

StrugglingPosted by Shalom E - 25 Mar 2022 21:38

Hi everyone, For about 10 years I've been having an addiction to immodest things. Eventually, it led to other sins such as p'gam habrit. As a teen, I always fought my desires for p'gam habrit but still saw inappropriate content. However, that eventually changed a few years ago. I eventually got a filter and an accountability partner. They have been helpful but there's only so much they can do and plus there are always loopholes. My longest streak of keeping clean was probably one of the happiest moments in a while as it was around 250+ days. But eventually, by accident, I saw something I shouldn't have seen and I slipped. Now I'm back to my old ways where I slip with p'gam habrit at least once or twice a month and I see something that I shouldn't see pretty much almost every day (not so graphic due to the filter but still inappropriate). Today I fell again and I don't know what to do. I understand the severe consequence of this aviera and I want to quit. But it's so hard too. I want to end this. Any advice?

Btw sorry if the post was too long

Thanks!

=====

====

Re: StrugglingPosted by Vehkam - 25 Mar 2022 22:06

Shalom Shalom! Welcome to the forum. There are definitely lots of guys here who can help. Also posting on a regular basis will keep you connected and more focused on what you want to accomplish. A clean streak of 250 days is quite an accomplishment and even when the streak is broken you don't lose all that you accomplished. I can understand if he frustration of falling back on old habits. have you read any of the material on this site yet. If not I highly recommend the book of the battle of the generation it was very helpful for me.

=====

====

Re: StrugglingPosted by Bilaam Harasha to Yosef Hatzaddik - 27 Mar 2022 02:28

I can give a few suggestions that might help you. On GYE there's a method explained in detail called the Taphsic method which basically uses nedarim to help you break free. Here's the link to it here, check it out: <https://guardyoureyes.com/tools/taphsic-method>

It's a really good method to use for a few a reasons, if you take the nedarim responsibly, you'll

see that even though normally one would've given in to the urge right away, you can wait up until the vow expires and by then the urges will be gone. This is something called "urge surfing", it's talked about in the new self paced program GYE launched, Flight to Freedom. To sum it up, there's been studies done that show when it comes to addictive behaviors that urges will seem big in the beginning and would seem like they will be getting bigger, but as a general trend, the urges will get weaker and weaker the more you hold off from engaging in them. Sometimes though this isn't exactly the case with p and m, many people here on GYE report that things seemed to go smoothly, with relatively tolerable urges, for the first couple of days and after that time they were hit with much bigger urges. It's being able to get past that initial point that you'll see the urges get more "easier" to deal with. I recommend you check out the self paced program for more details and for all the other great information it has because it's designed to teach you the tools you need to break free. Here's the link: <https://app.guardyoureyes.com/>

I also recommend looking into getting webchaver through something called the KBA system. It's actually free, but they will charge you an amount of money that you choose upon sign up, if they see anything that you shouldn't be looking at. The bad and questionable reports get reported by the A.I. are reviewed by real people before you get charged. This doesn't include just looking at p but also borderline stuff like what you describe. Check it out, it's free so you have nothing to lose and I've been using it myself for quite a while without any problems. The link for that is in my signature.

=====

=====

Re: Struggling

Posted by Captain - 27 Mar 2022 02:41

Welcome! Please check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

They're very good to start with.

See below in my signature for the links.

?Hatzlocha!

=====

=====

Re: Struggling

Posted by Shtarkandemotional - 27 Mar 2022 02:46

Welcome welcome! Your on your way to a lot of success! Remember, it'll only happen with Hashem's help! Trust in it and it'll come! Secondly, check out the links below in my signature it can be very helpful for some insight!

=====

Re: Struggling

Posted by DavidT - 27 Mar 2022 11:36

[Shalom E wrote on 25 Mar 2022 21:38:](#)

Hi everyone, For about 10 years I've been having an addiction to immodest things. Eventually, it led to other sins such as p'gam habit. As a teen, I always fought my desires for p'gam habit but still saw inappropriate content. However, that eventually changed a few years ago. I eventually got a filter and an accountability partner. They have been helpful but there's only so much they can do and plus there are always loopholes. My longest streak of keeping clean was probably one of the happiest moments in a while as it was around 250+ days. But eventually, by accident, I saw something I shouldn't have seen and I slipped. Now I'm back to my old ways where I slip with p'gam habit at least once or twice a month and I see something that I shouldn't see pretty much almost every day (not so graphic due to the filter but still inappropriate). Today I fell again and I don't know what to do. I understand the severe consequence of this aviera and I want to quit. But it's so hard too. I want to end this. Any advice?

Btw sorry if the post was too long

Thanks!

Welcome! You actually seem to be doing very good! Keep it up!

Accidents can always happen and they are out of our control and we will not be punished for them, the main thing is how quickly we pick ourselves up and continue being strong and clean.

