

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 - 14 Nov 2023 11:09

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Thank you for the Kind response and the answer to your question about "Am I ready" the answer is a resounding YES! I have been more dedicated to my observance since beginning this journey. I am studying Torah much more (not nearly as much as most of you guys). I have a Chavrusa in Israel that we study twice a week. I have my local Chabad Rabbi learning with me once a week and reading virtually nothing but sefers related to improving and increasing my observance.

There was one week that I was having a bad urge and it was time for my weekly Torah learning on Zoom and the Rabbi asked me if I was ready to learn that day... I laughed and said "you have no idea"... If it wasn't for that, I surely would have had a fall that afternoon.

You are correct that becoming more observant is going to be one of the biggest by-products and motivations to do this. Since I am spilling my guts to you guys, I only started eating Kosher 6 months ago.. actually on May 18th, 2023 was the last time I ate non-kosher food. I have been wrapping Tefillin and praying three times a day for about 15 years, so I am not a total Newbie on everything.. LOL

It is tough living in a non-observant area and even my wife if non-kosher and not Shomer Shabbos (Yet, working on her)..It is just another challenge that HaShem put in front of me, he

must really see my potential!

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Re: My personal war against the YH  
Posted by chancy - 14 Nov 2023 12:52

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[adam2014 wrote on 14 Nov 2023 11:09:](#)

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incredible!

I can't imagine the cajonas you have..... to ne on an island without the frum structure most of us have.

Sometimes Hashem will make someone go thru a tough challenge just like this struggle so that the person wakes up and gets closer to Him, its a fact that in general people who go thru this

struggle become closer to Hashem.

As the Sefarim explain it there are two types of servant doing His will.

There are those that bring to the King things that he asks for, like food, clothing, even diamonds. The king is happy to receive them, but its not a big deal, its routine and he expects it.

Then there are those that bring to the King things that he lost years and years ago, some may bring old jewels, some may bring gold silver, etc. The king is much more appreciative of those people, he's reunited with things he long gave up on! now imagine if someone will bring the king a child that he lost long ago! a long lost soul who went missing ages ago, the king wont know what to do with this servant!

This is just a very weak parable of what wr do on a daily basis..... this generation has been entrusted with going into the deep end of the sewage system in the most far flung places in the universe, places that no holiness had stepped foot at for millennia, and find the lost jewels of the Holy King!

Every one of us has a different mission plan and different parameters but overall its the same theme, Find holiness in every nook and cranny, dont give in to the stench of the sewar system, stay as clean as possible, bring every holy spark home to The King!

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Re: My personal war against the YH  
Posted by adam2014 - 14 Nov 2023 15:29

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I do have to admit, that I stayed in the Shadows of this site for a long time because I was afraid of "being judged" for not being overly observant. After I started commenting, I found out that the exact opposite was true. I have had so many people reach out and offer to help me and to be of comfort to me. Not a single person ever said anything about not living the Frum life...

So if anyone is out there not wanting to jump in and post out of fear of being judged...Please jump in! The water is great

?I firmly believe that we all have our own unique mission on this earth and HaShem has tasked me with getting "out of the sewer"... That is my charge and my goal.... and while I am not advancing as fast as I would like, I am advancing and you guys are helping me along the way.

?When I get to Israel and have ample Kosher Food around me and far less of the smut that litters the streets of America.. I find it so much easier not to act out and be more authentic... But that is part of the challenge, sailing straight in calm waters is much easier than navigating though a storm.. and I am definitely in a storm !!

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Re: My personal war against the YH  
Posted by chancy - 14 Nov 2023 16:43

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[adam2014 wrote on 14 Nov 2023 15:29:](#)

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Storms always pass my friend, our lives pass as well, very very quickly. You know whats forever lasting? Our souls are! Because they are part of the Holy One! They last forever. So whatever we give that soul will stay with it and the more we clean it now when we get the chance the more thankfull we will be once we part with out bodies and we are able to feel and experience what being a soul means. We will than be able to see what a sin is how dirty and

destructive it is, and how beautiful it is to be holy and pure. We will than realize that Hashem only wanted the best for us when He told us not to do this or that, its not for himself, NO it was for US!

Keep on navigating thru the storm my dear friend. We are all watching you and praying for you!

