

Feeling lost after another setback

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

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 cordnoy - 30 Jan 2022 15:52

[DavidT wrote on 30 Jan 2022 15:15:](#)

[Lost In Search wrote on 30 Jan 2022 09:25:](#)

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

You wrote: "?I will succeed and I have no doubt"

The fact is that you ARE succeeding!

Hashem knows exactly how difficult it's for you and the effort is what counts. You're waging a tough battle, there will always be losses and wins. Keep your focus on the end goal, to WIN the war by never giving up...

Deleted.

Godspeed to you!

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Re: Feeling lost after another setback

Posted by Lost In Search - 31 Jan 2022 01:26

I bh had a great night last night. I feel amazaing.

I was putting my little kid back to sleep at 3 in the morning after she woke up and it was taking very long for her to settle down.

I was craving to go online "just for a minute" to check out a clip or 2.

But then I thought to myself....here I go again... Enough!!!!

I made up in my mind I am not touching the device even for a split second.

I know myself already that when I want to go online "just for a minute to check out a video on youtube" it usually ends 3 hours later with porn and masturbating 3 times.

I am so proud of myself for not giving in to the temptation.

Being on gye gives me so much chizzuk.

After I joined gye 3 weeks ago I finally feel like I have a fighting chance.

The zchus goes to everyone here who hangs around on the forums to share some love and chizuk.

Thank you guys!!!!

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Re: Feeling lost after another setback
Posted by Human being - 31 Jan 2022 10:08

You now officially have a "real win".

You now know you can do it! Yes, even at 3 in the morning, Yes, even after your kid woke up *again*.

Next time you have a challenge you can remind yourself you *can* ?do it, because you've done it already!!

Keep it up.

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Re: Feeling lost after another setback
Posted by Lost In Search - 01 Feb 2022 06:51

I bh have a great update and another "big win"

I finally have been able to remove the netspark filter that has been on my wifes phone which was withholding me from installing webchaver. I have gotten through that filter too many times to count, so i wanted to put on webchaver instead.

Last night I bh installed webchaver on her phone and have a awesome gye member as my "chaver".

Now here to the big win...

Firstly I showed up to the tag office but realized that it opens in another half hour. I had such a hard nisoyon to quickly "chap arain" and to search before I get the webchaver but I was able to tell myself that its not worth it and I stayed very strong and didnt touch the phone while I waited, instead I took out a sefer and learnt.

Then tag took off my filter and I went home and was going to install webchaver when I got home.

When I got home things where busy and I only had a chance to install webchaver once I was in bed.

My wife fell asleep right away and there I was lying with an open unfiltered device in my bed and I started thinking how juicy the next few hours will be with unlimited access to hours of unfiltered porn and masturbation

But then I though WHAT WILL BECOME OF ME
IF I DONT STOP NOW I WONT STOP NEXT TIME.

I'm telling you I was sweating and my chest was pounding as I installed the webchaver. I kepped thinking to myself YOU IDIOT!! YOUR WASTING AN OPPORTUNITY OF A LIFETIME!!
ONCE YOU PUT ON THE WEBCHAYER ITS OVER/ NO MORE WATCHING JUICY PORN!!

STUPID!!!!

But I didnt listen and just contiued with the installation process while telling myself I HAD
ENOUGH!! I LOVE MY WIFE MORE THAN THIS STUPID PORN!!!! I LOVE MY CHILD!! ITS
WORTH THE SACRIFICE.

Trust me this was one of the hardest nisyonos in my life and I bh made it through.

Thank you hashem fir the strenghth you gave me and thank you gye members for all your
chizuk and tefilos.

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Re: Feeling lost after another setback
Posted by 5Uu80*cdwB#^ - 01 Feb 2022 16:25

This post gave me goose bumps. You are an incredible inspiration! Wow!! Keep up your
incredible battle!

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Re: Feeling lost after another setback
Posted by Human being - 02 Feb 2022 16:40

Lost in search 2

Yetzer hara 0

Keep it up!

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Re: Feeling lost after another setback
Posted by Lost In Search - 04 Feb 2022 01:46

Ok so here is a update on my situation,

I had a fall last night. I find that most of my falls happen when I watch youtube or netflix for entertainment and then I end up slipping.

I bh didnt watch any porn, a big reason is because I have webchaver so I was embaressed that my chaver would see, but I did get triggered from seeing inapropriately dressed woman on the previous mentioned sites.

I ended up masturbating twice, the first time from desire and the second was from guilt.

I know my self that a big help would be to stop going on these non jewish entertainment sites so that I would be less trigered.This that is something that I am currently working on.

Besides for the issue with getting triggered they are big time wasters and I would be a lot more productive without them. Also my sleeping habits are not the best since I use these these sites late at night. I find that I use the site as a self medication kind of an escape from from reality. like if I'm feeling stressed then when I go on these sites I totally forget all the stress. So its hard to stop using these sites but it would be better for me so I will try to start limiting my usage on these sites.

But on a positive note last week when I fell I ended up masturbating 7 times so Now I'm a lot better that I stopped after 2 times.

And I didnt watch any porn.

Good Shabbos.

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Re: Feeling lost after another setback

Posted by Hashem Help Me - 04 Feb 2022 12:20

You have a healthy attitude. You don't feel the need to beat yourself up. Guys like that break free b'ezras Hashem.

It is a great accomplishment that you are avoiding pornography, so don't misunderstand my next comments. YouTube and Netflix have many drawbacks. first and foremost - When Hashem told us "*V'lo sasuru... acharei eineichem*", His intention was not just pornography. We have somehow as a tzibbur unfortunately gotten to the point where if something is not "the worst of the worst" then it is somewhat ok. That is simply not true. To watch anything that arouses *ta'ava* is assur. The rabbonim of the previous two generations were quite successful in removing television from so many homes; and now unfortunately, people that are otherwise "*yerei-im u'shleimim*" basically have a television in their pockets - constantly watching clips that contain women dressed immodestly etc (and that's besides the barrage of subtle and not so subtle *apikorsus* and *leitzanus* against all we hold dear, that is spewed forth from media outlets etc...)

