

### Success Story

Posted by ysftw - 13 Nov 2015 12:39

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Hi hi everyone at GYE!

I've been on this website now since early April of this year. 7 months of trying, and B'H in that time I've managed to cut down my falls from a near daily occurrence, to every once in a while. On the one hand this symbolises growth, on the other, I feel to an extent I have thus far failed. Whilst I have gone long periods without falling (although never yet reaching that "90" stage), I still have not yet managed to stop. And, had you asked me 7 months ago what I would have considered this, I would probably have said failure.

Indeed there are moments where I really wonder if it's impossible for me to break the habit completely. Sometimes it is so strong it overrides everything else, and I feel like something other than who I am takes control of my body and does with it what it pleases, and I am a slave to it. Like I said I am close to this narrative. I feel like I am close to hitting rock bottom, without the stupidity to really believe quitting will be a snap of the fingers.

If you want to see my story thus far it is here: [guardyoureyes.com/forum/4-On-the-Way-to-90-Days/251963-Giving-it-a-go-one-day-at-a-time](http://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/251963-Giving-it-a-go-one-day-at-a-time)

What I will say which has worked so far and B'N will continue to is the use of the Taphsic method. Indeed I only seem to fall when I don't have a shavuah (still have no clue about the halachik legitimacy of making this neder but if it stops me from doing more then, well, I suppose it's a good thing).

Anyway, I'm writing this with the optimism of someone who just fell. Indeed on my 90 day chart I have yet to have one whole day clean. This is a sad state of affairs.

Never the less, sometimes you have to be insanely idealistic and hope that the world conforms to your vision of what it can be, and that you can too.

For me, I no longer have the choice whether to keep going or to stop, I must stop due to many many factors, which at this stage at least will remain anonymous.

In this forum which I've optimistically called "Success Story", I will do my utmost write completely openly and honestly, without trying to write my words for an "audience", I will try to hold nothing of my emotional state back.

The aim here is that, starting with not a single day under my belt, and a track-record of failure I will show that it is possible to turn things around, and there will be no tricks either (yes I will be working on my personal growth separately), but the only two items I will be making use of, are the Taphsic shavuot, and my willpower. Today is November 13th 2015 (1st of Kislev 5776), in 90 days it will be February 11th 2016 (2nd of Adar I, 5776), and from this day until that one this Topic will detail my success story of making it to 90, it is possible, and I will commit to being an example of how.

Every single day of those 90 days I will post something on this topic, I can't guarantee it will be more than "still going...easy day", although I do hope to add insight often etc.

The point, again, is to show that it is possible.

Where this blog will go after those 90 days I am uncertain, we'll have to see, perhaps another 90 day challenge.

The point being...it's possible, and what follows will attest to that...

See you on the other side.

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Re: Success Story

Posted by markz - 30 Dec 2015 05:28

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[cordnoy wrote:](#)

[markz wrote:](#)

[ysftw wrote:](#)

46 down. 44 to go.

Good day as far as the fight was concerned bh.

Mucking around on my phone is a problem though, it's a significant waste of time and temptations arise. Also my filter expired need to look into it.

And thanks iwant2begood...when I get I chance I've flicked thru your stuff too...good luck!!

The fight continues  
KOMT

Keep On Monster Trucking

We all have that little monster trucking with us

I'm friends with the monster.  
Not the first time I've been called that

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Re: Success Story  
Posted by ysftw - 30 Dec 2015 17:48

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Thanks for all the comments guys. Big help. Hope you're all doing well.

47 down, 43 to go. Bh

So the phone thing is getting silly, today I ended up following youtube links and ended up on a very unshiyich rap video. I froze, but after a good few moments remembered to surrender and broke free of the hypnosis Bh.

I need to be much more careful on this its pure stupidity.

And it's dangerous. Sid gets more desperate playing off of insecurity that perhaps I should have loads of women in my life and the fact that I have chosen a different path is based of a fear that I am unworthy.

All lies, just need to remind myself sometimes. Tough day.