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Re: My personal war against the YH  
Posted by ainshumyeiush - 14 Nov 2023 17:02

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Im in awe of you. We all know how hard change is, and the fact that you are changing so much obligates us all to do what we need to do. And im only now starting to realize how futile and counter productive it is to measure myself up to anybody else. But you mentioned that you're not learning as much as some of us. But realize that most of us haven't ever taken ourselves from 0 to 60, so you should be proud of that

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Re: My personal war against the YH  
Posted by Hashem Help Me - 14 Nov 2023 22:28

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GYE has a hero on board. With Adam's zchusim we will b'ezras Hashem hear lots of good news. Having him "in our corner" can only benefit us.

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Re: My personal war against the YH  
Posted by adam2014 - 19 Nov 2023 11:04

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It is time for a little self-pity bitch session..... I am on a terrible roller-coaster at the moment . One day good, one day bad. I am sick of waking up in the morning and telling myself that "Today is Going to be a great day" and daven and speak with HaShem telling him that today I will be clean, only to be sidetracked by a ad on TV or a girl walking down the street or just a random thought from years before. It is like the more I prepare the easier it is for the YH to get me!. Shabbos was beautiful yesterday, no urges, just a wonderful day of rest the future looked bright.

Today I wake up feeling good and thinking that even though I am feeling good, I am probably going to fall later today... It sucks feeling that way.

Is it a self-fulfilling prophecy ? Am I destined to fail? There has only been a few times that I had terrible urges and fought them off. It seems that it is smooth sailing or a Hurricane.

It is beyond frustrating.....

?Ahh... Thanks for letting me vent.... Time for coffee number 2!

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Re: My personal war against the YH  
Posted by Markz - 19 Nov 2023 14:49

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[adam2014 wrote on 19 Nov 2023 11:04:](#)

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Too much caffeine bro!

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Re: My personal war against the YH  
Posted by healthyjew613 - 20 Nov 2023 04:06

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Hey Adam! Your thread is really inspiring in ways that many other things aren't, it gives me hope. Any Updates?

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Re: My personal war against the YH  
Posted by adam2014 - 20 Nov 2023 10:29

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The update is unfortunately another fall yesterday. It is very frustrating, but I am not giving up! What is the option? giving up my life to the YH and live in the sewer of filth? Is this the way HaShem wants me to live? of course not. Today is a new day, another battle, another chance at life.

I am so glad that my words give you hope. It is humbling, as there are so many more eloquent and successful people on this site giving me and so many others hope. As a Newbie (which I am as well), I can tell you that there are many people here that will help you along the way. They are amazing and please don't be afraid to reach out. I am confident that nothing you could tell them will shock them!

I will be back here at around this time tomorrow and hopefully I can report that today was a good, clean day!

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Re: My personal war against the YH  
Posted by davidt - 20 Nov 2023 15:52

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[adam2014 wrote on 20 Nov 2023 10:29:](#)

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Your optimism is contagious!

What are you doing different today than yesterday to be able to succeed?

You ever heard Albert Einstein's famous line? "..... is doing the same thing over and over again and expecting different results."

Keep up your great work!

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Re: My personal war against the YH  
Posted by chancy - 20 Nov 2023 18:20

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[adam2014 wrote on 20 Nov 2023 10:29:](#)

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I will be back here at around this time tomorrow and hopefully I can report that today was a good, clean day!

Hi Adam,

My heart is breaking to hear your struggles.

Maybe i can help you.

Can you write out exactly what your struggles are? You cant stop watching porn or masturbating without porn?

Is it worse then those things? Spell it out and you will get so many tips from the real heroes on here

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Re: My personal war against the YH  
Posted by adam2014 - 21 Nov 2023 10:34

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The problem is that whenever I am alone, I think of it as a once-in-a-lifetime chance to act out. I am alone often, on a business trip or my wife is at the grocery store. I am totally fine and having a positive and productive day and she will tell me, "Honey, I have to run to the store, I'll be back in an hour"... and BAM... The YH tells me... grab your computer, reach out to the girl and before you know it.. another fall has happened. It is totally insane. It is not like I am walking around getting triggered by all the filth on the street. That does happen sometimes but I usually can control it.

The minute I find out that I am going to be alone, my brain shifts gears and turns to smut. One

day last week, I knew that I was going to be alone, so I prepared to watch a shiur and chat online with you guys. It was only going to be about 2 hours. I had a plan, I was feeling good and the minute she pulled out of the driveway, all the planning went out the window and another fall happened.

?I have become incredibly predictable in a bad way.

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Re: My personal war against the YH  
Posted by foolie - 21 Nov 2023 13:08

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Reach out before she leaves don't wait for her to leave. Message as many people as possible the moment you are aware that you are going to be alone see if you get any responses this way you get ahead of the game. If you're worried about your wife knowing you're on gye use the same creativity you use to have a fall, to get a message to someone before you fall.

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