

Lonely but trying (trying but lonely)

Posted by odyossefchai - 09 Sep 2024 21:55

Ok here goes.

I'm starting a new 90 day journey.

I don't know why 90 days. Maybe because I saw that other people started a 90 day trial and it worked so let's give it a shot.

I'll give my story over the next posts as I'm new here and not all together comfortable sharing my life story.

I'm already up to day 8 so I have a little wind in my sails.

IYH we'll add in the days, one by one.

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Re: Lonely but trying (trying but lonely)

Posted by odyossefchai - 31 Mar 2025 12:14

I thought about that but if it was just a plain davening issue, maybe I would get help locally. But I feel it's tied to a lot of the other issues in my life and wanted help from people here who understand our struggles.

My offer still stands. If anyone wants to create some kind of accountability group or just some daily encouragement to daven and try with a minyan, please reach out.

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Re: Lonely but trying (trying but lonely)

Posted by odyossefchai - 31 Mar 2025 12:24

Some quick updates.

Life is good/bad/ugly/great all in one.

BH for family, and all the stability that it brings.

Speak to people who don't have that, and they'll tell you the hell they go through! So with all the stress it brings, it's still way better than the alternative.

If I was my age and single/no kids, I'd be a mess.

Having a family, kids I can hug and laugh with/ learn with/vacation with, sit at the shabbos table with, is a super duper huge bracha that shouldn't be taken for granted.

Yesterday, I was at a Jewish mall and had to be perched outside a clothing store for 7 hours. (It had to be that way, for whatever reason)

Let's just say that shmiras einayim was a big fat zero.

Or minus a million.

Wife has been a little distant lately and my mind was thinking about all the beautiful women I got to see and I was as TRIGGERED as a liberal seeing a Tesla. Anyways, I was about as close as wanting to fall as I've been since I got here on GYE but BH I was able to push things away from my mind.

If you want to know what wife being distant means, we went out to eat last night, and barely spoke the entire time. I did notice that the ceiling there was much taller than I thought it was so hey, it wasn't a complete waste of time!

Anyways, enough kvetching for me.

I won by not falling and the urges passed quickly.

I'm 10,000,000,569,872 miles further along my holiness journey than I was 8 months ago.

I've learned a lot and I'm still learning.

Does life get easier? Maybe not. But we have the opportunity to learn how to deal with things and grow as people. Stuff that bothers us will always be there but it's our job to learn how to navigate. And I've learned bucketfuls since joining GYE.

God bless GYE and God bless all you holy tzadikim who have come here to work on improving your holiness.

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Re: Lonely but trying (trying but lonely)
Posted by BenHashemBH - 31 Mar 2025 13:06

[odyossefchai wrote on 31 Mar 2025 12:14:](#)

I thought about that but if it was **just a plain davening issue**, maybe I would get help locally. But **I feel it's tied to a lot of the other issues** in my life and wanted help from people here who understand **our struggles**.

My offer still stands. If anyone wants to create some kind of accountability group or just some daily encouragement to daven and try with a minyan, please reach out.

Dear Brother,

Can you please elaborate on the bolded parts of you quote?

I'm not clear on what you are looking for, but happy to shmooze it out and see if we're

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Re: Lonely but trying (trying but lonely)
Posted by frank.lee - 22 Aug 2025 13:44

Hi Od Yosef Chai, it's been a while. How is your life and family?

I was just catching up with this thread. It is so inspiring!!!

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Re: Lonely but trying (trying but lonely)

Posted by odyossefchai - 24 Aug 2025 10:50

Hi gents

So yes, apparently I have been gone for a while.

For good reason.

Let's do the good first.

BH my streak continues.

I have stayed clear of the stuff that wasn't good for me. No P or M for me. And coming up to a full year.

The bad.

I still struggle mightily with Shmiras einayim. Ok that's not true. I don't struggle with it. I just don't bother keeping it.

My wandering eyes (and brain) are on a 24/7 mission to seek out the nice sights of the other gender.

Maybe if I stick around, I'll talk about why I took a break

(Was nothing to do with anyone here. BH I'm still in touch with several good Yehuds from here. Some of whom I meet on a regular basis!)

I hope everyone has a delicious Sunday.

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Re: Lonely but trying (trying but lonely)

Posted by odyossefchai - 31 Aug 2025 04:02

So if you look next to my name, you'll see that I've completed an entire solar year of being free of an addiction that has gnawed at my brain for 25 years.

