

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

---

**Day one.**

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

=====

Re: OivedElokim-I'll never give up

Posted by Markz - 04 Jan 2023 21:56

---

Someone mentioned recently about short posts being a good idea :-)

That would possibly help some of us find recovery quicker, and also give us reprieve from the painful issue of groundbreaking words getting lost!

=====

Re: OivedElokim-I'll never give up  
Posted by cordnoy - 04 Jan 2023 22:19

---

[Markz wrote on 04 Jan 2023 21:56:](#)

Someone mentioned recently about short posts being a good idea :-)

That would possibly help some of us find recovery quicker, and also give us reprieve from the painful issue of groundbreaking words getting lost!

and a reprieve from all that scrollin'!

=====

Re: OivedElokim-I'll never give up  
Posted by jackthejew - 05 Jan 2023 18:34

---

[cordnoy wrote on 04 Jan 2023 22:19:](#)

[Markz wrote on 04 Jan 2023 21:56:](#)

Someone mentioned recently about short posts being a good idea :-)

That would possibly help some of us find recovery quicker, and also give us reprieve from the painful issue of groundbreaking words getting lost!

and a reprieve from all that scrollin'!

**Warning: Spoiler!**

=====

Re: OivedElokim-I'll never give up  
Posted by cordnoy - 05 Jan 2023 18:55

---

[jackthejew wrote on 05 Jan 2023 18:34:](#)

[cordnoy wrote on 04 Jan 2023 22:19:](#)

[Markz wrote on 04 Jan 2023 21:56:](#)

Someone mentioned recently about short posts being a good idea :-)

That would possibly help some of us find recovery quicker, and also give us reprieve from the painful issue of groundbreaking words getting lost!

and a reprieve from all that scrollin'!

**Warning: Spoiler!**

I will try to edit - had difficulties last few times though.

=====

Re: OivedElokim-I'll never give up  
Posted by jackthejew - 05 Jan 2023 19:08

---

[cordnoy wrote on 05 Jan 2023 18:55:](#)

[jackthejew wrote on 05 Jan 2023 18:34:](#)

[cordnoy wrote on 04 Jan 2023 22:19:](#)

[Markz wrote on 04 Jan 2023 21:56:](#)

Someone mentioned recently about short posts being a good idea :-)

That would possibly help some of us find recovery quicker, and also give us reprieve from the painful issue of groundbreaking words getting lost!

and a reprieve from all that scrollin'!

**Warning: Spoiler!**

I will try to edit - had difficulties last few times though.

Nooooooooo! That was just for fun! We love the inspirin' quotes!

=====

Re: OivedElokim-I'll never give up  
Posted by jackthejew - 05 Jan 2023 19:12

---

[jackthejew wrote on 05 Jan 2023 19:08:](#)

I will try to edit - had difficulties last few times though.

Nooooooooo! That was just for fun! We love the inspirin' quotes!

**Warning: Spoiler!**

Whoops #hijacking

=====

=====

Re: OivedElokim-I'll never give up

Posted by OivedElokim - 09 Jan 2023 02:04

---

Update:

)

Last night I learned some lessons about online relationships the hard way. Without getting into detail, I got myself into big trouble. As a result I am getting rid of all my social media accounts and am going to fully invest myself in real-life, human relationships to meet my emotional needs of validation and connection. This experience also ties into what can be termed "GYE issues" broadly speaking, but I do not feel comfortable getting into the specifics. I have GYE friends that I'm closer with and have/will share(d) with them the details, as well as other people I trust in my life.

My advice to the rest of you is to be careful. If you find yourself too attached to online "friends"-ask yourself what is motivating this and how can you get what you need in a safer and more real way. Online, anonymous "vulnerability" is cheap and easy. Real men have the stones to be vulnerable to real people with names and faces.

(Post #613)

End of rant

*OivedElokim*

=====

=====

Re: OivedElokim-I'll never give up

Posted by OivedElokim - 11 Jan 2023 04:02

---

Update:

I finally got rid of the problematic laptop. I'm optimistic about staying porn-free going forward. Masturbation will remain a big issue for the foreseeable future, though I am taking baby steps to dial it down. As per the advice of one GYE mentor, I no longer masturbate on Shabbos out of respect for the holy day. Perhaps I will extend that good minhag for Friday or Sunday, slowly building up my ability to resist that particular temptation.

