

My personal war against the YH

Posted by adam2014 - 03 Nov 2023 11:59

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Hi all,

I have been lurking in the shadows of GYE for a number of years and just in the last month or so, came into the light and started posting. I see that my posts are all over the place and decided to start a new Topic about me and my struggles and not hijack other peoples threads.

My story is simple and unfortunately common. I am in my 50's and happily married with two amazing kids and I am addicted to P and M. Have been for decades and I see it getting worse. My sex life with my wife is almost non-existent at this point as my focus is on P and M. It is easily available, never says no, never judges my performance, and gives me the variety that a 30+ year marriage doesn't. I am also going down a slippery slope in regards to the types of porn I am watching, they are getting darker and darker and things that in the past would have disgusted me are now things that I seek out. That scares me!

I come from a non-orthodox home and do not live in an observant neighborhood. I live in a town that if I had to say is mostly Reform and Conservative Jews. I hate putting labels on Jews, because a Jew is a Jew and their level of observance does not mean they are Less-Jewish than anyone else. I just say this for context so you know where I am at.

I am hesitant to call myself a Baal Teshuva, but I have greatly increased my observance in the last 8 years after my first trip to Israel. I still have a long way to go (like everyone) but HaShem has blessed me in so many ways and if this struggle was taken away, I think that I could climb so much higher. Maybe this is the final Nisayon that is holding me back? I don't know... only HaShem knows.

I am working through the F2F program and chatting with a few of you guys online. I am still not ready to speak on the phone about it. Hashem Help Me as graciously sent me his number and told me to call him anytime. He will be my first call when I get the courage.

I want to limit the technology in my life and try to give myself a little advantage in this fight. I work in IT so I am surrounded by Smartphones and unfiltered computers all day. I am trying to get rid of my personal smartphone and use a dumb phone. I want to do it for a few reasons.

One, it is the first choice that I go to when I want to act out. Second, every time that I pull it out of my pocket it will be a reminder of the battle that I am in. I know that it is far from the only problem I am facing, but I think that both logistically and symbolically it will greatly enhance my chances.

At this point 7 days is my best, with normally 2 to 3 days seems to be the norm.

That is my story and would appreciate any thoughts, ideas, prayers, well wishes or any kind of inspiration you guys could give. This website seems to be full of amazing people and would like to get to know as many of you as possible.

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Re: My personal war against the YH  
Posted by adam2014 - 13 Feb 2024 10:42

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Another example of the change I am going through played out yesterday at work. There is a girl who works there that I have known for 20 years. She is attractive and very friendly. I don't think she gets enough attention at home from her husband and comes to work hoping to have the guys "flirt" with her. I admit that in the past, she was a trigger for me and led to many falls.

Yesterday, she came to my office to ask a question, and she hung around after getting her answer in the hopes that we could have a little "small talk," which, in the past, I would readily give her. Instead, after answering her, I politely asked her if there was anything else she needed and made it clear that "small talk" was not on the agenda for the day. She asked me if I was "OK"... I chuckled and said.. "I'm more than OK, I am getting better everyday".. she awkwardly turned and walked away.

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Re: My personal war against the YH  
Posted by SisonYishecha - 13 Feb 2024 15:45

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[adam2014 wrote on 13 Feb 2024 10:42:](#)

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Wow!

Such Gevura!

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Re: My personal war against the YH  
Posted by eerie - 14 Feb 2024 18:05

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[adam2014 wrote on 13 Feb 2024 10:42:](#)

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WOW!!!

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Re: My personal war against the YH  
Posted by chancy - 14 Feb 2024 19:11

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This is incredible! It takes real \*\*\*\*\* to do that. You got some steel ones man!

Dont let your mind get sucked into this anymore.

*post edit- i was pm'd that a word i used is vulgar and that it has no place on GYE.*

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Re: My personal war against the YH  
Posted by adam2014 - 15 Feb 2024 12:05

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Random morning Coffee Thought... I was looking through my Dashboard and saw the long, flat line that looked like a heart monitor in the hospital of a guy who had just passed away. I saw in the middle of it two spikes of the two days that I had fallen over the last 30 days, and it reminded me of a life that was on life support and fading away. Two last gasps of the YH clinging on to my life. A life that was in disarray for decades, a life stuck in the mud of filth and despair. When we usually see those monitors "flat-lining," it is a sad and painful day, but this "death" is anything but sad. It is a rebirth of sorts, a rebirth of my Neshama. I am walking the streets in a new world, a world that is led by Hashem and not the YH. The "real" world, not the morbid and chaotic world the YH put in front of me for so long.

I see Hashem's beauty in so many more things now. I hold my head high instead of staring at the ground in a desperate attempt to avoid the filth in front of me. I am looking at the trees and the sky and, yes, the people walking along the street with me. While the threats still exist around every corner, I am not naive that I will surely have some challenges in the future. I am living in a wonderful new world, a world I didn't know existed only a few months ago.

