 2025 20:16

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I have a little bit of doubt if this is what Hashem wants from me RN, or I should get some mental health counseling first.

Also, i have a very mind intensive job for an hour every day. I told my rav that I'm focusing on other things now and I want to give up the job. He didn't let me. I have ZERO focus, I'm as restless one can get. How do I frickin work? I just can't! I'm punching the couch in my house jumping around like a maniac. Is this what Hashem wants from me?!?

Should I not listen to my Rav and give up the job?!? I'm so confused!!!

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Re: Hi. My first post.

Posted by mountainclimb - 08 Jul 2025 22:06

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Mindfulness, and breath work might help with the hyperactivity. Look up super-brain yoga also. Also strength training and aerobic excersice to get rid of all the excess energy. The urge surfing videos can also help with the excess energy if you can replace the word urges with the hyperactivity you feel.

I hope Hashem helps you feel calmer soon. I can identify with the feeling of being overly hyper,

it certainly isn't pleasant. You can be be aware of your current surroundings and breathe deeply and be aware of the breath.

You can try to identify something you can see, hear, feel, and smell to slow you down.

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Re: Hi. My first post.

Posted by yosefthet zadik - 10 Jul 2025 00:14

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21 days. Was a good run. Really didn't wanna post. Feel so stupid after 21 days. I'm only posting that it should be a deterrent for next time.

I think I went wrong with taking the whole thing too hard. I completed 40 and 38 in the past, both were a lot easier, even though I was a lot less careful. I guess lesson learned.

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Re: Hi. My first post.

Posted by yosefthet zadik - 10 Jul 2025 11:13

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Managed to overcome strong urges today. The "I anyways lost my streak" type of urges...

This i a great opportunity for me to work on this, as in the past few times, I kept it going for a few days until starting a new streak... Not this time Y"H!!

[open.spotify.com/track/1fA8FziwucvHrtHfP9RHm4?si=vEV0MIU8Rbucu7WXCLF6dg](https://open.spotify.com/track/1fA8FziwucvHrtHfP9RHm4?si=vEV0MIU8Rbucu7WXCLF6dg)

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Re: Hi. My first post.

Posted by cease fire - 10 Jul 2025 17:53

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Hi everyone just introducing myself.

got my myself a really good name.

Hope it stays that way.

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Re: Hi. My first post.

Posted by proudyungerman - 10 Jul 2025 18:30

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[yosefthet zadik wrote on 10 Jul 2025 00:14:](#)

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**I think I went wrong with taking the whole thing too hard. I completed 40 and 38 in the past, both were a lot easier, even though I was a lot less careful. I guess lesson learned.**

Sorry for the fall...

Can you explain what you mean in the bolded paragraph? I am a little confused by it...

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Re: Hi. My first post.

Posted by almost123 - 10 Jul 2025 19:34

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Hi, be proud of how much you accomplished

Keep on going

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Re: Hi. My first post.

Posted by yosefthet zadik - 10 Jul 2025 23:00

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[proudyungerman wrote on 10 Jul 2025 18:30:](#)

[yosefthet zadik wrote on 10 Jul 2025 00:14:](#)

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**I think I went wrong with taking the whole thing too hard. I completed 40 and 38 in the past, both were a lot easier, even though I was a lot less careful. I guess lesson learned.**

Sorry for the fall...

Can you explain what you mean in the bolded paragraph? I am a little confused by it...

I was trying to be "too" careful. I was trying too hard to avoid any bad thoughts or urges or triggers. I was too strict with myself. The pressure slowly started building up around 16 days in when I started having very strong headaches, until Day 21 when my mind was ballistic the whole day until it burst. I learned my lesson that I have to take the whole struggle more easy and relaxed.

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Re: Hi. My first post.

Posted by yosefthet zadik - 10 Jul 2025 23:07

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I'm very proud of myself.

I Managed to abstain a whole day while having the very strong "I anyway lost my streak" type of urges, together with very strong regular urges.

This is a first for me, as in the past I always stretched out the fall for a few days before i picked myself back up.