As I mentioned in my previous post, I had somewhat of traumatic experience on a certain social media platform, the same one on which I met "my shiksa". Maybe it was G-d's way of telling me to quit messing around with this stuff. If it was-I certainly got the message...

I'm still somewhat shaken up by the experience but am trying my best to move on.

I am going on a small "vacation" tomorrow to a nice, warm place tomorrow. I will be there for a week. Hopefully that will help me recover my emotional strength to move on.

In other news, my Mashpia finally gave me his full haskama to begin Shidduchim, so hopefully I'll get the ball rolling when I come back. I'm really nervous about it but also excited. It will be a journey, perhaps a tumultuous one. But I have faith in the one who set me on this good green earth that he will bring me to a good place, ultimately.

I feel like I only share bad news on here, so here's the good news: I am very happy these days. I am quite productive every day, both in learning and in work. I feel like I'm finally alive. Other than this social media issue, things have been going very very well, BH. I pray that it stays that way...

Now here's some lyrics from a song I'm currently addicted to that I found relevant and inspiring (It's from Abie Rotenberg's latest Journeys album). Take it or leave it:

*"The salt stings their eyes and they fear for their lives-yet they fight off their feelings of dread.*

*For they know and believe there's a path through the sea-that will lead to clear sailing ahead.*

*It's our life, a journey at sea, a voyage of fate and destiny,*

*?The waters will challenge the fortitude and courage of every man*

*The stars that light up the night they'll be our map, our compass, our guide*

*Follow them true, follow them faithfully-till we find land"*

With prayers for a strong internal compass and smooth sailing for me and for all of you, my dear friends,

*OivedElokim*

=====

Re: OivedElokim-I'll never give up  
Posted by Zedj - 11 Jan 2023 04:29

---

[OivedElokim wrote on 11 Jan 2023 04:02:](#)

Update:

I finally got rid of the problematic laptop. I'm optimistic about staying porn-free going forward. Masturbation will remain a big issue for the foreseeable future, though I am taking baby steps to dial it down. As per the advice of one GYE mentor, I no longer masturbate on Shabbos out of respect for the holy day. Perhaps I will extend that good minhag for Friday or Sunday, slowly building up my ability to resist that particular temptation.

As I mentioned in my previous post, I had somewhat of traumatic experience on a certain social media platform, the same one on which I met "my shiksa". Maybe it was G-d's way of telling me to quit messing around with this stuff. If it was-I certainly got the message...

I'm still somewhat shaken up by the experience but am trying my best to move on.

I am going on a small "vacation" tomorrow to a nice, warm place tomorrow. I will be there for a week. Hopefully that will help me recover my emotional strength to move on.

In other news, my Mashpia finally gave me his full haskama to begin Shidduchim, so hopefully I'll get the ball rolling when I come back. I'm really nervous about it but also excited. It will be a journey, perhaps a tumultuous one. But I have faith in the one who set me on this good green earth that he will bring me to a good place, ultimately.

I feel like I only share bad news on here, so here's the good news: I am very happy these days. I am quite productive every day, both in learning and in work. I feel like I'm finally alive. Other than this social media issue, things have been going very very well, BH. I pray that it stays that way...

Now here's some lyrics from a song I'm currently addicted to that I found relevant and inspiring (It's from Abie Rotenberg's latest Journeys album). Take it or leave it:

*"The salt stings their eyes and they fear for their lives-yet they fight off their feelings of dread.*

*For they know and believe there's a path through the sea-that will lead to clear sailing ahead.*

*It's our life, a journey at sea, a voyage of fate and destiny,*

*?The waters will challenge the fortitude and courage of every man*

*The stars that light up the night they'll be our map, our compass, our guide*

*Follow them true, follow them faithfully-till we find land"*

With prayers for a strong internal compass and smooth sailing for me and for all of you, my dear friends,

*OivedElokim*

It's a great song..