For those of you who are just starting out, never forget that a better world is out there for all of us. You will get there in due time. Every journey is unique. Keep plugging away, and with Hashems' health and a good dose of GYE.. you will see what I am now just beginning to see

soon!!

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Re: My personal war against the YH  
Posted by Hashem Help Me - 16 Feb 2024 05:16

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**HERO!!!**

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Re: My personal war against the YH  
Posted by adam2014 - 16 Feb 2024 11:57

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Hardly, but Thank you!!

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Re: My personal war against the YH  
Posted by adam2014 - 17 Feb 2024 10:37

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Cancer... The great equalizer... My wife and my best friend in the world has breast cancer... It was discovered about five months ago. She went through 12 rounds of Chemo with no success; they could not get the tumor to shrink. This Tuesday morning at 7 am, she is going into surgery to have both breasts removed, and some tissue in the area that might also have cancer cells also removed. It is a major surgery and, unfortunately, her last best chance at beating this. I am writing this today for two reasons.

1. When I think about the problem that got me to GYE and compare it to the cancer that she is fighting, part of me says that "How can I complain about watching porn on my computer while my best friend is clinging to life itself." How does this even qualify as a problem? That is unfair to say. It is both unfair to her and to myself. Yes, her struggle is more in the open; it is more cut and dry. She will beat this, or she will die. Our issue is a spiritual life-or-death situation. Will we live out our days with the "cancer" of filth and porn infecting our life? I wish that I could have surgery and have my problem "cut out of me."... Both are terrible, and both are worse in their own way. Her struggle has made me even more motivated to beat my issue. Life is full of struggles, and watching her battle is making me stronger.

2. I would like to ask all of my friends on GYE to include her in their Davening this Tuesday (Feb 20th) at 7 AM. I have reached out to all of my friends in Israel, and I have, at this point, 3 different minions planned to have her included in their prayers. Her Hebrew name is **Chaya bat Eta Leah**.

The power of you guys has already changed my life; I have no doubt that you could do the same for her.

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Re: My personal war against the YH  
Posted by chaimoigen - 18 Feb 2024 00:40

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Adam, tears in my eyes...

Working on yourself and growing steadily while dealing with such an incredibly difficult and painful situation... there are no words.

Will be Davening for her, for you, of course. But please know that your prayers are especially powerful, too.

May Hashem answer all whispered, desperate Tefillos and give us all we so badly need ... May you and your wife find full healing, peace, and health and joy.

With a full heart,

Chaim

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Re: My personal war against the YH  
Posted by Heeling - 18 Feb 2024 01:55

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Dear Adam,

I have no words – rather I should say I have a lot; I just can't bring them out.

The pain, the difficulties you are describing while at the same time you're saying such clear and amazing things. Your strength and determination is phenomenal.

I am very sorry for what you are going through, I will IYH have you and your wife in mind in my Tefillos.

Thank you for posting this, point #1 was very important for me to 'hear'.

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Re: My personal war against the YH  
Posted by youknowwho - 18 Feb 2024 02:41

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Dear Adam,

Who knew what you were going through, all this time as you were doggedly forging ahead! I too am at a total loss of words. And feeling a deep, searing pain to hear this. I join the others here and everywhere in prayer and hope, of course we will daven for your wife for a complete refuah shelaimah.

Sincerely,

Youknowwho

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Re: My personal war against the YH  
Posted by redfaced - 18 Feb 2024 04:41

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[youknowwho wrote on 18 Feb 2024 02:41:](#)

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Sincerely,

Youknowwho

The only thing that I have to say is That I will not be waiting until your wifes surgery to be davening . I will begin right now

Anyone wants to join in feel free

I will be saying tehillim 1-10 tonight IYH and daily through tuesday bli neder

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Re: My personal war against the YH  
Posted by redfaced - 18 Feb 2024 04:45

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The power of you guys has already changed my life; I have no doubt that you could do the same for her.

When a brother is in pain we are all in pain. I wont wait until the surgery to daven I will start right now.

I will bli neder say tehillim 1-10 tonight and through Tuesday for as complete refuah sheleima.

Brothers, Feel free to join in.

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Re: My personal war against the YH  
Posted by Hashem Help Me - 18 Feb 2024 05:47

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Rav Mendel of Rimanov zy"a says that when one does something against his nature, he can ask Hashem to go against His nature - (meaning what He has decreed should be the normal natural system). You and many of the guys here have made multiple moves completely opposite of your natural desires, and with mesiras nefesh broke your own nature. Buddy, daven - you have the koach to pray. Ask Hashem to ignore the statistics etc, and send a complete refuah. And know all your buddies here will be doing the same.

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