

My story, continued update of my progress (please help me)

Posted by NoYiush - 13 Jan 2011 22:31

---

**Please see further down for original post**

### **Update #1 (January 18, 2011) :**

B"h, with Hashem's help and the help of my friends here on the forum, I have not watched shmutz for 30 days now, which is when I joined this site. Unfortunately, I did mast\*\* once 3 days after joining this site, so I guess I'm technically 27 days clean. But that was just a small blip on a massively upward trending graph of awesome goodness. 30 days is not a big deal for me; I've done it before on my own, even without filters and this site, but it still wasn't easy. I found that 3 things helped me the past 30 days:

**1) accountability software.** I have a filter also but cmon, I could find stuff out there if I want, and I did want at certain points in the past 30 days. But that accountability software is the real deal, giving me a fear of what my partner will see in the report.

**2) Honesty:** There were a few times where the y"h told me "cmon, just look at something that's not porn, just a pic of a hot girl that's sexy but still wearing clothes." And I thought about it a little and thought, "Wait, you're telling me to watch porn, you just know that I won't watch porn right away so you're telling me to work my way up, that's how it always starts." In other words, I was honest. What is happening here? What's the objective of seeing hot girls with clothes on. It's just to build it up till I see porn. With honesty I was able to resist because I'm invested in this process and I write on the forum. What's the point of investing and then trying to fool yourself by not being honest.

**3) I prayed:** Taking showers is dangerous for me. Growing up, that was always a dangerous place for me. I'm actually taking showers less often now (don't worry, I still take them often enough). Yesterday, before I went to the shower, I heard the y"h in the back of my head telling me to self stimulate. I took 15 seconds to daven to Hashem and tell him to please not test me

---

### **Original Post:**

Hello all,

## **My status: 3 weeks clean**

I've taken a hachlata to write my story out and update this thread/post with my progress. I found gye recently and have been clean since, so far about 3 weeks.

## **My story: Lonliness and Depression**

I've suffered from depression since age 12, or perhaps younger but I'm not sure. The main cause of depression has been lonliness, and more particularly, a need for marital companionship (not just sex, but rather a deep seeded need for love/companionship through a woman). This depression/lonliness is clearly the reason I resorted to the Internet to self medicate. I'm 28 years old, not married yet, and I started looking at things on the internet by age 23. I'm having an awful time with shidduchim since I started dating at age 25. I try to maintain a positive attitude about getting married, but inevitably I become sad. I've gone to psychologists and I've taken medication, but neither will fix my need for companionship.

My deepest fear as a teenager was not getting married and this is why this challenge is so great for me. At age 28, I already feel a sense of shame and embarrassment at not being married yet in my community where boys are generally married by age 25 or 26 at latest. That's why I turned to porn so often in the past 5 years. I'm just very lonely.

Anyhow, I've committed myself now to breaking free of porn, even though I really enjoy it (well, before the tremendous guilt that comes after a fall) and it does actually temporarily help me cope (very temporarily, again til I fall). But it's just not healthy. And it's very bad in the eyes of Hashem (which is important to us, thus the guilt afterward), so I must stop. I'm at 3 weeks now and hope to continue forever. I will update this thread with my status by the week iyh. I would greatly appreciate your words of encouragement. Hopefully, with your support I will make it.

=====

=====

Re: My story, continued update of my progress (please help me)  
Posted by Kedusha - 21 Jan 2011 16:34

---

Dear Chaver,

You will, IY"H, get married in the proper time - hopefully soon! In the meantime, taking care of

yourself, physically, emotionally, and spiritually will make you a better person and a better catch for some lucky woman. After all, you don't want your main selling point to be "He's someone who desperately wants to get married!"

How to implement this? Good nutrition, including the appropriate dietary supplements (speak to a nutritionist if necessary, but optimal levels of omega-3 fatty acids and Vitamin D can significantly help with depression - I often order supplements from [Koshervitamins.com](http://Koshervitamins.com)), sufficient sleep (it's not a luxury), and exercise on most days (even if only a brisk walk) can go a long way to helping you feel better both physically and emotionally.

As for taking care of yourself spiritually, make sure you have a daily seder in learning, and that you use your commute time productively, such as by listening to Shiurim. Consider doing volunteer work once or twice a week, or just give others Chizuk on GYE. Have special Kavana in one Bracha during each Shemona Esreh (for the rest of the Brachos, try to at least have Kavana for the end of the Bracha; of course, Al Pi Halacha, the first Bracha of Shemona Esreh needs Kavana in its entirety). Also, try to always feels gratitude to Hashem when you say Modim.

Much Hatzlacha!

=====

Re: My story, continued update of my progress (please help me)  
Posted by NoYiush - 21 Jan 2011 17:16

---

[Kedusha wrote on 21 Jan 2011 16:34:](#)

Dear Chaver,

You will, IY"H, get married in the proper time - hopefully soon! In the meantime, taking care of yourself, physically, emotionally, and spiritually will make you a better person and a better catch for some lucky woman. After all, you don't want your main selling point to be "He's someone who desperately wants to get married!"

How to implement this? Good nutrition, including the appropriate dietary supplements (speak to a nutritionist if necessary, but optimal levels of omega-3 fatty acids and Vitamin D can significantly help with depression - I often order supplements from [Koshervitamins.com](http://Koshervitamins.com)), sufficient sleep (it's not a luxury), and exercise on most days (even if only a brisk walk) can go a long way to helping you feel better both physically and emotionally.

As for taking care of yourself spiritually, make sure you have a daily seder in learning, and that you use your commute time productively, such as by listening to Shiurim. Consider doing volunteer work once or twice a week, or just give others Chizuk on GYE. Have special Kavana in one Bracha during each Shemona Esreh (for the rest of the Brachos, try to at least have Kavana for the end of the Bracha; of course, Al Pi Halacha, the first Bracha of Shemona Esreh needs Kavana in its entirety). Also, try to always feels gratitude to Hashem when you say Modim.

Much Hatzlacha!

Thanks for posting. These are all good suggestions (nutrition, exercise, learning, volunteering, etc.). Bli neder, I will look into the supplements, will try to exercise more (I don't exercise at all now), and will increase learning (I have daily shiurim but very minimal now). I appreciate your input. I guess I'll try to have a life before I'm married, which I didn't think was really possible before.

By the way, I'm now 33 days clean and counting. I generally achieve what I put myself into, including staying clean, so I suppose if care enough, I could implement your suggestions too.

=====  
=====

Re: My story, continued update of my progress (please help me)  
Posted by Kedusha - 21 Jan 2011 19:28

---

Wonderful! Staying clean, of course, is essential for your physical, emotional, and spiritual well being.

=====

Re: My story, continued update of my progress (please help me)

Posted by NoYiush - 23 Jan 2011 23:41

---

Hello, just a quick update:

Since this is an "introducing yourself" board, I've started a separate thread in the "breaking free" board where I will continue to update, and leave this board to the introductions. Thanks for all who have responded and please see my new thread:

<http://www.guardyoureyes.org/forum/index.php?topic=3441.msg94158#msg94158>

=====