

**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 BenTorah.BaalHabayis - 03 Jan 2016 05:45

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[ysftw wrote:](#)

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.

Bizarely 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.

0 days done. 90 to go. [first count...pornography]

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

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

ysftw, first of all I'd like to commend you on the fact that you didn't throw in the towel but rather you are reflecting on your situation on resolving to pick yourself up and continue onward. You're a true inspiration.

Forgive me if the question I'm going to ask is out of line. But thinking about everything you wrote I can't help but wonder. You see, I grew up in a society where having a Girlfriend was unacceptable, so I can't relate at all to what it's like fighting this battle with a Girl in your life. B"H I'm married now, but this is obviously a completely different ballgame as you will hopefully learn about at the right time.

Now, it sounds like you have the girl of your dreams and I can only imagine that it must be hard to keep the relationship just as a "Platonic relationship" with such a person. So my question is, although you are in a "Shomer Negiah" relationship (which is truly admirable) can you be sure that this relationship isn't affecting you negatively when trying to keep lust under control?

I wish you continued hatzlacha!

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Re: Success Story

Posted by Lizhensk - 04 Jan 2016 17:51

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[cordnoy wrote:](#)

I agree with a lot of what liz said.

[Shlomo24 wrote:](#)

Yeah, I relate to what has been written.

[markz wrote:](#)

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

[ysftw wrote:](#)

This is brilliant.

Thanks so much to you and everybody else who wrote.

And yet not one *Thank You...*

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Re: Success Story

Posted by markz - 04 Jan 2016 17:59

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I gave you one, here's another

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Re: Success Story

Posted by Shlomo24 - 04 Jan 2016 20:56

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[Lizhensk wrote:](#)

[cordnoy wrote:](#)

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[Shlomo24 wrote:](#)

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[ysftw wrote:](#)

This is brilliant.

Thanks so much to you and everybody else who wrote.

And yet not one *Thank You...*

#MASKIM!

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Re: Success Story

Posted by ysftw - 05 Jan 2016 12:49

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[BenTorah.BaalHabayis wrote:](#)

Forgive me if the question I'm going to ask is out of line. But thinking about everything you wrote I can't help but wonder. You see, I grew up in a society where having a Girlfriend was unacceptable, so I can't relate at all to what it's like fighting this battle with a Girl in your life. B"H I'm married now, but this is obviously a completely different ballgame as you will hopefully learn about at the right time.

Now, it sounds like you have the girl of your dreams and I can only imagine that it must be hard to keep the relationship just as a "Platonic relationship" with such a person. So my question is, although you are in a "Shomer Negiah" relationship (which is truly admirable) can you be sure that this relationship isn't affecting you negatively when trying to keep lust under control?

I wish you continued hatzlacha!

Please don't worry about being out of line! I now find myself in a society where having a girlfriend (stam) is close to unacceptable, so I hear where you're coming from completely. For reasons which BN one day but not right now I will explain, I am 100% convinced that it is not negatively affecting me (sorry for being annoyingly mysterious, it's a very fair question). To just add one thing to temper that response for anyone who comes from a similar background to me, there's no question in my mind that being in a shomer negia relationship for its own sake is mutar, it's VADAI ASSUR. And that's not as a psak, because who am I (although I'd put on money on any respectable posek going that way too), but just from first hand experience.

Next, all these "Thank yous"...who are they to and why? Not following, bit lost and bemused, but it is entertaining. Thanks to all of you out there.

Anyhow, for anyone keeping count it comes to 5 days no pornography, and 52 days of no masturbation. Okay I admit this score thing is a bit weird. And it may have been noticed that since Friday I have not been Makpid to post everyday and update the count etc etc.

Why? Because I've attempted to take the advice written on here SUPER seriously. The way I've understood it, surrendering doesn't mean to surrender the individual urges when they come but rather, to surrender the whole fight. To "get out of the ring". And how? By attempting "simply but not easily" to dedicate every moment to Avodat Hashem. Every moment. It's intense and all

encompassing but it's also removing myself from the ring. Obviously I'm going to keep posting and updating, bn, but at the same time it's no longer part of my routine. I'm getting out of the ring, and I will keep everyone posted on how it's going.

But so far really great.

The fight has stopped. And it's time to change the picture, more relevant to Shemot, Moshe, the bush on fire, living the life of a pure Eved Hashem.

Moving on...

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Re: Success Story

Posted by markz - 05 Jan 2016 13:04

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My friend,

I think surrender DOES refer to individual urges that the YH tries to pull us into the ring, and previously we would jump in the ring and hit him and... you know the rest...

Dedicating every moment to Avodas Hashem, is definitely a great idea, but not connected to "surrender", and also hasn't worked for me to gain 100% sobriety for today - if it works for you, cool

There are many links I could give you to read if you have a couple of min, I think these by [skeptical HERE](#) are great, but please don't stop there, each guy has to find what works for him. Checkout more stories in my towing assistance page

Hatzlacha



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Re: Success Story

Posted by cordnoy - 05 Jan 2016 13:07

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Dedicating every moment to avodas Hashem is a noble goal, but that is not the definition of surrender.

