

Feeling lost after another setback

Posted by Lost In Search - 16 Jan 2022 11:34

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Hi everyone, I want to share my struggle to get some support and love from my brothers out there.

I had today a really rough day. Masturbated a few times and viewed Pornographic material for quite a few hours today.

It always starts with going on YouTube or Netflix to watch "kosher" entertainment to get that high feeling and that can go for hours. But when that doesn't give me enough of a high then I have to switch over to the sexual stuff.

I blocked Netflix and YouTube on my filter so many times but then when I am going through a rough patch and need the high I contact the filter admin to change the settings.

And the lingerie setting as well I open when I'm going through a rough patch and don't have the control to stop.

Hashem please help me stay clean!

I want to be a clean Jew and not to live a double life from you and my wife.

Thanks everyone for listening in.

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Re: Feeling lost after another setback

Posted by Lost In Search - 23 Jan 2022 13:21

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I usually feel so knocked down when I fall and the only way to feel good again is to masturbate to get that good feeling and then i have that low again so I need to have a good feeling so I masturbate again....

Its a vicious cycle that I need to break.

I definitely have an addiction issue that runs deeper than your typical shmiras einayim nisoyon. Its more of a imotional trigger

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Re: Feeling lost after another setback

Posted by Human being - 23 Jan 2022 15:24

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[Lost In Search wrote on 16 Jan 2022 22:41:](#)

I have to realize that I have an addictive personality so for most people if they want a little entertainment so they'll go on YouTube or Netflix and they can be on it for however long they decided to be on and then it's done.

me on the other hand when I get in front of a screen and go on YouTube to chill i feel like a 14 year old teenager who's been exposed to YouTube the 1st time and gets so excited.

So when i go to chill online even if i decide to be there only for 30 min its way to exciting to try stopping and then the next thing i know is that I just stayed up for 3 hours in middle of the night watching YouTube.

And usually at that stage I'm feeling all guilty why I wasted so many hours on nothing and that's when i start craving the sexual entertainment and that always has a bad ending.

I know that i have to be off the internet cold turkey for any entertainment reasons and not to use internet other than for practical and necessary reasons.

and YouTube as well I have to quit cold turkey even if its to watch kosher stuff.

Wow I couldn't have expressed it about myself any better. exactly my situation. thanks for putting it into words.

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Re: Feeling lost after another setback

Posted by Shtarkandemotional - 23 Jan 2022 17:52

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[Lost In Search wrote on 23 Jan 2022 13:21:](#)

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Its a vicious cycle that I need to break.

I definitely have an addiction issue that runs deeper than your typical shmiras einayim nisoyon. Its more of a imotional trigger

it can be an impulsive thing... where you keep looking for that high from something that cant live up! it's interesting I would love it if you can notice during such times, what's more exciting.. masturbation itself and the relief? or the thought and erotic adventure thinking that this masturbation is gonna feel like paradise!?!? we take it and blow it up so big... which leads to a low cuz when were done round 1 we realize it wasn't paradise after all! which leads to another masturbation with the same distortion... it can be very beneficial to build clarity on why you don't wanna turn to masturbation anymore.. and the more you truly understand that masturbation won't live up the easier the fight will be! hatzlacha!

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Re: Feeling lost after another setback  
Posted by Shtarkandemotional - 23 Jan 2022 18:02

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[Shtarkandemotional wrote on 23 Jan 2022 17:52:](#)

[Lost In Search wrote on 23 Jan 2022 13:21:](#)

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there are many reasons why people struggle with masturbation, figuring out the mindset distortions that you see are making your battle more intense is the first step to breaking free!

after you find all of them you can work against them by building a real clarity and turning it into a daily motivation against these mindsets that puts you in the hole... for example, i struggled with masturbation every week... i took a deep look and realized part of my issue is that I need a relief and my brain connected relief with masturbation.. so the opposite of that is building clarity and constant motivation of realizing that i don't need to make masturbation my pacifier.. bottom line is when we understand why our minds are turning us there we can often pinpoint the distortions from there!

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Re: Feeling lost after another setback  
Posted by Lou - 23 Jan 2022 18:11

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We are all unique and have our own set of issues. However, with some adaptations I really relate to what you have written on this thread.

Thank you very much for writing it out so clearly.

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Re: Feeling lost after another setback  
Posted by bego - 25 Jan 2022 11:49

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[cordnoy wrote on 23 Jan 2022 03:07:](#)

[Lost In Search wrote on 23 Jan 2022 01:48:](#)

Hi everyone I want to keep the oilam updated on my situation.

I installed a webchaver on my computer a few days ago and since then havn't used my computer for porn bh. The issue is my wifes phone wich has another filter already thats not compatible with webchaver so i can't install webchaver for now on it until i get tag to remove the other filter.

