

Want to be BT again

Posted by BT Again - 18 Nov 2021 17:12

---

Hi everyone. This is my second thread on here--I haven't updated the last one in a while, and frankly, I need to be more open about my struggles than on that thread, so I'm restarting my journal.

I'm a fairly newly married mid-20s guy (no kids yet), went BT a few years ago and Torah is unbelievably important to me. When I think about what I want to accomplish in my life, the big things all have to do with raising a family and practicing Judaism. Despite this, I have really struggled to keep a consistent practice. When I went BT initially I was on fire, but that fire eventually smoldered and I became a pretty irregular davener/learner. Part of it was that I never addressed my porn problem until the last year or so. Since "burning out" I have always kept shabbos and kashrus fully, put on tefillin daily, followed taharas mishpacha, wore tzitzis/kippah, among other things, but my davening and learning has been lacking.

For more details of my specific situation, I live in a pretty "out of town" community in the US. My city has multiple shuls, eruvim, kosher food, learning opportunities, etc. but it's still a fairly small frum community. In fact, most of my friends are not religious as there's not many frum people around my age here.

Something changed in my brain recently, I don't know what it is, but over the summer I felt a real drive to increase my religious practice. I've always wanted to have a closer connection to Hashem but didn't have the drive for a while. These days I prepare divrei Torah to share at the shabbos table most weeks, daven shacharis with a minyan more days than not, started to add in mincha/maariv, added learning b'chavrusa once or twice weekly, prioritized hanging out with my few religious friends, and learning for at least a bit daily (minimum 30 mins listening to a shiur on my commute). I've felt like I'm going "BT Again" hence my name.

Sounds great, right? Well, I feel like I'm burning out again (hard to describe how exactly, but I've been struggling to get to minyan), and I'm still struggling with porn and masturbation (henceforth referred to as P and M). My usage of both has gone down immensely, though: in the last month I've refrained from M more than 75% of days and I've only looked at P three times. This is a lot of progress, as even a year ago both were multiple times a week if not daily.

My Jewish practice and recovery are deeply interconnected. When I use, I don't go to shul, and when I go to shul, I don't use. I really want to be more religious, I love learning and davening, I

want to be an active part of the Jewish community, I want to live a holy life, and I want to have kids who are frum and inspired. And I know that my P and M habits hold me back from this. If I can really make davening and learning integral parts of my life, I feel like I will be much better positioned to overcome my addiction.

If anyone has tips for me on my religious journey, please share. I'm also wondering about how to pull away from internet and phone use in general. Even outside of recovery, I dislike using the internet or my phone. I've deleted all of my social media which has helped. Does anyone know of a way to properly remove my ability to use the browser on an android phone (more permanent than disabling the app as I can't uninstall it)? I would prefer that my phone has no browsing capability, ideally keeping my current phone though I may buy a kosher smartphone in the future.

I will keep this thread updated for accountability.

=====

Re: Want to be BT again

Posted by Hashem Help Me - 29 Nov 2021 12:17

---

Celebrate your accomplishments buddy, they may seem small in your eyes, but in truth they are very big. All 3 accomplishments. Keep on doing what you are doing.

=====

Re: Want to be BT again

Posted by BT Again - 30 Nov 2021 18:39

---

I relapsed yesterday morning (still without visual stimulation) and missed shacharis. Not happy about it, but in response I finally got in touch with a local rabbi about my struggles with getting more religious. I think he will be helpful. Also went to minyan for maariv last night and shacharis today. Chanukah Sameach everyone!

=====

Re: Want to be BT again

Posted by committed\_togrowth - 01 Dec 2021 00:56

---

Hi BT Again,

I'm so inspired by your positivity and proactive approach. You clearly are a strong and connected person, and I'm certain it will propel you to much success. Super glad you were able to find a rabbi to connect with as well. Chanukah Sameach!

=====

Re: Want to be BT again

Posted by BT Again - 01 Dec 2021 05:40

---

Thank you brother!

Great day today and clean, had a nice learning session and davened shacharis and maariv with a minyan, also productive at work. Baruch Hashem!

=====

Re: Want to be BT again

Posted by Hashem Help Me - 01 Dec 2021 11:50

---

Cutting out visual stimulation is a great madreiga. Of course the goal is to stop masturbating too, but although the two are related, stopping pornography is in and of itself an incredible accomplishment. And obviously the longer one does not watch, the fuzzier the images will be in your memory, which lowers the stimulation level in general. There is a lot written about this here in the forums. Keep it up tzaddik.