I'll be totally honest and say that late into the day, I was in the park with extreme urges and had already made up my mind that I'm gonna fall through, I'll just push it off a few minutes and first take care of my laundry. Hashem saved me in the end.

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Re: Hi. My first post.

Posted by hopeful yingeman - 11 Jul 2025 02:06

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WOW THATS REALLY STRONG!!!

for me once i fall i go all in, and i become very down and it takes me a long time until i have enough motivation to try again, and sometimes this itself is a reason for me not to start cuz im scared that i will fall and it will me make me even more down so i don't start, so that's why i look up to u so much for being able to stand right back up and not let urself its a very important part for being able to become clean. (at least for me its that way)

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Re: Hi. My first post.

Posted by yosefthet zadik - 11 Jul 2025 11:54

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Yes, it I'd indeed very hard. I would even say maybe the hardest. But i looked at it as a great opportunity. Because forget the streak. The whole idea is to break the habit and rewire the brain. I think abstinence on day 0 is the most powerful "Brain Rewire'er..."

It was very hard, not easy at all. And like I said, at the end of the day, it was brutal and I nearly fell through. But TY"H, here I am, day 2 again! Hopefully stronger than before.

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Re: Hi. My first post.

Posted by yosefthetzadik - 13 Jul 2025 15:11

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B"H, day 4!

Just watched this, gave me tremendous chizzuk! I would recommend for everyone to watch in full!

Dr. Shlomie Zimmerman with Rabbi YY Jacobson: From Boys to Men: Their Hormones Are Raging and We Are Ignoring Them?

[MyTAT.me/v376005](https://MyTAT.me/v376005)

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Re: Hi. My first post.

Posted by yosefthetzadik - 14 Jul 2025 20:55

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Just found the following Chat. A message i sent to GYE more then 3 Years ago....

"The reason I think I might be addicted is because I fulfill three (not all) out of the few criterias for addiction as mentioned in the handbook, I also fulfill the criteria for general smartphone addiction, I see you mentioned the idea of other physical activity to train the reward system instead, I would love to do that, but sadly I've been suffering from depression for quite a few years now, and doing even simple thing that I once enjoyed comes as a burden. Forget about the porn addiction for a moment, I believe that if I truly wanted I could give up porn for the rest of my life, I think the issue is more of a masturbation addiction, as I can't see myself overcoming that, also even if I do give up porn, and masturbation-once I'm married, I'm concerned that I'll want my wife to be available every night and she won't be up for more then once a week for example, and I'm also concerned about what to do when she won't be pure....

Please help me!"

GYE answerd: Would you like a phone conversation with an expert? There's a great GYE mentor who has a lot of experience with these issues, he's a fantastic fellow and he's willing to help. You can reach him at 9292620939 or at [michelgelner@gmail.com](mailto:michelgelner@gmail.com).

This was in May 2023. I sent i message to HHM, but sadly, I never actually spoke to him.

I just found this for the first time since... For me, the craziest part is that I knew back then that I can give up P easily, as I ended up doing 9 months ago... Time flies.... In 3 years, I'll be looking back at this whole thread, laughing my heart out...

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Re: Hi. My first post.

Posted by yosefthet zadik - 14 Jul 2025 21:05

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This was my actual first message 3+ years ago:"I need help, I certainly fulfill the criteria of addiction, but I am not married, and that might be a reason why I am addicted, I have no other outlet for sexual urges other then this, and would rather be addicted to porn then have sex before marriage (this has always been my assumption, maybe I'm wrong).Please help Me out...."

Beginning of GYE reply:

"Hi I'm sorry to hear about your struggles and we are here to help BE"H.My first question to you is what made you come to the conclusion that you fulfill the criteria of addiction?Second of all, your assumption that addicted to porn is better than having sex before marriage is just a rationalization but not a healthy approach. Especially if you do suffer from addiction, you need to realize that addiction is the "diabetes" of the spiritual world. It is a cunning, progressive, dangerous disease."

Then came the message from the previous post.

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