

With a little help from my friends

Posted by anu_rayasecha - 13 Mar 2024 04:20

I'm 43, married with 4 kids, and I have an addiction to P & M, going back to adolescence. No need to spare you the story. I'm a BT but this problem has never gone away with my otherwise life-altering religious journey. I felt guilty before and now as well. The time wasted, and the growing inability to see any female without impure thoughts.

No web filter will ever work for me because I'm an addict. I can get past them all. Nothing can shield me from public images or simply a human female that passes by. I even tried nedarim, but I started breaking them after a year. I need a new approach.

Addiction can't be beat without accountability. Nobody knows about my problem to my knowledge but Hashem. So this is my start. I intend to post updates here regularly. And if I don't, please hound me!

(I chose the name Anu_rayasecha, which means "we are your friend," referring to Hashem, from YK davening. It brings me to tears when reciting it, to know that Hashem can be so close to us on that one day, and yet I will soon enough fall from that spiritual height and throw away a relationship with the Ribono Shel Olam.)

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Re: With a little help from my friends

Posted by yitzchokm - 13 Mar 2024 04:45

Welcome on board. The forum and reaching out to people are a good place to start. Perhaps reach out to the main mentor, Hashem Help Me, at michelgelnier@gmail.com and discuss your plan with him, including what you have done so far since you joined GYE. Reading The Battle of the Generation regularly and the Flight to Freedom program have helped many people break free. Keep on posting and sharing and make friends. Wishing you success on your journey.

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Re: With a little help from my friends

Posted by tun - 13 Mar 2024 04:51

Welcome

I can only feel your pain in your first, straight to the point post. As yitzchokm said the battle of the generation is a great book to read. I along with everyone here is alway open to chat with

looking forward to hearing more

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Re: With a little help from my friends
Posted by chaimoigen - 13 Mar 2024 13:02

Welcome.

This is a good place. There is hope here.

Many have found doors opening where they thought that there was only a dusty bricked-up wall, choked with the litter of broken dreams.

I hope you will find a path here to freedom. It can be.

With friends, with work, with honesty and courage... With help from Hashem, who loves us all...

Here's a warm hand,

Chaim

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Re: With a little help from my friends
Posted by notezy - 13 Mar 2024 13:38

Welcome!

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Re: With a little help from my friends
Posted by Captain - 13 Mar 2024 13:51

Welcome! Try strengthening yourself with these great free resources:

1) as YitzchokM said: check out The Battle of the Generation: a sensational free ebook that seriously gets you excited to fight and win this fight. It's a real game-changer.

2) The Fight: an incredible audio series from Rabbi Shafier. Links are below in my signature. Wishing you much success!

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Re: With a little help from my friends
Posted by notezy - 13 Mar 2024 14:03

BTW is their an audio version of the book TBOTG?

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Re: With a little help from my friends
Posted by anu_rayasecha - 14 Mar 2024 12:16

Thanks everyone for your chizuk and links. G-d willing, I will update here as my journey continues.

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Re: With a little help from my friends
Posted by ??? ???? ???? ??? - 14 Mar 2024 12:33

Welcome to GYE. Wishing you good luck!

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Re: With a little help from my friends

Posted by eerie - 14 Mar 2024 17:55

Welcome to a wonderful place, my friend! There's lots to learn here, so please stick around. Make yourself comfortable, read around, and make friends that pick you up.

P.s. Who decided you're an addict? MAYbe you just have strong bad habits that you haven't learned the tools to control? Not challenging, just asking:)

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Re: With a little help from my friends

Posted by anu_rayasecha - 15 Mar 2024 11:59

I'm very certain about being an addict based on Dov's audio shiurim. I've tried the tools and they work until they fail and I crash harder than before. My brain craves the fix that is P & M. Try as I may, I can fight an urge off for a day. But my brain is still working on it and it comes back the next day even harder. The powerful message of Dov's talks is that an addiction can't be beat in private. I need accountability with a group.

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Re: With a little help from my friends

Posted by davidt - 15 Mar 2024 13:44

[anu_rayasecha wrote on 15 Mar 2024 11:59:](#)

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Maybe take a look at this: guardyoureyes.com/live

Wondering if the 12-step program is for you?

- Always saying "this will be the last time," yet you're stuck in the same loop?
- Constantly feeling like you're juggling two lives and dreading exposure?
- If you can relate, the 12-Step Program could be your road to recovery.
- guardyoureyes.com/live/form

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Re: With a little help from my friends
Posted by anu_rayasecha - 20 Mar 2024 12:13

One week down. Thanks for all your support! Just knowing people are out there seeing my progress is a strong incentive to make the right choices.

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Re: With a little help from my friends
Posted by anu_rayasecha - 27 Mar 2024 03:18

Two weeks in, Baruch Hashem. I decided yesterday to do something I've been thinking about for a while, which is to upgrade my wardrobe a bit. Nothing major, and I don't want to denigrate anyone's current attire by revealing specifics. But I look a little more like a ben Torah than before. It helps me personally recognize that I had a past, and now I have a future, with Hashem's help. I don't do the things I used to in my new attire. My kids have never seen me wear anything else, so they were taken aback! I just said I like these clothes better. Nothing more to explain. ;-)

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Re: With a little help from my friends
Posted by redfaced - 27 Mar 2024 12:25

[anu_rayasecha wrote on 27 Mar 2024 03:18:](#)

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The clothes DO make the man!

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