Good to hear you in a good place right now.

Much hatzlocha!

=====

====

Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 13 Jan 2023 05:04

---

Hey there.

Feeling lonely today. Social media really filled a social void for me and I'm now grappling with how to live that void. Or fill it, for that matter. I miss my online friends. Especially that girl...

I'm not sure why but in a way I felt closer to them than any other friendships I have. I think it's probably for two reasons: Firstly, I was completely uninhibited with them and felt like I could fully be myself around them. The other element was how openly affectionate they were to me. I felt loved and appreciated. My "real life" friends don't make a point of telling me how much I mean to them. And that's obviously assuming I mean anything at all to them. Which is a pretty safe assumption now that I think about it...

So I'm a bit sad and withdrawn today. However, I'm quite busy at the moment so I'm somewhat distracted from my feelings, for better or for worse...

Gonna try to stay clean tonight. Wish me luck

Love you all,

*OivedElokim*

=====

====

Re: OivedElokim-I'll never give up  
Posted by Hashem Help Me - 13 Jan 2023 12:00

---

Our real friends may not express their warmth constantly, but we know that in a moment of need they will be there for us. Their loyalty to us (and us to them) is rock solid and they will inconvenience themselves for us when and if necessary. That is a real relationship. We are accepted by our friends with all of our ma'alos, chesronos, meshugasen, and idiosyncrasies.

Fake friends are simply that - fake. Statistically they will abandon us if our need is inconvenient for them. Their expressions of love and warmth are usually not even skin deep. Because let's face it - they don't even know who you really are.....

=====  
=====

Re: OivedElokim-I'll never give up  
Posted by willdoit - 13 Jan 2023 16:14

---

[Hashem Help Me wrote on 13 Jan 2023 12:00:](#)

Our real friends may not express their warmth constantly, but we know that in a moment of need they will be there for us. Their loyalty to us (and us to them) is rock solid and they will inconvenience themselves for us when and if necessary. That is a real relationship. We are accepted by our friends with all of our ma'alos, chesronos, meshugasen, and idiosyncrasies.

Fake friends are simply that - fake. Statistically they will abandon us if our need is inconvenient for them. Their expressions of love and warmth are usually not even skin deep. Because let's face it - they don't even know who you really are.....

So so true...

We should make a post card of this and keep it in our pocket to have it handy when needed.

=====  
=====

Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 15 Jan 2023 14:11

---

Update:

Hit a milestone-3 days. It ain't much, but it's progress.

I find that it's easier for me to stay clean when I'm not in my regular environment/routine. I think it's because masturbation has become such a habitual part of my life that it has become part of my routine. However when I leave my regular routine it's not instinctive. I wonder how I could keep this going after I go back home...

Also I wanted to publicly thank my GYE buddies for being there for me during these difficult weeks. Mitzvah lefarseim osei Mitzvah:

Thank you YeshivaGuy, thank you Zedj, thank you HashemYeracheim613, thank you HakolHevel. Your friendship, support and constructive criticism means the world to me and has hopefully made me a somewhat better person. I love you all!

Thank you for following my journey,

*OivedElokim*

=====

Re: OivedElokim-I'll never give up  
Posted by Hakolhevel - 15 Jan 2023 18:14

---

[OivedElokim wrote on 15 Jan 2023 14:11:](#)

Update:

Hit a milestone-3 days. It ain't much, but it's progress.

I find that it's easier for me to stay clean when I'm not in my regular environment/routine. I think it's because masturbation has become such a habitual part of my life that it has become part of my routine. However when I leave my regular routine it's not instinctive. I wonder how I could

keep this going after I go back home...

Also I wanted to publicly thank my GYE buddies for being there for me during these difficult weeks. Mitzvah lefarseim osei Mitzvah:

Thank you YeshivaGuy, thank you Zedj, thank you HashemYeracheim613, thank you HakolHevel. Your friendship, support and constructive criticism means the world to me and has hopefully made me a somewhat better person. I love you all!

Thank you for following my journey,

*OivedElokim*

Your friendship, support and constructive criticism.

=====

I am not sure how much of the first two I do