

**Summer: The Ultimate Battle**Posted by FighterWithFire - 31 Jul 2022 03:54

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Hey, back after a long time without posting.

Some of you know my story, but most don't, so I'll recap it. I'm a Yeshiva Bochur from an incredible, loving home (somewhere in the Tri-State area). I have the best parents in the world (when I was young and naive, I used to think everybody thinks that about their parents-reality has taught me how lucky I am)-supportive, loving yet firm, they're amazing, and I have terrific siblings as well.

From the time I turned Bar Mitzvah, I always had a Ta'avah for women. I used to peek through the shutters of our windows late at night to try to catch a glimpse of the single woman who lived next door undressed (B"H, never saw anything). At 17, I was left alone for the final 2 weeks of the summer with what turned out to be an unfiltered laptop. I still remember the night(s) I first watched pornography-for hours at a time. I felt so low afterwards I stayed up all night crying, and vowed I'd never make such a mistake again. And then I fell again 12 hours later.

I was too scared to tell my parents of my struggle-I'd always been a top bochur, I was in a well-known Yeshiva with a terrific reputation. I was (and still am, they still don't know) afraid that they'd be crushed/devastated that me of all people had fallen so low. But I discovered GYE, and began to keep a diary of my fight. At the same time, I convinced my parents (without giving anything away) to filter the laptop. (BTW, masturbation has never been a challenge for me in any way-I just don't have the urge, it's only for women and actual sex. I don't know why, but I'm not complaining.)

It still took a LONG time for anything to change. I soon discovered how to get around the filter (I got the password). For the next two years, it got so bad that I was literally going to the public library near Yeshiva in between Sedorim to watch porn (as far as I'm aware-I was very careful about not doing it right out in the open and using a computer in the corner or something like that-nobody ever saw/noticed what I was doing). During this time, I was separately diagnosed with anxiety, which made the porn struggles even worse.

Then came COVID. I was stuck at home with complete access to the shmutz that was destroying my life. I still remember how bad those days were, nightmarish beyond explanation. But it was during those days that I hit rock bottom, and began to swim back to the surface. The Elul Zman after the COVID summer went quite well. But the rest of the year was very rough, as I

struggled mightily with my anxiety issues. Thus, when summer of '21 rolled around, I wasn't nearly as confident as I had been earlier in the year, and wound up falling multiple times that month.

But my godsend (literally) came in the form of an amazing, wonderful therapist whom I started seeing due to my anxiety around that time. I knew right off the bat that he had to know about the pornography struggles (since they compounded the anxiety problem). He has turned out to be a literal godsend-a miracle worker, a bedrock of support, encouragement and strategy. Every person in therapy should be Zoche to have such a guide. With him at my side, I began to slay some of my demons, and to my delighted surprise, Elul 5782/Yomim Noraim 5783 were incredible. When the English calendar flipped to 2022, I didn't fall until mid-February (and for only 10 minutes!), then had another streak until late March. I went into Pesach feeling higher than I'd ever been.

But being at home for a long stretch of the time (despite having a long Chavrusa shaft in the morning and running in the park daily) reignited the lust, and I fell 4 times over Bein Hazmanim. After falling twice in 18 hours, I decided to do something I'd never done before.

I called HashemHelpMe (who'd offered to help me in a private message on GYE).

And everything changed.

HHM has been every bit as big of a Bracha in my life as my therapist. I don't want to embarrass him by praising him so much in public, but since I spoke with him that day in April, I have viewed less than 2 hours of pornography IN TOTAL. He is simply incredible. V'chol Mi She'oskin B'Tzorchei Tzibbur Be'emunah to the max. God bless him.

I ended the year on an incredible high, the best I'd ever been-both in terms of the anxiety (thanks to my therapist) and in terms of being clean from the porn (thanks to both my therapist and of course HHM). But I was well aware that coming home for the summer would be a challenge.

And it has been.

This computer has an unfiltered user (my mother's). I've tried several times to get my parents to filter it as well, but while they have agreed to do so, due to the fact that they don't realize I have access (and of course, they don't know the real problem), they don't have any urgency in getting it done-and every day that they don't do it (I can only be so pushy without making them suspicious) is another day of fighting for me.

B"H, most of the day is covered-I made sure to get several Chavrusas throughout the day, and I've been running every single day of Bein Hazmanim so far save for Shabbosos (which helps BTW, it definitely decreases the urge at least temporarily). But at night, the Yetzer Hara sees the opportunity, and throws waves of lust at me, hoping I'll drown. I've already fallen twice so far after going into Bein Hazmanim on a 5 week clean streak.

Eventually, this device will be filtered, which means problem solved. But in the meantime, it's not. I've tried TaPHSiC, I've tried setting up a K'nas just for using the device, I've tried going to bed early-all no good. And daytime this summer has actually been really good, due to my consistent, fixed, productive schedule (again, thank you Hashem and therapist and HHM). But nights are a real challenge.

Any tips on what to do until this user is filtered would be enormously appreciated.

The Ribono Shel Olam should give us all Hatzlacha in our war-not just this month, but for our entire lives.

FighterWithFire

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