I Broke Free (past tense)
Posted by Looking to be clean - 02 Oct 2020 18:58

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Just to give you all background, I'm 21 and I first saw porn when I was 12. I honestly didn't know what it was until I turned 14 or 15, and I've been struggling with it since. I discovered GYE when I was 18 and signed up, but never ever used it until now. I'm posting here because I made a promise to myself over the Yamim Noraim that I AM NOT WATCHING ANY PORN EVER AGAIN, and I'm looking for people to reply to this with their thoughts. I put a filter on all my devices, but in our modern world there is ALWAYS something to look at and no filter is 100% perfect.

I've had a few "successful" attempts at breaking my addiction. The first one came in my second year of Yeshiva in ??? ????? where I was able to go Elul Zman through the end of Choref zman porn free. I felt amazing and never thought I'd look back. I even made it over Nissan Bein Hazmanim at home, but sometime when I was back in Yeshiva I succumbed to it again. Between then and last year I had a few month or so stints porn free but always succumbed again and again.

But then came shidduchim. I told myself I wouldn't start dating until I could go the magical 90 days porn free - and I did (after a few tries). After successfully going the 90 days I started dating and one of the first girls I went out with seemed to be right. After a little more than a month of dating her (and this is about 5 months porn-free) I realized that this girl was special. I wasn't sure about marrying her just yet but I realized I would under no circumstances break my streak. Despite my porn addiction, I have/will always be Shomer Negiya, but obviously when dating it was hard. There were nights when I thought "just look at some porn, it will make you feel better". But I didn't. I stayed strong.

5 months into our relationship we started talking engagement. I was super excited. First off, I found the girl I wanted to marry and secondly I thought porn would be behind me (I know married people struggle with it too but I thought I conquered it). But the second we started talking engagement our relationship went downhill. I realized over the course of the next month that she was not the girl I should marry, and she realized the same about me, and we broke up.

I made it about a day and a half until I watched porn. I hated myself and couldn't believe I did it, but I did it again and again and again over the next few months.

It's been a year since all of this and I am trying to conquer this challenge again. Baruch Hashem

I realized why Hashem put me through that break up, but the only negative thing about the whole thing is I'm struggling with porn again. Like I said, I have put filters up and everything.

All comments and suggestions are welcomed

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Re: I Broke Free (past tense)
Posted by OivedElokim - 02 Oct 2020 19:35

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Sounds rough...

I can only say that it may be a better idea to adopt a "one day at a time" attitude as opposed to committing to never acting out again for all of eternity. It's difficult for your yetzer hara to accept that he'll never be able to do it again. However if you push him off and say "I'm open to falling, let's just wait till tomorrow " you'll have an easier fight.

In any case, Hatzlacha and have a wonderful sukkos.

OivedElokim

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Re: I Broke Free (past tense)
Posted by Captain - 05 Oct 2020 00:57

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You seem like a very strong person. What you went through is very rough, and it no doubt made you lose your resolve and fall. If you've been struggling now for a while, it is a good idea to take it one day at a time for the time being. But I think that you will one day get back to the point where you will be able to set your sights on long-term success without it holding you down. Every person is different in this, but it seems from your story that you have it in you.

But for now, definitely set your sights on shorter goals and become part of the community here. It's encouraging when you're involved with many people who are fighting together.

(Also, check out the great free resources in my signature. You'll like them.)

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