

On the shoulders of those before me

Posted by LifneiHashem - 20 Nov 2016 20:53

Hi all,

I have been reading a lot of forums and found them to be at times a source of chizuk, as well as upsetting, at times.

Like so many others here, my struggles with P&M started in my early teens and continued until now. I assumed it would stop by itself when I got married, but here I am 10 years later and obviously that didn't happen. We didn't have internet for several years, so the while always an issue, it wasn't encroaching on my life on a regular basis.

About 3 years ago we got internet. It was a relatively slow progression, but at some point it became a nightly pasttime, causing a lot of wasted time and not enough sleep. This lead to missing minyanim on a pretty regular basis. The nightly watching was not exclusively x rated. I also started watching a lot of streaming TV. (I grew up on TV but moved more to the "right" in my late teens and "officially" stopped watching TV. However, over all the years I always kept an ear open to what was going on in pop culture.)

I tried stopping a few times over the years, but never with any success. At some point I realized this is a real issue and I can't just stop on my own. It was beginning to take ovr my life, and I was no longer really connecting to my family, that I could be in the room with them, at the shabbos table, but not really *there*. This past Rosh chodesh Elul I decided to stop for good and signed up on GYE a few days later.

BH now I'm at day 77, which I'm sure is my longest ever. GYE taught me that if I want to stop acting out, first I actually have to *guard my eyes*. I know this is really obvious, but for the longest time I felt that the acting out could be an isolated issue, and there was no need to stop looking at whatever crossed my path, and of course my favorite tv shows. I learned from previous posters the importance of avoiding triggers and the slippery slope.

Things have been going pretty smoothly, & I can honestly say I that for most of the past 2 1/2 months I had minimal desire to act out. I was tempted to believe that I was "cured", but after reading so many other people's experiences, I knew not to be fooled and i needed to keep my up my gaurd.

The reason I'm finally posting now is because today I am really, really struggling, and could really use some chizuk!

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Re: On the shoulders of those before me

Posted by LifneiHashem - 28 Apr 2017 00:48

Traveling again. This time circumstances making it more potential difficulties than before. This calls for an animated movie.

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Re: On the shoulders of those before me
Posted by Ihavenostrength - 28 Apr 2017 00:52

You did great last time if I recall correctly. No reason you won't kick this one out of the ballpark.

P.S It's been a while but I remember really liking shrek.

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Re: On the shoulders of those before me
Posted by cordnoy - 28 Apr 2017 01:14

[LifneiHashem wrote on 28 Apr 2017 00:48:](#)

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I'd try the beis medrash (even in Topeka), the weight room (you can use the 46oz. bells), early sleep, or write a letter to my wife (you can write to her, or to yours).

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Re: On the shoulders of those before me
Posted by Gevura Shebyesod - 28 Apr 2017 01:16

There's a Belzer Bais Medrash in Topeka?

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Re: On the shoulders of those before me
Posted by cordnoy - 28 Apr 2017 01:19

[Gevura Shebyesod wrote on 28 Apr 2017 01:16:](#)

There's a Belzer Bais Medrash in Topeka?

African Slonim

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Re: On the shoulders of those before me
Posted by LifneiHashem - 28 Apr 2017 03:01

[cordnoy wrote on 28 Apr 2017 01:14:](#)

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with current circumstances I honestly feel that choosing to not be in front of the screen is beyond my bechira right now.

However, rather than fall into the YouTube hole I decided to keep off the internet and just buy a DVD. Now my issue is that instead of the planned cartoon, I ended up with a marvel franchise movie in my cart. this is causing some serious internal strife. On the one hand it's just stupid action (which I love) and certainly not porn. On the other hand, I've been clean almost 8 months now. At the same time I quit porn I also stopped movies & tv. I know movies are full of triggers. It also offers the same "escape" as porn. It will also be stuck in my head for a long time, and can lead me back to porn. I will watch and feel sullied. On the other hand chill out. Isn't it incredible

and amazing that THIS is the nisayon?! No conflict over porn, just if I'm going to watch a movie? Who do I think I am, mr. holy? On the other hand it's been almost 8 months of being clean, so clean. No pop culture garbage. finally starting to feel less attached to it. Do i need to get drawn in again? Watching this stupid movie will have me anticipating the next one. It's keeping the connection to that world, that culture. I'm a frum person. I daven & learn and don't let my kids watch tv. That's not me. On the other hand yes it is me. Just because I spend my life pretending to be a frummi doesn't make it so. It's not pornographic, just mindless action.. and cleavage & beautiful men & women. But i don't even want to watch it really. I just had a compulsion to buy it based on previous behavior and old habits. I don't need to watch it really and can just throw the DVD in the trash. But I bought it and will probably really want to see it at some point, so may as well now. Just because I gave up porn forever doesn't mean I gave up movies forever. What? I think I'll never watch movies again? Ha!

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Re: On the shoulders of those before me
Posted by Markz - 28 Apr 2017 03:49

[LifneiHashem wrote on 28 Apr 2017 03:01:](#)

[cordnoy wrote on 28 Apr 2017 01:14:](#)

[LifneiHashem wrote on 28 Apr 2017 00:48:](#)

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<http://www.guardureyes.com/GUE/Images/leshem-pirud.pdf>

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Re: On the shoulders of those before me
Posted by lionking - 28 Apr 2017 03:50

Wow! Your post is so inspiring, it really sums up life. You can be clean for 8 months and still struggle. Lesson learned never be complacent in recovery until the last day, (and I was starting to feel like I'm under control after 5 days...)

I don't want to offer any suggestions since I don't even know your virtual you. For me I would've reconsidered the need to be on the computer. Probably would've bought a book and read that. Each to their own.

Hatzlacha Rabba! Hope to hear you were sucessful.

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Re: On the shoulders of those before me
Posted by Markz - 28 Apr 2017 03:53

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Re: On the shoulders of those before me

Posted by cordnoy - 28 Apr 2017 12:42

Lifnei,

The honesty is great.

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Re: On the shoulders of those before me

Posted by LifneiHashem - 28 Apr 2017 13:28

Markz the l'shem yichud is cute. And only cute.

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Re: On the shoulders of those before me

Posted by MayanHamisgaber - 28 Apr 2017 13:41

It scared the HELL out of me

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Re: On the shoulders of those before me

Posted by LifneiHashem - 28 Apr 2017 13:43

So for all of those out there waiting with bated breath for the outcome of my drama (...tumbleweeds...) in the end I settled for cold subpar Chinese food and an old issue of bina magazine. Why? Haven't figured that one out yet. Maybe I've finally grown up a little. I feel like I need to delve into and develop the idea that i really have changed on the inside and have outgrown certain needs and compulsions, but part of my consciousness hasn't caught up with that and still reverts to old habits.

Or maybe nothing's changed & ive developed more sophisticated white knuckling techniques, and am unknowingly suppressing a very powerful spring that will end up bouncing back at me. That's been an ongoing fear from the beginning.

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Re: On the shoulders of those before me
Posted by LifneiHashem - 28 Apr 2017 13:45

[MayanHamisgaber wrote on 28 Apr 2017 13:41:](#)

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Ashrecha.

Had this discussion been about porn, and the lshem yichud was for porn, would it stop you from acting out? More than once?

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