

My personal war against the YH

Posted by adam2014 - 03 Nov 2023 11:59

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 yiftach - 11 Mar 2024 12:03

[adam2014 wrote on 11 Mar 2024 09:32:](#)

Random Monday Morning thoughts...

I spent the day yesterday in Crown Heights and the Ohel. I wrapped Tefillin at the Ohel and then hung out with some really cool guys at 770. I know that we all don't follow the same path, but whenever I need a good dose of happiness and positivity, that is my "go-to" place. I know that I am just visiting, but I imagined living in a religious area and how lucky most of you are. Just by walking down Kingston Ave and stepping in and out of the stores, you could feel the sense of community and collective togetherness.

I know that every group has its problems, but living in a community of like-minded people is a big plus.

BTW.. Didn't have a single bad thought all day!!

Although it can be advantageous to be surrounded by individuals who share your beliefs and

values, your unique background and environment serve as a great source of inspiration for all of us. Your ability to overcome challenges and stay true to yourself is truly admirable and motivates us to strive for excellence in our own lives.

Thank you for sharing your story with us!

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Re: My personal war against the YH
Posted by adam2014 - 13 Mar 2024 10:12

Shifting to another gear, I think my recovery is beginning a new phase. Gone are the white-knuckle days of hanging on by a thread or losing the battle and falling. I have reached something of a cruising altitude. I still hit some turbulence on occasion, but for the most part, I am flying along pretty smoothly.

My computer is filtered, and I hardly notice. I am just not looking for those things anymore. My computer is OK, and it is a non-issue. My smartphone, which was a major weapon used against me, is somewhat under control. I have removed all the apps that caused me problems in the past and have the ones that I actually need to make my life better.

I have gotten back to davening daily. I still have a lot of room for improvement (don't we all?). But my relationship with HaShem is getting better by the day. I am having some real-world problems these days, and that has in the past affected me negatively in regards to staying clean, but now, I am not using P&M as a medicine to ease the pain of a bad day.

As you can see from my streak count, I do not have any of this mastered or defeated, but I am on a much sturdier footing than I have ever been in the past. I am now taking pride in walking down the street and keeping my eyes where they should be. I look forward to the opportunity to do the right thing!

I am thinking that I may stop my daily check-in with you guys. I think that maybe I should check-in every other day and then every third day, etc...Let me extend the period of time and maybe the clean weeks turn into clean months and so forth.

I know that I can jump back in at anytime and get the help that I need, and knowing that, makes its a little easier to test the waters a little and see if I can swim.

Just food for thought, not making any declarations just yet.

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Re: My personal war against the YH
Posted by chancy - 14 Mar 2024 17:24

We love you Adam!

You are a real example of what a Yid in this generation is capable of.

Our holy sfarim tell us that right before the coming of Moshiach the last job will be to get down and dirty and find the last holy sparks that have not been found by the greatest Tzadikim simply because in previous generations the world didnt go so low so they couldn't find these gems.

Not everyone is entrusted with this task, only very holy souls with a thick exterior can be trusted with this most important task.

Some of our great sages were very scared to be in thie generation, they asked not to be alive when Moshiach comes, and it was because of this no doubt! They werent sure where they would end up!

We are the last frontier and it all hangs on us.

Will be succumb to this last test? Or will we be as loyal as our forfathers were in their times with their trials?

Will be just lay down our weapons and give up, accept the filth of this earth as normal? or will be scream, NO! this is dirty! disgusting! I want to be cleaned now and forever!!!

Will we be the generation that finnaly does it and brings Moshiach and be known as the heroes forever? or just a sad chapter in history?

Its up to us! and people like you make me believe that we have it in our blood, every yid can be awakened to join the fight and to see the light!

Thank you for giving me hope.

Love

Chancy Longbottom

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Re: My personal war against the YH
Posted by notezy - 14 Mar 2024 17:48

Do what is best for you of course. but what if you stuck around to help others instead of leaving show them the way.

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Re: My personal war against the YH
Posted by AlwaysHappyAlwaysHopeful - 14 Mar 2024 19:42

Hi Adam,

Just read your story. I can relate. How are things going? Better or worse? I think I have some ideas that may be able to help. Better to talk, perhaps.

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Re: My personal war against the YH
Posted by chaimoigen - 14 Mar 2024 22:36

Adam,

It's amazing to hear about the progress and growth you're experiencing.

I find that staying in touch here, even for a couple of minutes a day, has has a wonderful effect. Besides for the ood folks and great conversations, it's a healthy way to keep awareness "running in the background". Twice I took about a week off, since I joined, and I felt the effect in greater struggles and an ebbing of certain motivations.