=====

Re: Want to be BT again

Posted by BT Again - 02 Dec 2021 16:46

---

Very different day yesterday... procrastinated a lot at work to the point I had to stay late. Just very frustrating and I relapsed in the evening (no visual stimulation still). Davened Shacharis with a minyan yesterday and today. I need to start working on the procrastination issue, it really feeds my relapses (and vice versa).

=====

Re: Want to be BT again  
Posted by BT Again - 03 Dec 2021 17:57

---

Yesterday was clean, but relapsed this morning right after waking up. Still clean on P though (12 days)! Since one of my biggest weak times is early morning when I'm not really thinking, I need to address this via my continued step work since the urges are pretty deep in my psyche.

Davened shacharis and mincha yesterday, and shacharis today. Shabbos goal: be at shacharis within 30 minutes of it starting, I keep not getting there until mussaf.

=====

Re: Want to be BT again  
Posted by BT Again - 06 Dec 2021 04:43

---

I did have a second relapse on Friday (still no P) but BH clean since. I also got to shul on Shabbos in time for Borchu which is a big accomplishment for me.

=====

Re: Want to be BT again  
Posted by Hashem Help Me - 06 Dec 2021 21:00

---

Your remaining with pure eyes is an amazing accomplishment!

=====

Re: Want to be BT again

Posted by committed\_togrowth - 06 Dec 2021 22:41

---

I agree with HHM, it's huge that you are keeping your eyes, keep it up you've got this!

=====

=====

Re: Want to be BT again

Posted by BT Again - 08 Dec 2021 22:09

---

Still clean, which is pretty amazing since I've been struggling with feeling depressed. However, I'm working to reinforce the truth that falling just makes me feel worse. I overslept today and had to skip shacharis in order to make it into work, which was really rough. Other than that I've made shacharis the last 3 days, mincha 2 of those days, and maariv once.

=====

=====

Re: Want to be BT again

Posted by sleepy - 08 Dec 2021 22:46

---

[BT Again wrote on 08 Dec 2021 22:09:](#)

Still clean, which is pretty amazing since I've been struggling with feeling depressed. However, I'm working to reinforce the truth that falling just makes me feel worse. I overslept today and had to skip shacharis in order to make it into work, which was really rough. Other than that I've made shacharis the last 3 days, mincha 2 of those days, and maariv once.

chazak chazak!

=====

=====

Re: Want to be BT again

Posted by sleepy - 08 Dec 2021 22:51

---

Hi everyone. This is my second thread on here--I haven't updated the last one in a while, and frankly, I need to be more open about my struggles than on that thread, so I'm restarting my journal.

I'm a fairly newly married mid-20s guy (no kids yet), went BT a few years ago and Torah is unbelievably important to me. When I think about what I want to accomplish in my life, the big things all have to do with raising a family and practicing Judaism. Despite this, I have really struggled to keep a consistent practice. When I went BT initially I was on fire, but that fire eventually smoldered and I became a pretty irregular davener/learner. Part of it was that I never addressed my porn problem until the last year or so. Since "burning out" I have always kept shabbos and kashrus fully, put on tefillin daily, followed taharas mishpacha, wore tzitzis/kippah, among other things, but my davening and learning has been lacking.

For more details of my specific situation, I live in a pretty "out of town" community in the US. My city has multiple shuls, eruvim, kosher food, learning opportunities, etc. but it's still a fairly small frum community. In fact, most of my friends are not religious as there's not many frum people around my age here.

Something changed in my brain recently, I don't know what it is, but over the summer I felt a real drive to increase my religious practice. I've always wanted to have a closer connection to Hashem but didn't have the drive for a while. These days I prepare divrei Torah to share at the shabbos table most weeks, daven shacharis with a minyan more days than not, started to add in mincha/maariv, added learning b'chavrusa once or twice weekly, prioritized hanging out with my few religious friends, and learning for at least a bit daily (minimum 30 mins listening to a shiur on my commute). I've felt like I'm going "BT Again" hence my name.