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Re: Success Story

Posted by Shlomo24 - 05 Jan 2016 16:39

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In SA we say that "we made a decision to turn our will and our lives over to the care of god as we understood him", it doesn't say we turned out lust to god. It says we turned our WILL and our LIVES over. Lust isn't my problem, it's my solution. I don't know how to live like a normal human being so I am in the process of turning over my life to god and letting him run it. If ysftw means that he will turn his life over to god, then I applaud that effort. It doesn't have to be a religious thing of davening or learning all day, it can be a spiritual turning over of one's life, knowing that he is in control and he will take over my will if I let him. I just read in the 12 and 12 on step 7 that if at any moment we think we can do this alone, that moment we are not connected to god. The only way to work the program to it's fullest is by having complete humility. Do I have it? No. Am I trying to achieve that? Yes, one day at a time.

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Re: Success Story

Posted by Lizhensk - 05 Jan 2016 21:24

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[ysftw wrote:](#)

Next, all these "Thank yous"...who are they to and why? Not following, bit lost and bemused, but it is entertaining. Thanks to all of you out there.

underneath each post (except those posted by you), theres a little button that says thank you.

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Re: Success Story

Posted by ysftw - 09 Jan 2016 19:51

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[Shlomo24 wrote:](#)

In SA we say that "we made a decision to turn our will and our lives over to the care of god as we understood him", it doesn't say we turned out lust to god. It says we turned our WILL and our LIVES over. Lust isn't my problem, it's my solution. I don't know how to live like a normal human being so I am in the process of turning over my life to god and letting him run it. If ysftw means that he will turn his life over to god, then I applaud that effort. It doesn't have to be a religious thing of davening or learning all day, it can be a spiritual turning over of one's life, knowing that he is in control and he will take over my will if I let him. I just read in the 12 and 12 on step 7 that if at any moment we think we can do this alone, that moment we are not connected to god. The only way to work the program to it's fullest is by having complete humility. Do I have it? No. Am I trying to achieve that? Yes, one day at a time.

Another phenomenal post thanks so much! I too am attempting this derech one day at a time.

Thanks for your continued advice

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Re: Success Story

Posted by ysftw - 12 Jan 2016 12:18

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Hi all, still clean BH.

Had a truly brilliant week last week, not acknowledging my own desires, rather pursuing Ratzon Hashem to the best of my ability.

This week has been a little tougher to maintain that focus, a lot of low level stress which seemed to get in the way. Anyway I've identified the source, which seems to me to be based on eating a lot of junk food, all that sugar etc clearly makes me irritable, so I've stripped it away, and it seems my head has unfogged. Still, throughout that time I persevered, and there wasn't really so many moments of temptation, at the moment, it's really just a question of not even entertaining them for me, "not getting in the ring" and just getting on with the business of being trying to be the best eved Hashem I can be.

On that note...pushing on....

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Re: Success Story

Posted by markz - 12 Jan 2016 12:25

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I'm gonna be following you again on the sidelines

Diet can help, more often it's 'why do I binge in the first place' - however this is secondary and may be irrelevant to recovery from lust

Sorry, can't put my finger on it, but in my experience you have yet to set your life for success

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Re: Success Story

Posted by markz - 12 Jan 2016 22:57

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[markz wrote:](#)

I'm gonna be following you again on the sidelines

Diet can help, more often it's 'why do I binge in the first place' - however this is secondary and may be irrelevant to recovery from lust

Sorry, can't put my finger on it, but in my experience you have yet to set your life for success I just saw this now about diet [HERE](#).. So... You never know

[newaction wrote:](#)

While browsing the net saw this guy drowning C"V and reaching for a lifesaver . Saw the man many times , i was sure it was a breslever ad (not that i am against it C"V but what else could they mechadesh ? ). After a fall one day i decided to click on the man . Since then i had some ) , Lived in North

America and now residing in the Holy Land. Last Rosh Hashana i was about 50 days clean and was elated in ecstasy that this rosh hashana was different from all the others before that in my life. This time i have acquired some wisdom about the recurrence of this bad habit of mine . I had some tools to work with . I had hope. I wished soo much getting rid of M. But i found myself again and again falling to it like easy prey to a hungry lion. By the way another great thing about finding gye. a short time after joining i started watching myself on the way i overeat, lo and behold !! i am 20 kilograms less overweight . That is right i lost over 40 pounds. The same medicine for lust works just the same for overeating. I need to lose dozens more pounds , but . . ; Dear GYE , KUTGW !! Thank you and thank you again You are bringing purity , cleanliness and Kedusah to Am Yisrael ; I Love You !!

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Re: Success Story

Posted by ysfw - 18 Jan 2016 14:32  
struggles but B"H , clean over half a year. I am from SA (south america

Haven't posted for a while on here but bh still going strong.

I as of today I haven't masturbated in 70 days, a personal best and something I'm very proud of.

And I'm on 18 days of no porn, it always strikes me as crazy how must time rushes by since a fall. It's a very special phenomenon. Also compared to last time I think it's going faster because I'm not counting days.

Yes I'm still having lustfuk thoughts on a daily basis but so far they have t gripped me. I'm really doing my best to up my avodah outside of all of this and that's seemingly going well to, challenging but well, sending best wishes.to everyone else out there

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