

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 Aug 2025 13:14

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I'll copycat my new friend Holy Ari on this one.

Even if you can't reply, ***please*** at least ***leave a Thank You on my previous post***. It gives me tremendous chizzuk to know how many people found it relatable and/or support me on my journey....

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Re: Hi. My first post.

Posted by justwannabefree - 08 Aug 2025 14:44

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Dear reb yosef. Do you think you can analyze this feeling of inadequacy? Because if you can get yourself to do that i think you will realize it has no standing.

Let's even say you're right and most bochurim are going much longer. I'm not convinced, but let's say. I'm sure you realize that everyone has got their own little world which cannot be measured by someone else's. Literally. Everything about your struggle is unique to you, it's got nothing to do with anyone else. You have your own experiences, your own hardships that shaped you. It's more than that. A person is so complicated, shaped by so many different things, physical and **spiritual**, that you yourself may never fully understand the inner workings that make you tick.

Let me go further and say that part of the reason you are different from these aforementioned "other bochurim" is because you have talent they don't have. Unlike many other bochurim you were exposed to P by a friend. How many of those bochurim that go for longer than you clean would have the fortitude that you have to fight this battle like you do if they had been exposed? We will never know, but may I guess? I would like to guess that it's possible that none of them would have the fortitude, or very few of them, and that's why most of them weren't given the test. You mentioned that for them it's not even a struggle. That's exactly the point!! It's not a kuntz because it's not a struggle, they weren't invited to hashem's special commando force that we *were* invited to **because we know how to actually fight in a struggle we don't do the just coasting along thing.** Point is, if you were given the test its because you have tools they don't to fight it.

That, i think, is pashut pshat in the mishna in avos that says al tadin es chavercha ad shetagia limkoimoi bc every person is a different world. Your avoda isn't measured by him or anyone else, only by your standards which are up to hashem to judge. Also that's pshat in the chazal of olam hafuch raisi that someone went to shamayim and all the people he thought would be chashuv were less chashuv than the lower people.

I'm sure you know all this, but please be misboinen about it, it's not merely cliché it's really true. **There is no such thing as using other people as a barometer especially in something so tied up with the deepest most inner workings of one's mind and emotions.**

yours truly, jwbf

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Re: Hi. My first post.

Posted by yosefthetzadik - 09 Aug 2025 20:06

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Thank you Admiral for your comforting words. Thanks for taking the time and focus to respond, I really appreciate it!

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Re: Hi. My first post.

Posted by chancyhk - 11 Aug 2025 19:12

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Yosef'I oi Yosef'I Chap Dich un in shtrick ( You're probably too young to get that song)

As emphasized many times in GYE, porn or sex addiction are often responses to deeper questions. We all carry baggage, and some use sex to numb or find comfort, leading to addiction. The root cause remains and must be addressed; healing involves learning to live with that pain to move forward. Discover what prevents your happiness. You don't need to do anything special to be happy—it's natural. Something is blocking us from happiness, and that pain can drive us toward sex. Over time, this becomes another problem instead of a solution. Thinking alone can't resolve this, though analyzing thoughts helps identify triggers; it won't solve everything. You must confront your pain and explore what led you here. First, you need to overcome the addiction technically. The 90-day counter, in my view, provides space to breathe, teaches perseverance, separates you from automatic responses, and signals your brain that there's a new leader. However, desire and craving won't disappear easily; deep work is necessary. You have many strengths—believe it or not! I see in GYE posts that you are special. You carry a lot of pain, yet you're committed to doing what's right, fulfilling Hashem's will, and growing. You are evolving and will continue to grow. Don't be discouraged by others. Once you've found your path and gained control, you'll realize you've achieved something remarkable—something few others can. If it were easy, you wouldn't be here.

Stay sane, stay holy, stay strong!

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Re: Hi. My first post.

Posted by yosefthet zadik - 11 Aug 2025 20:03

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Thank you Professor Chancy, your thoughtful words are always on target and impact-full!

On a different note, ??? ???? ????? ????????. I just got something cleared out of the way, and even though it will cost me a pretty penny, a lot of stress rolled of my chest...

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Re: Hi. My first post.

Posted by yosefthet zadik - 11 Aug 2025 22:40

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Ty"n, day 33 successful.

Let's do a family trip to Miron. Who's coming?

Also, looking for some good people to connect with (preferably some who managed to break free for a while). RN I'm not in touch with anybody from the GYE family, except through this thread, my only one.  
Happy Lag Be'omer!!!

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Re: Hi. My first post.

Posted by hollyari - 12 Aug 2025 00:51

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**Yossef**, I just read through your long story here... Whoa! You're a true *Mesiras Nefesh* kind of guy!

