

Falling hard, nonstop

Posted by TheSicarioWarrior - 28 Jan 2021 00:46

I am a 20 year old bochur from a perfectly normal Frum family living in the States. B"H, I never had any exposure to pornography or any sort of sexual material whatsoever growing up, but I did find myself lusting and fantasizing with increased frequency as I matured into my teenage years. I would even sometimes peek through the shutters at the windows of the neighbor's house at night (when nobody else was around, obviously) to try to get a glimpse of the woman next door undressed (I never saw anything, thank God).

When I was 17, during the summer, I found myself at home alone for a week and a half (working at a local camp) when my family was away. This meant being at home alone with an unfiltered laptop. At the time, I thought nothing of it whatsoever. It had never occurred to me what I could access over it. However, one night about a couple of days in, I found myself wondering what I could search for on it (you see where this is going). It started off with images (that weren't even that graphic), then led to "softcore" videos. After a few nights of this, I was so disgusted with myself that I closed the laptop and resolved never to do it again. However, a month later (during Tishrei Bein Hazmanim), I found myself at it again-but this time, I clicked a link that led to a full-on pornography site where I watched a fully graphic pornography video. It's impossible to describe how low I felt. I locked myself in my room and sobbed, begged Hashem to forgive me, tried desperately to get the images out of my mind, and felt better again. And yet, less than a month later, I was back at it again. And so began my struggle with pornography.

It's been two and a half years since then. I have never gone more than 2 months without watching porn (my record is 52 days), and I feel like I've tried almost everything-filters, therapy, TaPHSiC, the whole shebang. Thank God, I've never been caught, but there have been multiple close calls. The only two people who know are those I see for therapy. It's never progressed beyond pornography, but it's not for lack of lusting. It's a cycle-I'll do well for a couple of weeks, perhaps even a month, then fall, struggle for a bit, then get back up, do well for another couple of weeks, then fall again.

I find myself questioning my own commitment to beat it. I know I'm not doing everything I can, but I'm really running out of ideas-I've convinced my parents to filter this computer without telling them my problem, but even with the filter (which does it's job well, completely blocking porn sites, and with reporting, which B"H I found out about before I could try to get past it), I go on sites that aren't specifically for porn but contain pornographic material (youtube, amazon, etc.), and sometimes manage to get my hands on one of the unfiltered devices around the house (which I'm thought to not have access to, but do). I find myself constantly lusting for real, actual sex, even when I'm not watching porn. I feel unspeakably torn, conflicted, and quite helpless. Anybody who can relate and give help/advice of any kind would be much appreciated. Hashem should bless us all with Hatzlacha in overcoming all of our problems.

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Re: Falling hard, nonstop

Posted by Singularity - 29 Jan 2021 10:16

[YeshivaGuy wrote on 29 Jan 2021 03:43:](#)

[Grant400 wrote on 28 Jan 2021 21:11:](#)

[TheSicarioWarrior wrote on 28 Jan 2021 17:02:](#)

[Grant400 wrote on 28 Jan 2021 14:09:](#)

Welcome! What about masturbation? Is it something you struggle with? Because working on one without the other can definitely make it more difficult. Lusting is lusting.

B"H, no. "Just" pornography.

Wow! How?

Maskim to the kashya

ditto

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Re: Falling hard, nonstop
Posted by Hakolhevel - 29 Jan 2021 16:19

[Singularity wrote on 29 Jan 2021 10:16:](#)

[YeshivaGuy wrote on 29 Jan 2021 03:43:](#)

[Grant400 wrote on 28 Jan 2021 21:11:](#)

[TheSicarioWarrior wrote on 28 Jan 2021 17:02:](#)

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Welcome back sing!

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Re: Falling hard, nonstop
Posted by TheSicarioWarrior - 01 Feb 2021 00:32

[Grant400 wrote on 28 Jan 2021 21:11:](#)

[TheSicarioWarrior wrote on 28 Jan 2021 17:02:](#)

[Grant400 wrote on 28 Jan 2021 14:09:](#)

Welcome! What about masturbation? Is it something you struggle with? Because working on one without the other can definitely make it more difficult. Lusting is lusting.

B"H, no. "Just" pornography.

Wow! How?

Seems like a lot of people have that problem, but for me there's just no lust for it, B"H. Just not a problem.

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Re: Falling hard, nonstop
Posted by TheSicarioWarrior - 01 Feb 2021 00:36

[Hashem Help Me wrote on 28 Jan 2021 23:29:](#)

[TheSicarioWarrior wrote on 28 Jan 2021 17:01:](#)

[Hashem Help Me wrote on 28 Jan 2021 05:36:](#)

Welcome. You came to the right place. Stay connected and iyh you will break free. What are your triggers?

It could be anything, such as negative feelings (being angry, tired, lonely, depressed, stressed, or not getting outside enough), being alone with an unfiltered device (which I obviously try to avoid), or (more often) just finding myself lusting for porn after a clean streak, and then eventually falling.

Exercise is a good reliever for the triggers you mentioned. When the heart rate is raised, the brain is flooded with the same endorphins (calming agents) that pornography watching provides. Try to set up a scheduled time for consistent exercising. BH It worked for me.

Absolutely! It definitely helps when I do it; trying to do so more often.

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Re: Falling hard, nonstop

Posted by TheSicarioWarrior - 04 Feb 2021 03:46

Not writing this to brag, but to celebrate success, and to remind myself that it is possible to beat this. I just spent 4 out of the past 5 weeknights (not counting Friday night, which isn't shayach for hopefully obvious reasons) with an unfiltered device (not mine) that was left out after everybody went to bed, and I STAYED CLEAN FOR EVERY ONE OF THEM. Didn't fall once. Hopefully this is a harbinger of things to come. Hashem should keep bentching us all with Hatzlacha.

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Re: Falling hard, nonstop

Posted by Hakolhevel - 04 Feb 2021 04:11

[TheSicarioWarrior wrote on 04 Feb 2021 03:46:](#)

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Awesome!!!! Always celebrate. The happiest side is the one that wins.

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Re: Falling hard, nonstop
Posted by wilnevergiveup - 04 Feb 2021 04:54

[TheSicarioWarrior wrote on 04 Feb 2021 03:46:](#)

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Brag away! Use your accomplishments to propel you to further heights.

Brag away as long as it makes you stronger, if it makes you weaker and more lax, then you know you aren't doing the right thing.

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Re: Falling hard, nonstop
Posted by TheSicarioWarrior - 12 Feb 2021 19:18

B"H, again managed to resist going on an unfiltered device last night, and at 16 days clean going into Shabbos! Wishing everybody Hatzlocha, a Guten Chodesh and a great Shabbos!

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Re: Falling hard, nonstop
Posted by TheSicarioWarrior - 18 Feb 2021 02:36

Make it 22 days in a row! Let's keep this going!

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Re: Falling hard, nonstop
Posted by Zedj - 18 Feb 2021 06:18

Keep the updates coming!

One day at a time - one battle at a time and you will get there!

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Re: Falling hard, nonstop
Posted by TheSicarioWarrior - 19 Feb 2021 20:24

Make it 23 days clean in a row! Wishing a terrific Shabbos and much Hatzlacha to all!

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Re: Falling hard, nonstop
Posted by beautifuleyes - 21 Feb 2021 02:28

Many more days

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Re: Falling hard, nonstop
Posted by TheSicarioWarrior - 23 Feb 2021 18:37

27!!!! 27 days in a row! Need to dig deep and keep this going all the way to 90! Let's do this!

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Re: Falling hard, nonstop
Posted by Zedj - 23 Feb 2021 19:40

One day at a time!

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