It's weird.

I don't really know how to process the feelings.

On the one hand, it's pretty cool.

But on the other hand, yeah it's cool too.

I'm pleased with myself coz it's something I wanted for a long time. I think the initial work was the first few months where breaking free was so challenging.

Hashem has helped me a lot.

Much has happened over the last year.

Some challenges that almost broke me.

Some challenges that did break me. And some challenges that I grew through.

There's way too much going on in my brain now to formulate all my thoughts. So I'll write them down and maybe share at a later date

One point I want to share and hopefully it will give people chizzuk.

Back in the old days when I was in the clutches of the addiction, I could barely get through the day. Every woman I saw on the street, I ran to release. If I was in the grocery and a woman leaned over, I ran to release. If a woman reached up and I saw 1/4" of skin above her waistband, I ran to release.

Every single woman I saw, was like water given to a thirsty traveler lost in the desert. It strangled me.

I couldn't stop thinking about a woman's "parts"

I was chafing to think about them every minute of every day.

It caused me to watch and release on erev and motzei yom Kippur (thank God never on RH or YK and I don't think any yom tov either)

Now that I have cleaned my behavior, I am no longer dragged down daily to low levels of feeling emptiness in this area.

The whole 'horninessometer levels' have been turned way way down.

I'm not sweating and panting from every woman I see. I feel I'm much more of a normal human who has basic (or maybe a little more than that) Shmiras einayim struggles.

I'm not gasping for air, every time I see a woman. I no longer have to run to the bathroom and watch and release several times a day just coz I saw a girl walking past my house.

I'm not in the death grip of the yetzer hara.

BH this is a massive relief. A huge boulder that sat on my shoulders for 25 years, no longer weights me down.

It's definitely a huge relief to not have this constantly sitting on my brains.

It's Huge

YUUUUGEEE

BIGLY.

may the Master of the world

Give you all strength to continue your difficult journeys and may you all be zoche to cleanliness and happiness.

(Im sticking around BN!)

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Re: Lonely but trying (trying but lonely)
Posted by chosemyshem - 01 Sep 2025 12:49

Mazeltov!!

May Hashem give you many more solar (and/or lunar) years of freedom and the peace of mind to enjoy it deeply!

I love this description of your burden and the freedom from it. It's giving me something to look forward to. . .

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Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 03 Sep 2025 13:24

So I'm always kvetching about my marriage and life blah blah

Here's one that's not a kvetch.

Today we started Mesechas Horiyos in the Daf Yomi cycle.

In the back on the Gemara is the mesechtos ketanos.

I figured out a schedule for myself that if I do X amount of pages a day, I can finish them in 13 days along with the Gemara Horiyos

I'll try to remember to post here as I do it.

Everyone should have a great day at work/yeshiva/anywhere else you find yourself.

(Looking for a good kabala for yamim noraim. If anyone has any ideas, shoot them my way)

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Re: Lonely but trying (trying but lonely)
Posted by BenHashemBH - 03 Sep 2025 14:57

[odyossefchai wrote on 03 Sep 2025 13:24:](#)

(Looking for a good kabala for yamim noraim. If anyone has any ideas, shoot them my way)

One post per day on GYE with at least one positive thought (you can kvetch too, of course)

You are already adding to your learning schedule the mesechtos ketanos. That's a nice thing to do extra. Perhaps a complimentary bein adam l'chaveiro? Compliment something you appreciate about your wife. Or kids. Or reach out to one chaver and try to uplift his day.

Good to have you around the forums again Brother Yossef!

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Re: Lonely but trying (trying but lonely)
Posted by puremind - 03 Sep 2025 21:29

CONGRATS!!

?Gives me lots of chizzuk since I've never been close to that level of addiction, so I have no excuse not to reach where ur at.

?Yasher Coach!

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Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 04 Sep 2025 16:59

1 of 13 done.

And mostly done today's.

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Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 05 Sep 2025 22:46

2/13 completed.

And half ways done through day 3 (today's)

There's some interesting stuff in there.

Everyone have a great shabbos

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Re: Lonely but trying (trying but lonely)
Posted by odyossefchai - 08 Sep 2025 23:36

Have mostly kept up with my extra learning schedule. Fell a bit behind and my excuse is that i was chewing more than I can handle. But I'll try to get it done even if it takes a little longer.

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Re: Lonely but trying (trying but lonely)
Posted by simchastorah - 10 Sep 2025 07:00

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