

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.

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Re: Want to be BT again

Posted by BT Again - 10 Dec 2021 00:13

Thanks guys. HHM, works for me! I am clean, now at a week. Didn't daven at all yesterday which I didn't like at all; no desire to do that again. Davened shacharis this morning and going to shiur tonight IY"H.

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Re: Want to be BT again

Posted by BT Again - 19 Dec 2021 06:04

Sadly, since my last post I have fallen on three different days, one of which was four back-to-back falls with visual stimulation. That one really hurt... I have accepted that part of me doesn't want to let go of the false comfort of P and M. I just implemented the Taphsic Method for the next 7 days--the consequences if I fall (chas vshalom) are fasting, which I am not a fan of. I am hopeful that this will work.

On a happier note, I have davened shacharis every single day since my last post B"H.

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Re: Want to be BT again
Posted by BT Again - 21 Dec 2021 07:46

Taphsic is working B"H!!! Keeping up with shacharis also.

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Re: Want to be BT again
Posted by BT Again - 23 Dec 2021 20:58

I am clean, thank you Hashem! Taphsic keeps me from falling, though I have been struggling with many urges. Grateful to G-d for giving us the Torah that has so many tools we can use to battle our yetzer hara. I need to keep the urges in check through exercise, keeping my work hours up, and learning/davening.

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Re: Want to be BT again
Posted by BT Again - 24 Dec 2021 17:15

Clean B"H. I missed shacharis yesterday for the first time in 2ish weeks, but I davened mincha, and I davened shacharis today. I also renewed my shvuah until a week from this motzei shabbos.

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Re: Want to be BT again
Posted by BT Again - 29 Dec 2021 01:07

I am clean, BH, but struggling. The only reason I haven't fallen is my shvuah.

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Re: Want to be BT again

Posted by BT Again - 03 Jan 2022 04:07

Feeling better about my marriage. I had a great shabbos with my wife and we have a potential opportunity to move to a community where we will IY"H be much more in a Torah observant environment. Both of us are excited about the possibility.

I'm 17 days clean!!!! Urges have tapered off a bit but still strong. I'm going to renew my shvuah after I write this post until the motzei shabbos after next.

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Re: Want to be BT again

Posted by BT Again - 06 Jan 2022 23:47

20 days! One big issue I was having that was driving relapse urges was that I was "edging" (as in M without finish) at different points in the day. I had hardly even realized it was happening. I don't consider it a fall (and it is excluded in my shvuah) but it's pretty bad. Since realizing this 2 days ago, I have been able to avoid it entirely B"H.

On the davening situation, it has been a long time since I missed shacharis, and I am now davening mincha most days. Also doing Mishna Yomis which keeps up a learning habit. Very grateful.

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Re: Want to be BT again

Posted by Hashem Help Me - 09 Jan 2022 12:19

You are a hero buddy, a real hero. Keep inspiring the chevra here.

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Re: Want to be BT again

Posted by BT Again - 12 Jan 2022 05:37

Happy to say that I am holding at 26 days clean. This is actually a huge milestone for me, as when I was in high school I went to a sleepaway camp--there was basically no privacy so I was clean the whole time. It was 26 days long, so I think I may have tied my longest streak ever B"H!!

I also started volunteering for the local chevra kadisha, for many reasons but also to help with recovery; not to get too dark, but in the past, I have found that having reminders of death helps me to live my life better. It is very emotionally challenging work, but IY"H it may be something that I can keep doing. I definitely recommend doing taharos or at least going to levayos to anyone else in recovery.

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Re: Want to be BT again

Posted by jackthejew - 12 Jan 2022 10:13

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.

Check out this link: www.apps4flip.com/oddsnends they show you how to use ADB (Computer) commands to erase the browser on a 4g flip phone. It should work on android smartphones as well

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Re: Want to be BT again

Posted by Hashem Help Me - 12 Jan 2022 12:15

[BT Again wrote on 12 Jan 2022 05:37:](#)

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Chazal tell us that "*yazkir lo yom ha'misa*" is beneficial, however the reason it is the last strategy on the list is because encountering death can also become "normal" and lose its effect. However, there is another permanent gain to being involved in chevra kadisha - feel good about yourself for doing this incredible *chessed shel emes*. With well deserved good feelings about yourself, you will have it that much easier to stay clean. One of the main ingredients in breaking free is developing a wholesome degree of self worth - finally viewing one's self as a good fellow - not a loser or rasha. Hatzlocha buddy!

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Re: Want to be BT again

Posted by Vehkam - 12 Jan 2022 20:48

That has been the single most valuable lesson that I learned from being on GYE. For many years I totally viewed myself as a closet rasha. For a few years Even davened on yomim noraim for Hashem to just end it already. I am starting to see myself in a different light and, although I try not to think about all the stuff I did in the past, I can appreciate how important I am and how much Hashem wants me (and is helping me) to succeed.

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Re: Want to be BT again

Posted by DavidT - 12 Jan 2022 21:14

We must keep on reminding ourselves that Hashem loves us despite our sins. No matter how badly we fell, Hashem still cares about us. He never gets angry with us, no matter how badly we sin.

Also, R' Tzadok HaKohen of Lublin writes (Tzidkas Hatzadik 154): "Just as one must believe in Hashem, so too, one must believe in himself!" Hashem wants us to BELIEVE in our strengths, our capabilities, and in our ability to overcome evil and achieve greatness.

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