Doubling down...I need to buy a filter now

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Re: Success Story  
Posted by iwant2begood - 30 Dec 2015 18:13

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But the good part is that your still clean! In my opinion I think you shouldn't be so focused on

how many days left just focus on today and that itself makes it much easier good luck

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Re: Success Story

Posted by ysftw - 31 Dec 2015 16:20

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It seems that there are two options to present news like this, either pass it off lightly, or present it as the most depressing moment of all time. I'm going to do my best to resist both and present it how it is, along with a few thoughts.

I had a fall.

Not a full fall BH, and anyone paying attention to my previous few posts (and clearly I was not one of them) could see that something was on the cards. "Filter! Filter! Filter". And yet it's taken me to today to actually install a filter. Last night, for I'd estimate an hour, and a similar amount of time today, I was just zombied out viewing explicit material. Yesterday was far more "ones" I feel, I had far less control and Sid grabbed me, but today Sid sweet talked me and I definitely joined in. Sounds terrible. And definitely I'm particularly upset about today.

But I'm going to be honest, about last night I'm happy, and even about today I'm happy. I did not touch myself once. Once. Now this definitely seems like I'm mitigating responsibility... "I'm still so holy" "I'm amazing". No, look, at the end of the day my count has to restart. My Nedarim are broken and I need to pay the consequences. For sure viewing today was far far beneath myself, completely base, a lowering to a point which is not me. But there is definitely a sense in which I see last night as a triumph.

GYE believes in complete cold turkey. COMPLETE. Which means what I'm going to do really has no place here, but it's my feed and I can do what I like. I'm going to restart by 90 day chart, and track it on a daily basis, like I've been doing, but I'm also going to keep a second count going beneath it, this one is days since I last masturbated. And I'm happy and proud that this one is very much going to keep going. With the help of Hashem.

Thoughts on the fall?

It's bizarre, of course I'm completely chemically addicted to pornography. Of course. But I have a bigger issue, a Shmirat Einayim issue. This is broader and extends to when I'm out and about, my thought process etc. BH I'm blessed with a beautiful Shomer Negia relationship (truly!) but I have a fundamental problem of insecurity. This manifests itself in the following way: my girlfriend is truly the most amazing person on earth. But a strong and powerful part of my brain, you know, Sid, is convinced that if other people see her, they won't think she's so beautiful, and they'll therefore assume that I'm not really that cool, and that my social status is low. In a bid to avoid that problem Sid is constantly trying to convince me to dump her, now Sid is clever because he knows that that won't happen, but he has a militant mission to hunt for beautiful girls, whether on a street, or online, either way. Hunt hunt hunt, to find that perfect one. And then he'll transfix me on her, and either bring one of two thoughts, "she's so amazing I need to be with a girl who looks like that, dump the girlfriend" or "careful she looks more beautiful than your girlfriend stare long enough until you convince yourself that she has enough flaws that your girlfriend is better and your ego can remain in tact". The funny thing is how stupid this whole thing is, I love my girlfriend more than anything, and trawling through the mountain of illicit material in zombie mode, not turned on, but having my head wired into the dopamine rush, nothing was doing it for me, nothing, nothing was quite right, no girl was quite perfect enough, I didn't find the girl that would compel me to break up, to convince me physical perfection exists etc etc. I'd spend maybe 3 seconds maximum before flicking to the next video. No no no. nothing. No one's perfect. And then I eventually unplugged, pulled the dopamine chord out of the back of my head, and went to sleep.

Bizarrely I woke up happy, either because I'd had my rush. But I suspect it's because I resisted the temptation to sink further. I'll never know.

And I just missed my girlfriend.

Today was worse because it was completely beneath me, so no happiness just completely empty from the dopamine rush. And really missing my girlfriend.

That's about it.

Plans for the future?

Clearly I need to keep on doing what I've been doing with a few tweaks. I actually need to sort out my filter, which I've actually done (all paid for) but there's a technical glitch (of course) which

I need to sort out with the company.