I've been touched by too many posts in too short a time—so many ups, downs, and ups again. But wow... I'm proud of you! You've done better than so many others on this platform. You're a legit *Yossef HaTzadik*—that name fits you perfectly!

**33 days?!!** Woof... when will I get there? That's HIGH. HUGE. HOLY.

I'm looking up to you—please take me along on this ride, brother. Keep going strong! You're my role model, and I need you to keep guiding me along the way.

Fly over to Miron—at least virtually! Sing *Bar Yochai*—I'm singing along, we're all singing together with you! You've got a huge *Oilem*, hands clapping, your fire burning in the center, sparks flying up to the sky!

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Re: Hi. My first post.

Posted by yosefthet zadik - 12 Aug 2025 12:00

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[hollyari wrote on 12 Aug 2025 00:51:](#)

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And if you're looking for a true role model, check out Jewizard's thread. A true role model for me! He's getting married soon.

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Re: Hi. My first post.

Posted by puremind - 12 Aug 2025 12:33

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I totally agree that its super outdated and very confusing and complicated, GYE is o valuable to be not user friendly, we would live an update and revamp to this life changing site:blush:

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Re: Hi. My first post.

Posted by puremind - 12 Aug 2025 12:58

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P.s. I see that almost everyone active on the chat sharing their story are married. Although it is a similar struggle, i do somewhat feel that a married person has somewhat of an advantage. Not that this is a competition. When I look at the 90 day chart, I see a trend that the higher you go, the less percentage people are singles. I set my eyes on that 90-day target, and it would be great to hear advice from singles how they reached that goal, and if in their opinion there is a difference between the struggles.

Exactly my point!!

As a single in mid 20's, its kind of hard for me to truly understand what married people go thru, (I heard its way harder than when single)

BUT! you guys do get to be intimate, you guys of get to release (B'hetter), you guys have love, touch etc. while we singles have zero, we are expected to go into **monk mode!**

Im not comparing or judging, its just truly hard for me (and probably most singles) to understand how it is even comparable...

When A married guy is "clean" its with s\*x and release, whereas a single is clean, it's basically being a monk!

Would love to chat @yosefthet zadik

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Re: Hi. My first post.

Posted by BenHashemBH - 12 Aug 2025 14:57

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[puremind wrote on 12 Aug 2025 12:58:](#)

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Would love to chat @yosefthetzadik

Shalom Brother,

I hear where you are coming from, and this topic has been discussed if you want to search around the forums for past responses.

Firstly, yes - it is hard for singles.

But, why do you think so many married guys are here on GYE?

**Warning: Spoiler!**

Lust is hungry, and you can't satisfy it by devouring your wife. Not to mention (shouldn't it be 'yes to mention'?) all the damage that that causes.

The need for release is fake news. We create that feeling after indulging in pleasure-seeking activities that hijack our brain chemistry.

This nisayon is challenging for everyone. Being a "monk" is hard. Having marriage stress, kid stress, parnassa stress, in-law stress, rejection, misalignment, and many other factors don't help either, sex notwithstanding.

As a single on GYE, what you have is an opportunity to tackle lust *before* it blurs its way into your marital bedroom. How fortunate for you!

I highly recommend schmoozing with a few of the mentors here to clarify for yourself where love, touch, and intimacy are one thing (relationship and bonding), while masturbation, porn, and looking are quite another (lusting and taking).

Also highly recommend reaching out to J Wiz who got clean while single and now has the tremendous, hard-fought and well-earned bracha to start his marriage both mentally and physically kadosh. He'll be the first to tell you that it's not easy, but he applied himself to learn, understand, and live the appropriate way - a testament and inspiration for all of us to see someone that seeks truth and does not back down from the fight for what is right.

L'maskana, everyone has personal and circumstantially harder things to deal with. They also have their G-d given kochos to deal with it. They also have their own tikkun and shleimus to reach by giving it their best shot.

You are here now. Do what you can do now. Don't wait for anything else. Today is yesterday's tomorrow. This right now is your challenge exactly how it's meant to be. Easier, harder, or the same, it is yours.

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Re: Hi. My first post.

Posted by chancyhk - 12 Aug 2025 21:00

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You are here now. Do what you can do now. Don't wait for anything else. Today is yesterday's tomorrow. This right now is your challenge exactly how it's meant to be. Easier, harder, or the same, it is yours.

Gosh darn it!

You are goooooooooood!!!

Agree \* infinity.

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Re: Hi. My first post.

Posted by frank.lee - 12 Aug 2025 22:59

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IMHO, all these married guys in the forum - they used to be single guys, they went through the challenges your are having.

Hatzlacha!

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