

Recent posts that really resonate

Posted by starting - 31 Jul 2020 01:13

If you have already read this post, read it again

If you have not, read it twice now

[starting wrote on 28 Jul 2020 20:52:](#)

"starting" post=353099 date=1595969544 catid=19

In about 10 hours I reach level 1: 24 hours clean

In 18 days I will beat my current longest streak

This mornings post did not have this tone

I just had a phone conversation with my greatest mentor on GYE.

?This was the most powerful thing that can ever be done on the path to recovery.

I just spoke to a guy who is over 1000 days clean. Before that he was doing the same things as me. He may have even felt it more 'necessary' than I do now.

I spoke to someone who is pure love. Just wants to hold my hand and lovingly guide me out-at my pace and in a way that's appropriate for me.

Does not care to know who I am, where I'm from or what Shul I daven in.

Just wants to share his extensive knowledge and experience.

And I now have much much clearer understanding in how to view this habit and ly"n break free.

My dear friends

I beg you

This is the most relieving move you can do

Forget about masturbating as a stress reliever.

There is a much more pleasant way.

PICK UP THE PHONE AND CALL SOMEONE EXPERIENCED.

SOMEONE WHO HAS BEEN THROUGH THIS AND CAN GUIDE YOU OUT OF HERE.

SOMEONE WHO CAN RELATE TO EVERYTHING YOU ARE GOING THROUGH.

People who have broken free can relate to you. Can love you more than you love yourself and believes in you more than you believe in yourself.

Because we are still stuck in it. They, the on other hand, are looking from the outside and not judging you by what you judge yourself. Because you look at yourself (even if you don't realise) to some degree, as a loser. Because you are stuck in it.

They are looking from the outside and they see you as a person and your habits as an external 'situation' that is clinging itself to you. It's not you!

And through a phone call they can help you see that and plenty more that you cannot possibly see by yourself, I only chose one point to elaborate on but there is so so much more I can say.

Pick up the phone!

Speak to someone!

It is the greatest, most important, possibly the hardest though it shouldn't be and the most powerful step towards breaking free

What are you waiting for? Why are you still reading?

Pick up the phone

All my love to myself and to all of you

Starting

You might say it's too hard, too scary, too nerve wrecking but I'll compare it to something you've probably experienced.

You see this food and it's not quite your style. Too be frank, it looks gross. Maybe it's the first time you saw sushi, sashimi or gravalux. Maybe it was a rare steak. It could have been corn or pineapple on pizza or really anything with (black) olives, you get the gist.

Comes along your friend and starts raving about it. Just goes on and on about it.

Eventually, you take the plunge and give a try.

You like it.

You really like it.

And you kick yourself for your years of perceiving to hate it.

Take the plunge. Leap the leap. This is one move you won't regret. This call will take you places.

I can not attempt to explain the difference between reading and writing dozens of posts on the forum and a single phone call.

Special thanks to @snowflake and @hashem help me for gently convincing me to take this step. Shame it took me so long but I look forward to being in touch with both of you regularly

I'll say one more thing.

I have been writing very honestly on the forum and I have been helped tremendously, thank you all.

As you have all read, I was a pretty bad guy acting out and doing bad stuff. Recently, I've embarked on a serious journey to purity and teshuva.

However, after one phone call, all that changed.

Retroactively, I became a good guy who has made mistakes. Or pulled into it perhaps.

I signed off that post saying 'all my love to myself'

Without going into detail, I'll just say that I meant it. I will say that when I wrote that, I cried.

And when read that later, I cried.

And when I reread that I cried.

For no reason. Nothing drastic happened.

Just a change in perspective.

I also thought that I could manage without getting emotional.

I am made of strong stuff.

Tough material.

Which means that a lost battle equals to some extent and subconsciously, a loser.

One phone call and I can look at this fight from a different angle.

I'll soon I will learn to surrender my lust.

It's OK to need help especially from god.

I will stop here, I could go on and in but that's more the type of this to do in speech not in writing

Please my dear friends

Reach out

Reach and out and be helped

After all, it's only sushi

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Re: Recent posts that really resonate
Posted by Ish MiGrodno - 05 Oct 2021 05:10

[cordnoy wrote on 24 Sep 2019 12:53:](#)

"cordnoy" post=343754 date=1569329615 catid=19

Like usual, just writin' for myself, and somethin' I have written many times here:

Impo, one shouldn't hate 'em, bless 'em, blame 'em, fault 'em, pray for them, despise them, etc.

The moment the issue becomes about them (or 'em), you have lost.

It is about you/me. (And it might not be your fault either, but one that, dependin' on the situation, you might wanna remedy in some way, or not.)