A person is strong if he makes sure to achieve his goals, using whatever tools it takes to accomplish it effectively. I think using GYE to keep one in the right zone is not necessarily a weakness.

But whatever works for you, friend!

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Re: My personal war against the YH
Posted by adam2014 - 15 Mar 2024 10:49

I am sticking around for sure. I think giving a little distance might help me make the eventual exit a little smoother. I am nowhere near that point right now. I fell YESTERDAY for no apparent reason. I am not in control of this yet. I am making progress and am much better than when I started on GYE. It is frightening to think back to when I was not on GYE, but I am in no way thinking that I have this monster beat. I was just looking down the road.

My private hope is that I will get to meet a few of you guys in person and create a real and lasting friendship—not just one on this secret website that my wife knows nothing about (it's the only secret I have from her, and it hurts) but only through these forums. I think that will help me stay clean as much as almost anything else. I can't imagine having a friend close enough to talk about this issue. It would be amazing.

Despite his many attempts, I still haven't had the courage to call HHH. I have a long way to go.

As far as helping others, I don't feel qualified to give much help other than an encouraging word or if someone is inspired by my story...

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Re: My personal war against the YH
Posted by chooseurname - 15 Mar 2024 13:36

[adam2014 wrote on 15 Mar 2024 10:49:](#)

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Sometimes an encouraging word and an inspirational story is all someone needs...

On that note, I definitely empathize with the fear of calling/meeting people from here. I'm sure it is amazingly helpful, but it's just too much. I did manage to get over that enough to call HHM. 10/10 would recommend you just do it.

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Re: My personal war against the YH
Posted by adam2014 - 26 Mar 2024 11:18

This is another wake-up call. The moment I say that I am "cruising along," I come crashing down—two falls in a row. It could have been months ago when I was just starting out. The moment I think that I have this under control.. bammmmm!

I went back and read every post that I have written, and a common theme is that I get a touch of success, feel cocky, and blow it shortly after. Time to reinvest in my battle. Return to the F2F program, read the book, and check my technology to ensure it is secure... Back to basics!

This time, I am not sad; I am MAD...

Today, I will be alone for most of the day. Normally, that is tough for me, but not today. I am focused like a laser and going to crush this day.

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Re: My personal war against the YH
Posted by redfaced - 26 Mar 2024 13:01

[Dont wrote on 26 Mar 2024 11:18:](#)

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This time, I am not sad; I am MAD...

Don't get mad - Get even !

This is war !!!

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Re: My personal war against the YH
Posted by proudyungerman - 14 Apr 2024 14:19

How's it going? Everything ok?

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Re: My personal war against the YH
Posted by adam2014 - 16 Apr 2024 13:37

Things are going very well in some aspects and not so well in others. I am doing well in this department, but other issues are keeping me so occupied that I have not even given P&M a thought for the last few weeks. I don't feel that I should burden all of you with my problems.. You guys are incredible and so thoughtful. I want you to concentrate on your own battles and not to worry about mine... Just keep your anonymous buddy Adam in your prayers....

It will all work out for the best... Searching for that "hidden good" that it inside of everything that HaShem does.

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Re: My personal war against the YH
Posted by Heeling - 16 Apr 2024 16:21

Hey! Buddy Adam,

....but please
my friend dont burden me with everything at once, we can do once a week or maybe two...I'll let
you know when it gets to much brother.

Keep Rollin' and Godspeed,

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Re: My personal war against the YH
Posted by proudyungerman - 16 Apr 2024 17:08

[adam2014 wrote on 16 Apr 2024 13:37:](#)

I will most definitely keep you in my prayers but hey I gotta know what to pray for
Things are going very well in some aspects and not so well in others. I am doing well in this
department, but other issues are keeping me so occupied that I have not even given P&M a
thought for the last few weeks. I don't feel that I should burden all of you with my problems.. You
guys are incredible and so thoughtful. I want you to concentrate on your own battles and not to
worry about mine... Just keep your anonymous buddy Adam in your prayers....

It will all work out for the best... Searching for that "hidden good" that it inside of everything that
HaShem does.

Glad to hear, and I hope things get better soon. I will definitely keep you in mind in my prayers.

On a personal level, if I only focused on my own battles, I don't think I would be here, on GYE. (I don't think that I would be where I am now on a personal level either.)

GYE is a community, and I think it thrives on everyone helping each other out. Sometimes we take, sometimes we give, and many times we need both.

Feel free to share your burdens, we are all here for you!

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