One of the tips that has helped many people is to take the struggle only "one day at a time." Try never to focus on the future or wonder how we will manage. We must learn to live in the present only, focusing on staying "clean" or "sober" right NOW. When we focus on the future, we can easily fall. It's like someone walking a tightrope; if he looks down, it becomes so much harder not to fall. Therefore, when feeling weak we can tell ourselves, "just for today, I will stay clean."

“Just for this moment, I will stay clean.” The past and the future are out of our hands and belong only to Hashem. When we feel that we are about to fall, we may even tell ourselves that we reserve the right to act out tomorrow. We are not making a decision now for life. However, just for today we will do whatever we can to stay clean.

=====

Re: Struggling
Posted by Markz - 27 Mar 2022 14:15

[Bilaam Harasha to Yosef Hatzaddik wrote on 27 Mar 2022 02:28:](#)

I can give a few suggestions that might help you. On GYE there's a method explained in detail called the Taphsic method which basically uses nedarim to help you break free. Here's the link to it here, check it out: <https://guardyoureyes.com/tools/taphsic-method>

It's a really good method to use for a few a reasons, if you take the nedarim responsibly, you'll see that even though normally one would've given in to the urge right away, you can wait up until the vow expires and by then the urges will be gone. This is something called “urge surfing”, it's talked about in the new self paced program GYE launched, Flight to Freedom. To sum it up, there's been studies done that show when it comes to addictive behaviors that urges will seem big in the beginning and would seem like they will be getting bigger, but as a general trend, the urges will get weaker and weaker the more you hold off from engaging in them. Sometimes though this isn't exactly the case with p and m, many people here on GYE report that things seemed to go smoothly, with relatively tolerable urges, for the first couple of days and after that time they were hit with much bigger urges. It's being able to get past that initial point that you'll see the urges get more “easier” to deal with. I recommend you check out the self paced program for more details and for all the other great information it has because it's designed to teach you the tools you need to break free. Here's the link: <https://app.guardyoureyes.com/>

I also recommend looking into getting webchaver through something called the KBA system. It's actually free, but they will charge you an amount of money that you choose upon sign up, if they see anything that you shouldn't be looking at. The bad and questionable reports get reported by the A.I. are reviewed by real people before you get charged. This doesn't include just looking at p but also borderline stuff like what you describe. Check it out, it's free so you have nothing to lose and I've been using it myself for quite a while without any problems. The link for that is in my signature.

Bilaam Harasha to Yosef Hatzaddik, these are nice suggestions, however they don't seem to work for everyone.

How about sharing what works for you!

What means “works”? Start with the stuff that keep you clean 45+ days...

Thats often more helpful for others to hear.

=====

Re: Struggling

Posted by wilnevergiveup - 27 Mar 2022 14:20

[Bilaam Harasha to Yosef Hatzaddik wrote on 27 Mar 2022 02:28:](#)

I can give a few suggestions that might help you. On GYE there's a method explained in detail called the Taphsic method which basically uses nedarim to help you break free. Here's the link to it here, check it out: <https://guardyoureyes.com/tools/taphsic-method>

It's a really good method to use for a few a reasons, if you take the nedarim responsibly, you'll see that even though normally one would've given in to the urge right away, you can wait up until the vow expires and by then the urges will be gone. This is something called “urge surfing”, it's talked about in the new self paced program GYE launched, Flight to Freedom. To sum it up, there's been studies done that show when it comes to addictive behaviors that urges will seem big in the beginning and would seem like they will be getting bigger, but as a general trend, the urges will get weaker and weaker the more you hold off from engaging in them. Sometimes though this isn't exactly the case with p and m, many people here on GYE report that things seemed to go smoothly, with relatively tolerable urges, for the first couple of days and after that time they were hit with much bigger urges. It's being able to get past that initial point that you'll see the urges get more “easier” to deal with. I recommend you check out the self paced program for more details and for all the other great information it has because it's designed to teach you the tools you need to break free. Here's the link: <https://app.guardyoureyes.com/>

I also recommend looking into getting webchaver through something called the KBA system. It's actually free, but they will charge you an amount of money that you choose upon sign up, if they see anything that you shouldn't be looking at. The bad and questionable reports get reported by the A.I. are reviewed by real people before you get charged. This doesn't include just looking at p but also borderline stuff like what you describe. Check it out, it's free so you have nothing to lose and I've been using it myself for quite a while without any problems. The link for that is in my signature.

Hey man, "Taphsic" may or may not work but it's sure not a first line of defense.

Try some of the other tools first, try thinks like making goals, urge management, distraction, value direction sheets, CBA's and so on.

Unless you like giving away free money or doing pushups.

=====
=====

Re: Struggling

Posted by Bilaam Harasha to Yosef Hatzaddik - 27 Mar 2022 14:39

Right, to clarify the suggestions I gave are what have worked for me and what I've incorporated in my lifestyle.

=====
=====