Godspeed

Just unearthed this gem from Cordnoy

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Re: Recent posts that really resonate
Posted by Ish MiGrodno - 05 Oct 2021 05:18

Perhaps I may elaborate on the words of hadras kadsho: The whole concept of villains and heroes is foreign to the introspection so typical of ovdei Hashem. Unlike the above mahalchim - which are shortcuts to nowhere - the "accountability approach" is excruciating yet satisfying; painful yet sustainable..

I naturally gravitate to the "blame her" (as opposed to "bless her") approach, but deep down, even I know that that is an "uber cop out."

IMG

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Re: Recent posts that really resonate

Posted by anonymous.lost.everything - 05 Oct 2021 09:41

[Ish MiGrodno wrote on 05 Oct 2021 05:10:](#)

[cordnoy wrote on 24 Sep 2019 12:53:](#)

"cordnoy" post=343754 date=1569329615 catid=19

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Taking the actions of love as suggested in SA is a sound approach though because it puts the lie to whatever negative thoughts one might be having that are causing distance between two

people. It's also a gemara in eilu metzios, taking action in order to coerce the yetzer ha-ra. At the end of the day we are all talking about the same thing. Some of us just have it worse than others.

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Re: Recent posts that really resonate
Posted by starting - 10 Oct 2021 06:53

[withgdthereshope wrote on 07 Oct 2021 01:28:](#)

I'm going to reiterate what others already wrote, and that is that if you are here, it's because you DO care.

Psychologically we often stop caring not because we don't care but because we care so much that it hurts to care. We, therefore, stop caring to protect ourselves from that feeling.

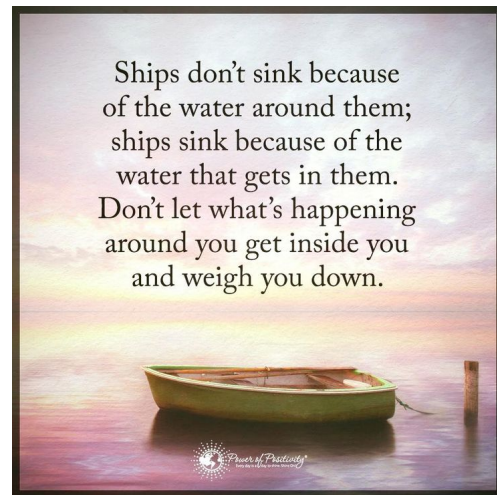
When we have tried to stop for so long and haven't succeeded, we feel hurt again and again and again. And subconsciously, we need to stop feeling that hurt, so we become lackadaisical about it and just stop feeling anything.

On this website, under the Other Tools section, there is something called the W.I.T.Y. Exercise which you may find helpful.

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Re: Recent posts that really resonate
Posted by starting - 10 Oct 2021 08:28

"stillgoing" post=296123 date=1476069559 catid=23



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Re: Recent posts that really resonate
Posted by starting - 11 Oct 2021 03:33

[Avrohom wrote on 11 Oct 2021 02:33:](#)

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..... keep up the fight, the way I see it, you're not at the bottom of a hole and trying to climb out; you're halfway up Mount Everest and the going is getting rough!

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Re: Recent posts that really resonate
Posted by starting - 11 Oct 2021 14:07

[BHYY wrote on 08 Jun 2021 16:29:](#)

I'm noticing how difficult it is this time without muting the pain by masturbating and watching porn. I'm actually feeling life. It's not pleasant but there's something more pleasant about feeling it than escaping from it.

Urges are there. Urges will always be there. But I'm not giving in.

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Re: Recent posts that really resonate
Posted by starting - 24 Jan 2022 14:34

[Hashem Help Me wrote on 23 Jan 2022 12:33:](#)

Most people here struggled with the hypocrisy feelings. Maybe this concept will help you change your perspective:

For whatever reason Hashem has, we were raised in a generation that was highly exposed and triggering, yet nobody really educated us about these issues. Although we somehow knew that this stuff was bad, we, at our very young ages, did not really "get it". We also did not understand the habit forming nature of the issue. A very choshuve rav has been quoted saying that this matzav should be viewed as childhood/adolescent trauma, and places the individual into the category of "onais". Of course that does not permit future acting out, but it makes one realize that it is **ridiculous** to judge one's self based on these actions. Here you have a guy who wears tzitzis and tefillin, davens and learns, gives tzedaka, is careful with Shabbos, kashrus, kibud av v'eim, shmiras halashon, shatnez, etc....and considers himself a rasha because he acted out on a habit that he is b'geder onais. Do you really think Hashem views all of us as reshaim, or rather as heroes - now that as mature adults we are putting shame on the side and reaching out for help?!

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