Secondly, although these venues do not show pornography, the underlying message in much of today's films is objectification of women. They subtly promote the disgusting idea that women were placed in this world for men to enjoy and self please with. There is a tremendous amount of provocative and suggestive behavior acted out in these shows. This is in essence the poison of pornography, just covered up a bit. Viewing this stuff is poison for marriage and for having an appreciation for mothers, sisters, and any female one comes into contact with in daily life. In yiddishkeit, a woman is a queen.

In closing, not watching pornography is a major - very major step up. keep to that standard! However, do yourself a favor and just cut off from this YouTube/Netflix garbage. You will not regret it.

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Re: Feeling lost after another setback

Posted by Lost In Search - 06 Feb 2022 11:14

[Hashem Help Me wrote on 04 Feb 2022 12:20:](#)

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In closing, not watching pornography is a major - very major step up. keep to that standard! However, do yourself a favor and just cut off from this YouTube/Netflix garbage. You will not regret it.

Wow you hit the nail on the head, that was exactly what I wanted to hear.

I had another fall last night and this time I ended up watching real porn.

I am really upset about this. And I feel very down.

The reason I like your suggestion about youtube and netflix is because I find them to be such strong triggers for me, and usually when I fall it started from watching non jewish entertainment

sites that triggered me.

I have a dilemma because on one hand if I don't watch any non jewish entertainment because I'm afraid they will trigger me then I am basically saying that I have no control over my actions and have to put myself as far as possible from any of my trihggers (even though that is the first step in the 12 step program but its hard to admit that I have no control over myself- I never did the program so that idea is foriegn to me). On the other hand if I keep going on non jewish entertainment sites then I will keeep on falling.

In other words I don't mind so much cutting out the non jewish sites, its just that it bothers me knowing that I cant control myself if I go near any triggers, While most normal people can control themselves

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Re: Feeling lost after another setback

Posted by Hashem Help Me - 06 Feb 2022 12:07

This dilemma many guys struggle with, but the thinking is flawed. Would anyone have a pantry in their house that has a shelf for fleishig, one for milchig, one for pareve, and one for treife? And can we imagine if we did have such a shelf in the pantry and we told our kids "Those really good looking yummy chocolates on the treife shelf - you cannot reat them ever"? Everybody would agree that such a scenario would be insane. Nobody looks it as being a wimp by not bringing non kosher food into the house! Why can't we just "control ourselves" as you put it? Similarly, why did Chazal forbid carrying around a hammer on Shabbos. Can't we "control ourselves" not to use it in a form of *melacha*?!

We daven every day that Hashem should protect us from various things - one of which is "*V'lo li'yedei nisayon*". Why? Shouldn't we ask for tests and pass them? Hashem's ratzon is that we protect ourselves. We kiss the mezuzah on the front door and close the door - leaving the street outside. we should not have a mini television in our pockets 24/6 that is supposedly our "communication device". Being a man, a gavra, means having the courage to admit that we have urges and need to protect ourselves. Then, when we are faced with a (hopefully rare) nisayon, Hashem gives us the extra help to pass it, because He recognizes that this is a guy who is doing everything he can to remain clean. Hatzlocha!

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Re: Feeling lost after another setback

Posted by Lost In Search - 08 Feb 2022 01:51

I want let everyone know that I started a new thread, I started my 90 day count, and that's where I keep track of it.

This is the link to the thread,

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/376760-On-My-Way-To-90-Days#376760

it's called On My Way To 90 days.

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Re: Feeling lost after another setback

Posted by Shtarkandemotional - 08 Feb 2022 16:54

Hey buddy, your doing so so awesome!! Based on what I'm seeing I would love to just point out a few points... I think it can be beneficial.. if you think this doesn't apply to you then - disregard it :-)

1. a big part of your fight is knowing erotic stuff on the internet is an option to lust on
2. you keep losing a clarity on why you don't wanna fall.. in a way your allowing the filter to fight for you or the webchaver or whatever it may be, so at a certain point you try to outsmart the original system you made so your always in inner turmoil should I?! Should I not?!

these 2 I noticed.. but I can be wrong :-) if this is so, how about trying a couple things..

1. Start by building a clarity on why you don't wanna fall.. regardless of filter or webchaver or even if your mother in law has access to it. It makes no difference.. what's the solid reasons your done with erotic Internet content? How about writing them on a paper a list of a lot of powerful PERSONAL reasons.. and reading it to yourself each day for 20 minutes. Or even 30 minutes a day! go into each one talk about it... you'll feel stronger..
2. how about making this stuff not an option from within, coming bulletproof and realizing lusting on screens is just an option and I'm gonna have to face my lust and deal with it... there are many ways to do that.. how about, making a kenas of ripping a 50\$ bill if you lust on the Internet.. there's many great nusachim and it's important to make one without loopholes. This is just an idea of making it not an option. It's important then working on this you figure out ways to deal with your lust.. so it doesn't travel to other areas.. and with that I'll go to the 3rd...
3. give yourself a replacement - to replace what lust itself was giving you.. how about- excessive

exercise 5 times a week?

all this seems like a lot heh?! Oh you bet it is! Well, breaking free does take a lot of effort.. and it's sure worth it.. for your olam hazeh and for your olam Haba.. and if not for you well then for your beautiful family! Hatzlacha!! I know you'll succeed! Keep it up!!!

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