So last night i went on incognito mode with haer phone for a few hours and masturbated around 7 times.

Since I joined gye last week I am on the right track and will beh stop completely all the schmutz.

P.s. It feels so embarrassing not to have control to not masturbate while using my wifes phone to view other women.

7 times in a few hours!?!?

Gibbor atzum!!

You are certainly inspirin' to others. I have trouble doin' 7 times in a few weeks!

Just stumbled across this and laughed out loud.

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Re: Feeling lost after another setback  
Posted by Lost In Search - 26 Jan 2022 11:36

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I want to write a update

I had a fall two nights ago, I went online to look up sex education and toys to try out with my wife. while I was online I got turned on by what I saw and continued exploring not for the purpose of using what I learn with my wife. Later that night I felt guilty for what I did earlier on and felt depressed so I went online to view women and ended up masturbating 3 times.

On a positive note, I installed today windows 11 and the computer rebooted and the filter that i have and the webchaver was removed. When I realised what happened I went and reinstalled the webchaver without looking at any porn.

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Re: Feeling lost after another setback  
Posted by Lost In Search - 26 Jan 2022 11:55

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I have a dilemma

I spoke to dov, who runs the sa meetings for gye and he recommended that I start sa meetings in person.

That is very hard for me. My wife doesnt know about my struggle and if I go to sa then she will probally find out.

If I don't go I will probally stay an addict.

I am a private and shy person by nature so going there is hard.

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Re: Feeling lost after another setback  
Posted by Trouble - 26 Jan 2022 14:30

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[Lost In Search wrote on 26 Jan 2022 11:55:](#)

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i went to sa w/o my wife knowing.

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Re: Feeling lost after another setback  
Posted by Lost In Search - 27 Jan 2022 02:24

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[Trouble wrote on 26 Jan 2022 14:30:](#)

[Lost In Search wrote on 26 Jan 2022 11:55:](#)

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i went to sa w/o my wife knowing.

Thanks.

I will as well go to sa without my wife knowing

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Re: Feeling lost after another setback  
Posted by sleepy - 27 Jan 2022 21:02

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[Trouble wrote on 26 Jan 2022 14:30:](#)

[Lost In Search wrote on 26 Jan 2022 11:55:](#)

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i went to sa w/o my wife knowing.

are you still going?

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Re: Feeling lost after another setback  
Posted by EretzYisroel - 28 Jan 2022 00:06

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Reb Yid,

your struggle seems so familiar. I've been going through this for a while now.

I have access to a dozen unfiled devices around my house. (Interesting family situation... don't ask).

I once believed that if I just got some type of filter on most of them, I would be safe to go on my merry way.

I then learned otherwise the hard way.

Filters are a great tool to limit the unwanted cues which come your way, but they won't do anything to calm the desires within you.

"You" who made up so strongly last night not to ever fall again, is the same "you" today who is craving to act out, therefore rendering last nights resolution useless.

Without an actual reason and conviction to quit these bad behaviors, the filters aren't going to



help.

When we're "out for the kill" we'll get what we're looking for eventually, regardless of what type of external shmiros we have.

I started the Flight to Freedom program from GYE. This is the first time ever that I feel confident about changing.

Today is my 17th consecutive day clean from P&M.

I never got even close to this- even after I had filters installed.

When you understand the why's and how's of our desires, its possible to change.

To rely just on filters won't go very far.

There will always be a way around it, and at a weak moment you'll undoubtedly do what you so want to stay away from.

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Re: Feeling lost after another setback  
Posted by Lost In Search - 30 Jan 2022 09:07

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[EretzYisroel wrote on 28 Jan 2022 00:06:](#)

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To rely just on filters won't go very far.

There will always be a way around it, and at a weak moment you'll undoubtedly do what you so want to stay away from.

Yup I learnt that a long time ago. I had filters on my devices for years but always got around them.

I recently installed webchaver on one of my devices and have not had a fall since on that device.

It is a great tool to have someone to be accountable to.

It worked a lot better for me then all the strongest filters out there.( I tried all of them)

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Re: Feeling lost after another setback  
Posted by Lost In Search - 30 Jan 2022 09:25

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I fell again last night.

I feel miserable. I have 2 devices that I have access to. One of them has webchaver and have not fell since I installed it around 2 weeks ago. On the other device I have a filter from netspark that I always fall through. I am trying to install webchaver but I first need to uninstall netspark and tag doesnt want to uninstall it untill I come in to their office in person. but I can not come in now for personal reasons. I am trying to get to the tag office to be able to uninstall the netspark and install the webchaver. For the time being I made a neder not to touch my device thsat doesnt have webchaver untill I get to tag to make the neccesary changes.

?I will succeed and I have no doubt

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