These first few days will be the hardest time, because I've never not slipped completely, but I just need to take them one at a time. STRONG.

But yes, for now I need to pay off my Knas from my neder. Make new Nedarim. Add a couple of Shticks (one of the Tehillim every day). And restart the count with the new added count below.

I need to maintain the serious surrender to Hashem which has been going so well for me.

And I need to add one more important component. Shmirat Eynaim, I need to become makpid on this, and really what do I mean, I need to thoroughly work on Self Confidence (not Ego), so I stop having this desire to work out my social status by checking out girls, exactly how I will have to work out over time. But with that said...off we go.

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48 days down. 42 to go [second count...masturbation]

As always the fight continues (feels very weird to write that)

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Re: Success Story

Posted by Lizhensk - 31 Dec 2015 21:08

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[cordnoy wrote:](#)

I'm friends with the monster.

Is it under your bed? Are there voices inside of your head?

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Re: Success Story

Posted by iwant2begood - 31 Dec 2015 21:21

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I really feel your pain there's nothing like going clean for a long time and having a fall . Hashem should give you the strength to get back up and cont. even stronger. Hope to see on the Medal of Honor in 90 days! Every fall is meant to make you stronger and to look back what I could improve that will prevent me from falling again whether a strong filter or not to spend to much time surfing etc. I admire you a lot for not just "throwing in the towel"and saying if my name is anyways not on the chart might as well maturbate . Keep on going strong we're gonna do this!!!!

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Re: Success Story

Posted by Lizhensk - 31 Dec 2015 21:28

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[ysftw wrote:](#)

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I have a couple of comments and questions on the above. First off, I'd like to commend you on all the hard work you put in to stay sober over the past 48 days. It took me a 16 months on GYE, and another 16 months in SA to accomplish that. That's amazing.

That being said, I would like to share with you my personal experience: When I finally got that 48 days, and then continued onto 157 days, I realized something profound. If I fight, I lose. I always did. What was different now? I didn't fight, I surrendered.

Now, what does surrender mean? I honestly am not sure. But I know what it means to ME. Surrender means getting out of the ring. If I have pornographic material on my phone, I will be \_\_\_\_\_, simple. Easy? no, but it is simple.

Someone in SA once shared with me that he was by a lecture and kept turning around to look at someone who he was lusting over. He then shared that to counteract his lust, he prayed for that person (It's an idea given in SA, maybe try it). I answered that if he wouldn't turn around, he wouldn't have to pray so much! To me, that is surrender. Turning around to look but then saying "I wont lust", is getting into the boxing ring, not surrender. I lose in the boxing ring.

Another thing I realized, was that the more emphasis I put on "not acting out", the more I will be thinking about acting out, and that will lead me to act out. To me that's also getting into the ring. Always thinking of *not* acting out is always fighting, and I cant fight. So I stopped. Instead, I put more of an emphasis on living. I learn in Kollel and work at night. My most productive days were during those five months. I just concentrated on doing the next right thing. What am I supposed to be doing now? learn? eat? sleep? work? then I will do that and only that. I am not supposed to be thinking about holding my hand above my waist all day. That's not why God put me on this

When I read through this thread, I get flashbacks to where I was 2 years ago. Holding my breath. Inevitably, I would fall, because how long can I hold my breath already?

Oh, and one more question who the heck is this Sid guy!?

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fighting all day with myself not to view it. And I will inevitably lose. So I delete it

Re: Success Story

Posted by cordnoy - 31 Dec 2015 23:19

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[Lizhensk wrote:](#)

[cordnoy wrote:](#)

I'm friends with the monster.

Is it under your bed? Are there voices inside of your head?

Yep

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Re: Success Story

Posted by cordnoy - 31 Dec 2015 23:25

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Keep your head up.

Continued hatzlachah.

I agree with a lot of what liz said.