Sounds great, right? Well, I feel like I'm burning out again (hard to describe how exactly, but I've

been struggling to get to minyan), and I'm still struggling with porn and masturbation (henceforth referred to as P and M). My usage of both has gone down immensely, though: in the last month I've refrained from M more than 75% of days and I've only looked at P three times. This is a lot of progress, as even a year ago both were multiple times a week if not daily.

My Jewish practice and recovery are deeply interconnected. When I use, I don't go to shul, and when I go to shul, I don't use. I really want to be more religious, I love learning and davening, I want to be an active part of the Jewish community, I want to live a holy life, and I want to have kids who are frum and inspired. And I know that my P and M habits hold me back from this. If I can really make davening and learning integral parts of my life, I feel like I will be much better positioned to overcome my addiction.

If anyone has tips for me on my religious journey, please share. I'm also wondering about how to pull away from internet and phone use in general. Even outside of recovery, I dislike using the internet or my phone. I've deleted all of my social media which has helped. Does anyone know of a way to properly remove my ability to use the browser on an android phone (more permanent than disabling the app as I can't uninstall it)? I would prefer that my phone has no browsing capability, ideally keeping my current phone though I may buy a kosher smartphone in the future.

I will keep this thread updated for accountability.wow! very inspiring! chazak chazak! there is a jewish smartphone that has all the basic apps and has no browser i THINK its called safetelecom ,hatzlacha!

=====

Re: Want to be BT again  
Posted by sleepy - 08 Dec 2021 22:53

---

[BT Again wrote on 18 Nov 2021 17:12:](#)

Hi everyone. This is my second thread on here--I haven't updated the last one in a while, and frankly, I need to be more open about my struggles than on that thread, so I'm restarting my journal.

I'm a fairly newly married mid-20s guy (no kids yet), went BT a few years ago and Torah is unbelievably important to me. When I think about what I want to accomplish in my life, the big things all have to do with raising a family and practicing Judaism. Despite this, I have really struggled to keep a consistent practice. When I went BT initially I was on fire, but that fire eventually smoldered and I became a pretty irregular davener/learner. Part of it was that I never addressed my porn problem until the last year or so. Since "burning out" I have always kept shabbos and kashrus fully, put on tefillin daily, followed taharas mishpacha, wore tzitzis/kippah, among other things, but my davening and learning has been lacking.

For more details of my specific situation, I live in a pretty "out of town" community in the US. My city has multiple shuls, eruvim, kosher food, learning opportunities, etc. but it's still a fairly small frum community. In fact, most of my friends are not religious as there's not many frum people around my age here.

Something changed in my brain recently, I don't know what it is, but over the summer I felt a real drive to increase my religious practice. I've always wanted to have a closer connection to Hashem but didn't have the drive for a while. These days I prepare divrei Torah to share at the shabbos table most weeks, daven shacharis with a minyan more days than not, started to add in mincha/maariv, added learning b'chavrusa once or twice weekly, prioritized hanging out with my few religious friends, and learning for at least a bit daily (minimum 30 mins listening to a shiur on my commute). I've felt like I'm going "BT Again" hence my name.

Sounds great, right? Well, I feel like I'm burning out again (hard to describe how exactly, but I've been struggling to get to minyan), and I'm still struggling with porn and masturbation (henceforth referred to as P and M). My usage of both has gone down immensely, though: in the last month I've refrained from M more than 75% of days and I've only looked at P three times. This is a lot of progress, as even a year ago both were multiple times a week if not daily.

My Jewish practice and recovery are deeply interconnected. When I use, I don't go to shul, and



when I go to shul, I don't use. I really want to be more religious, I love learning and davening, I want to be an active part of the Jewish community, I want to live a holy life, and I want to have kids who are frum and inspired. And I know that my P and M habits hold me back from this. If I can really make davening and learning integral parts of my life, I feel like I will be much better positioned to overcome my addiction.

If anyone has tips for me on my religious journey, please share. I'm also wondering about how to pull away from internet and phone use in general. Even outside of recovery, I dislike using the internet or my phone. I've deleted all of my social media which has helped. Does anyone know of a way to properly remove my ability to use the browser on an android phone (more permanent than disabling the app as I can't uninstall it)? I would prefer that my phone has no browsing capability, ideally keeping my current phone though I may buy a kosher smartphone in the future.

I will keep this thread updated for accountability.

wow! very inspiring! chazak chazak! there is a jewish smartphone that has all the basic apps and has no browser i THINK its called safetelecom ,hatzlacha!

=====  
=====