

Today is the day, but for real this time

Posted by spade - 14 Jun 2025 22:23

? For too long I've been struggling with Porn addiction, and I've long ago lost count that "this time will be my last time". I hate what this addiction has done to me, the time and seed I've wasted and the inability to control my self for more than a few months at most at a time.?I'm writing here calling for help from you GYE community to aid me in making sure that I stick to this 90+ day challenge and rid myself of this awful sin

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Re: Today is the day, but for real this time

Posted by lamaazavtuni - 15 Jun 2025 04:58

My friend you found the right place , where other yidden went and are actively going through the same struggles as you are. Hang around keep us posted . you'll have a whole new life you didn't even realize you were missing .

Hazlacha rabah!!

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Re: Today is the day, but for real this time

Posted by proudyungerman - 15 Jun 2025 14:35

Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

As you may know, there are many tools here to help you in this fight, some of them you may not be familiar with.

There is the F2F Program, the [Vaad Program](#)* (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframin' the struggle, as you mentioned.

Posting is a great way to connect, learn, and grow also.

(The [Hall of Fame Thread](#) is an awesome compilation of some the great threads on GYE.)

There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at michelgelner@gmail.com.

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, Muttel - muttel15@gmail.com, Reb Akiva - mevakesh247@gmail.com iwantlife - iwantlifegye@proton.me minhamayim - minhamayim1@gmail.com amevakesh - amevakesh23@gmail.com

Many of these tools can effect real, internal, lasting change. If the work is put in, and the vigilance is kept up you ~~can~~ WILL become a different man.

Keep postin', you'll see, the oilam is here for you.

Lookin' forward to seeing great things from you!

And don't forget, as always, KOMT!!

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Re: Today is the day, but for real this time
Posted by spade - 15 Jun 2025 21:20

Thanks guys for the replies, First day clean, pretty easy, I find I struggle most when my days are not so busy, when I'm bored or upset and then the YH strikes the hardest. Trying to be positive also with the crazy Iran situation right now as I'm in Israel.

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Re: Today is the day, but for real this time
Posted by spade - 21 Jun 2025 22:30

1 week, feeling good, but have to stay focuses

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Re: Today is the day, but for real this time
Posted by goldwings - 22 Jun 2025 13:11

[spade wrote on 21 Jun 2025 22:30:](#)

1 week, feeling good, but have to stay focuses

Keep up the great work!

Feel good, and better and better!!

I guess the best way to stay focused is to keep on posting, we're rooting for you!

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Re: Today is the day, but for real this time
Posted by spade - 16 Jul 2025 22:15

A month in, usually here is when I may start to falter, looked briefly at inappropriate pictures (not p) but trying to stay in there for the challenge

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Re: Today is the day, but for real this time
Posted by mesayinoso - 16 Jul 2025 22:28

L'choira it's not so much the time as it is the situation you find yourself in.

Tell me if I'm wrong in your case.

I usually find that stress, boredom or loneliness, causes me to [think] I want to act out using access I've had the whole time...

This can happen very soon after I pick myself up or a month plus later.

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Re: Today is the day, but for real this time
Posted by hashemisonmyside - 16 Jul 2025 23:58

Keep going strong I promise you it will get easier, which of course there will be triggers and urges here and there, but just keep going you're going in the right direction,

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Re: Today is the day, but for real this time
Posted by spade - 18 Jul 2025 08:45

Hey Guys I had a setback, I assume it was part in due to believing I always get stuck 1 month in and also I found my self alone a long time because I'm injured and the urges became much stronger than usual.

Any suggestions what do? I'm determined to complete this challenge and not fall every time at the same spot.

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Re: Today is the day, but for real this time
Posted by mountainclimb - 18 Jul 2025 09:01

Did you try the SOS feature on the gye phone app when you have an urge? That can be a real good speed bump. Also reviewing your motivation. Not that I'm anyone to talk. Longest streak 29 days.

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Re: Today is the day, but for real this time

Posted by spade - 20 Jul 2025 08:02

I've used it in the past, it seems to work so so for me. How have you found it?

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