

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.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 23 Jan 2023 05:20

Just a quick update:

I've been clean from porn for about two weeks now, though masturbation is still a struggle. I am doing it less but it's still an issue. I actually broke my commitment to not masturbate on Shabbos

this week for a pretty silly reason (I had a very persistent erection and that was the only way I could think of getting rid of it...)

Still struggling with the aftermath of this online relationship. Trying to move on but feeling very lonely. Trying to stay connected to friends and family as best I can but nothing can really substitute the warmth and availability this girl provided me with. My therapist says the best way to move on would be to start dating and find another girl I could have a loving relationship with. I'm very eager to do so, but am unable to at the moment for reasons I've listed before. So I'm working on my issues and trying to sort things out so I can move forward on that front, but in the interim-at the very least several weeks, though possibly much longer-I'm gonna be struggling with this deep sense of loneliness.

I guess I'll need to try my best to stay busy and distracted from the emotional void that I've only recently discovered within myself.

In other news I met a dear GYE friend for the first time this past Friday, was a very exciting experience. Don't want to out anybody so i won't say who. You know who you are (if you want to
)

We went together to meet up with a third GYE friend and had all in all had a splendid time. My seven years of membership in GYE haven't solved my kedusha issues just yet but have given me several cherished and hopefully lifelong friends. And if that's the only thing I ever gain here-?????.

Anyways gotta go to sleep. Thanks for reading,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 27 Jan 2023 21:28

Update:

Life has been going well, BH.

I just can't stop being mzl...

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Re: OivedElokim-I'll never give up
Posted by YeshivaGuy - 08 Feb 2023 00:24

[OivedElokim wrote on 23 Jan 2023 05:20:](#)

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OivedElokim

I'm outing myself

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 08 Feb 2023 16:04

Lol

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Re: OivedElokim-I'll never give up
Posted by Emes-a-Yid - 05 Mar 2023 06:54

[OivedElokim wrote on 23 Jan 2023 05:20:](#)

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OivedElokim

Hey feel free to contact me if you want, it is a great opportunity to have gye buddies at least at a consistency basis where whenever you need them they are right there. I can be the other type of friend where you can rely on that, not necessarily getting any help just as a person to hear out yourself, you're welcome to you out. Hatzlacha, I have seen your name before and want to hear good bzh. Stay Bsimcha!!

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 06 Mar 2023 03:36

Hey EaY, thanks for posting on my thread.

I guess I should take this opportunity to share a quick update:

Haven't been doing great on the kedusha front. Been masturbating almost daily and watching

porn every couple weeks when the opportunity presents itself, as it sometimes does. Not terribly motivated to stop, although I know I should and that the consequences of maintaining this habit could be devastating. It's just so hard. I have a pretty kosher device but if there's a will to seek out arousing content, there's always a way. I should probably switch to a Kosher phone if I really want to beat this. But I'm not sure I'm ready to take that step.

I'm in pretty close contact with my GYE buddies, but that's not really helping. We just talk about life as regular friends would. I barely ever mention the GYE stuff and when I do it's in passing, not in a way that makes me feel like I'm accountable in any meaningful way. So that leaves me with the status quo.

Anyways that's the story,

Thanks for reading

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Emes-a-Yid - 06 Mar 2023 04:48

[OivedElokim wrote on 06 Mar 2023 03:36:](#)

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Thanks for reading

OivedElokim

I'm glad to see you are still holding onto the site and gye buddies, that just comes to show you are trying to lead the right direction and are just stuck for whatever reasons.. (I can't guess without hearing your situation) But maybe if I were in your situation the first thing to assess is that if seemingly the buddies aren't doing as much of progress atm, maybe find someone that can be on top board with you. Or you may just need to be straight forward with them. I'm not sure if you sound ready to do either or, but definitely when you are even a small drop motivated, you can even have side motives as to stay clean, then speaking up at those inspiration, or drive and working off it may help. For now maybe I can suggest you a online book, which I saw it helpful for me, your call to audio read like me lol (due to my laziness of reading..). <http://easypeasymethod.org/easypeasy.pdf>

You are a giber..all it takes is to stop and recognize it OivedElokim! Stay Besimcha, try not being numbed by the pain, smell "some coffee", as in take fresh air to bring back the correct scent back in your bloodstream. I'm rooting for you, whatever your mehalech will be! Reach me please if I can do something for you!!