You can look back at the beginning of this thread where I probably told you similar things. Every day you post, I was holding my breath for your holding of your breath. As I clicked to see what you would write, it was like: shew, he made it thru another day. Now, some people can go on like that for a while. Perhaps you are one of those. I'm not sure. Maybe you wanna read a bit of the white book and see if it speaks to you....one thing I know, it won't be speaking to Sid.

Hatzlachah

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Re: Success Story  
Posted by Shlomo24 - 01 Jan 2016 00:19

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Yeah, I relate to what has been written. I have been rooting for you from the sidelines but I was kinda holding my breath. My thought process was, "I hope this is all he needs, and I hope he succeeds." I was waiting to see if your plan would work for you or not. Not to say that all is over, which it's not, and it never is. However, this is an obvious hiccup (I'm not gonna call it a slip or a fall or a loss of sobriety, that is up to you).

I am still rooting for you and I hope you do well. But after you calm down from the hangover of lust, which is inevitable, I would suggest thinking about what did and didn't work and what maybe there is to improve. It doesn't necessarily mean doing more intense work or adding on things to do, but it can be that you might need to think differently about your situation then you have before. (I would like to echo the post about how "not acting out" just made me think more about acting out). That was how I had success. When I realized that I am sick and not the average dude I found so much serenity because it's OK if things weren't working for me. I'm not wired like everybody else! It's not a chisaron on my part. I just want to be clear that I am not saying you are in my situation AT ALL, however I would like to say what I did to find success breaking free from lust.

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Re: Success Story  
Posted by cordnoy - 01 Jan 2016 00:41

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A late entry for post of the year.

Mark, is there still time to enter this one?

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Re: Success Story  
Posted by markz - 01 Jan 2016 01:05

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[cordnoy wrote:](#)

[Shlomo24 wrote:](#)

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I think there's a fight between Shlomo24's comment and Liz's for the top spot

Let's just settle them both to share it, fartig, before Sid pokes his head

I'm biased of course, and have reserved the 2nd spot for what I wrote on page one of this thread a little more than a month ago

[markz wrote:](#)

[Zemiros Shabbos also wrote:](#)

I know a guy who's addicted to brake fluid. He says he can stop any time.

This is very teef. Come back to me in a month to explain this one to you

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Re: Success Story

Posted by ysftw - 01 Jan 2016 14:03

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[Lizhensk wrote:](#)

[ysftw wrote:](#)

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Another thing I realized, was that the more emphasis I put on "not acting out", the more I will be thinking about acting out, and that will lead me to act out. To me that's also getting into the ring. Always thinking of *not* acting out is always fighting, and I cant fight. So I stopped. Instead, I put more of an emphasis on living. I learn in Kollel and work at night. My most productive days were during those five months. I just concentrated on doing the next right thing. What am I supposed to be doing now? learn? eat? sleep? work? then I will do that and only that. I am not supposed to be thinking about holding my hand above my waist all day. That's not why God put me on this

When I read through this thread, I get flashbacks to where I was 2 years ago. Holding my breath. Inevitably, I would fall, because how long can I hold my breath already?

Oh, and one more question who the heck is this Sid guy!?

This is brilliant.

Thanks so much to you and everybody else who wrote.  
world. Again, is all this easy? absolutely not, but you gotta admit, it IS pretty simple

Just to clarify what you are talking about is fundamental attitude changes and massive precautions?

Sid is the name I gave to my yetzer hara cos why not.

Anyway as always on a Friday I can't post updates because it hasn't been a day yet. But still. Much to ponder on Shabbat. Scary/exciting stuff.

Shabbat shalom to all

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Re: Success Story

Posted by markz - 01 Jan 2016 19:58

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What you are talking about is fundamental attitude changes and massive precautions?

Im only gonna say what works for me - Id work on the attitude change and forget about precautions. In real life we need the precautions as backup, but not the focus at all

***I'm really impressed how you picked yourself up and keep trucking along!!!***

Can you try see if you can write up a plan that will enable success - regardless of filters and taphsics - in other words - think outside of the boxing ring that was mentioned on page 1 - I think this is what Lizhensk was saying here

I wish you all the best and Good Shabbos

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