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 12 Mar 2023 05:36

Hey there, a guteh voch!

Been struggling a lot with porn lately, feeling hopeless, demoralized and defeated. Despite my efforts and sacrifices for staying clean in recent months, I have been unable to do so for any significant period of time.

On Friday, I listened to a frum dating podcast that discussed porn addiction, interviewing a frum sex therapist. In it she said, amongst other things, that before dating one must be 3-6 months clean, and that one must disclose ones struggle to the girl is dating, obviously not too early. Both of these things were very distressing to hear from a professional, and I had a mini panic attack. As I may have mentioned, after putting it off for quite a while, I agreed to start shidduchim. My mother is looking into a girl right now that already agreed to date me, so the pressure is on...

I emailed this therapist, relating my story and questioning whether everything she said on the podcast applies to me, as I didn't think I was an addict-based on my conversations with many people from this site. She responded pretty quickly and comprehensively, saying that it's definitely possible, even probable that I am an addict. She suggested I see a CSAT (Certified Sex Addiction Therapist) and get evaluated. I'm waiting for her to send me a referral for someone in my area.

The prospect of having to carry the additional baggage of addiction in addition to all my other mental health s*** is daunting and scary. Feeling very overwhelmed.

I also booked an extra session with my regular therapist to discuss this issue with him early this week.

Will let ya'll know what happens,

Thanks for reading

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Sapy - 12 Mar 2023 05:49

I feel feel you brother, but while it may be scary, it might also be the best clarity in your life, and the start to healing yourself, never have I met an addict that missed the time in his life he didn't think he's an addict yet....

Whatever life's brings I hope you feel better. Your a good dude bro.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 14 Mar 2023 04:17

Spoke to my regular therapist today (fell asleep at 4:30 last night, after tossing and turning, repeatedly masturbating, dreading the session).

He really put me at ease. He thought that the idea that I'm an addict is laughable and said that it was quite irresponsible for a therapist who doesn't know the details of my situation to suggest otherwise.

Nevertheless, I still plan to talk to this CSAT tomorrow just to hear his side of things, and maybe go in for a session or two. Idk if it's even worth the investment tbh, now that I'm thinking about it.

I might still be open to going to Porn Anonymous meetings. I feel like the fellowship and spirituality might do me a lot of good, even if I'm not technically an addict...

Anyways, addict or not, my porn usage is out of hand and I plan to write a contract tomorrow and share it with a few accountability partners. I hope the plan (incentives/deterrents/accountability) is successful.

I'm sick and tired of being sick and tired.

Hope to share good news in the coming days.

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Re: OivedElokim-I'll never give up

Posted by Emes-a-Yid - 14 Mar 2023 04:24

[OivedElokim wrote on 14 Mar 2023 04:17:](#)

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I'm sick and tired of being sick and tired.

Hope to share good news in the coming days.

I'm loss for words.

Keep pulling through! You are insane at what you're aiming towards to achieve, very exciting.

I have seen a lot of your posts and I do feel for your situations, it's rough but the fact you are actually pushing to accomplish and not just thoughts is very telling to get somewhere BeH!!

Wish you Hatzlacha with lots of love OivedElokim

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 15 Mar 2023 02:33

Update:

Gonna write up a contract tonight, might share some elements of it here.

Going to see this Certified Sex Addiction Therapist tomorrow, will see what he says.

Wish me luck

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Emes-a-Yid - 15 Mar 2023 03:47

[OivedElokim wrote on 15 Mar 2023 02:33:](#)

Update:

Gonna write up a contract tonight, might share some elements of it here.

Going to see this Certified Sex Addiction Therapist tomorrow, will see what he says.

Wish me luck

OivedElokim

Hatzlacha, it must be not easy at all . Again wish you the best and thanks for updating!

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Re: OivedElokim-I'll never give up
Posted by Hashem Help Me - 15 Mar 2023 21:16

Dov is excellent in helping determine if one is an addict. Maybe reach out to him.

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