

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 - 12 Sep 2024 23:04

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Unfortunately, It didn't go well.. Same situation and the same result. I was hesitant to even comment on it and was going to skip checking in tomorrow out of shame and disgust. But that is stupid, you guys always have my back... I should be here more often, not less.

Today sucked!.. but I have hope for tomorrow

Thanks for asking

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Re: My personal war against the YH  
Posted by bright - 12 Sep 2024 23:07

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I am so sorry to hear. We do have your back. The darkness has a way of tricking us it will be forever dark. I am happy you feel hopeful, perhaps its lifting...

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Re: My personal war against the YH  
Posted by Hashem Help Me - 12 Sep 2024 23:38

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We are here for you buddy no matter how rocky the ride is. Maybe the thought that you are hurting that woman by creating some sort of online relationship will be a deterrent. Women who are willing to do this stuff are usually either very desperate for money or terribly needy for attention. They end up getting very hurt emotionally and sometimes physically. Men are able to "do their thing" and walk away, dumping the woman like a sack of potatoes. Women are often emotionally scarred; they somehow believe the man may actually care about her, only to find out he had absolutely no real interest in her - and in addition often ended up being sexually used and abused in ways they didn't intend to allow. Even when it remains completely online, let's face it - the man is focused on pleasure and ejaculation - she is only the stimulant - and she does a good job. The woman is focused on him "getting close" - which is at most a shpiel.

You sound like a nice guy who would never want to hurt anyone - especially one who is such a nebach.

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Re: My personal war against the YH  
Posted by adam2014 - 13 Sep 2024 10:20

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I think it is time to take this up another ten notches. I need to work the program more and not just come on here and bitch and moan (even though that is allowed and encouraged). HHH I am going to call you... I was going to private message you, but I want this public. I am not expecting miracles, but your concern and your overwhelming respect from everyone on this site make it foolish not to take advantage of your kind offer.

I have a house full of people this Shabbos, and hopefully, that means that I will not act out, even though I have found ways in the most crazy situations. I will start the F2F program from step one because that is where I am.... at step one... I know that all my clean days and streaks were important and should not be dismissed, but it is time to begin again. Calling HHH is going to be the first big step.

Normally, I do feel for the girls in the videos, and especially the live ones in the chats. This was such a departure from the norm for me. I have so much empathy for people, ALL PEOPLE... but

participating in hurting them is beyond the pale. It has to stop, and it has to stop NOW.

Good Shabbos Everyone..... Thank you again for supporting me, Hopefully I can someday be available to help some of you as well.

This is Elul, the best time of year to reevaluate and account for the past year. While my year has had many great moments (my daughter's wedding being the best), it was also filled with smut, falls, and actions that show a total lack of respect for myself, the girls, and most of all, HaShem.

Maybe these last two days were needed to "wake myself up" and start down this path to recovery in earnest.

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Re: My personal war against the YH  
Posted by proudyungerman - 13 Sep 2024 13:16

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Now this is a post worth waking up for!!  
**Warning: Spoiler!**

Way to ratchet up the work a bunch of notches, your grit and tenacity is awe-inspiring!!

Have a wonderful, sweet, CLEAN, Shabbos!

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Re: My personal war against the YH  
Posted by chosemyshem - 13 Sep 2024 13:25

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[adam2014 wrote on 13 Sep 2024 10:20:](#)

Good Shabbos Everyone..... Thank you again for supporting me, Hopefully I can someday be available to help some of you as well.

Loved every word of this post, but the part above jumped out at me. You don't have to be at some arbitrary point of sobriety to support someone else. Most of the time, support is about giving a listening ear, not sharing wisdom. You've got ears.

You've also clearly got a lot of hard earned wisdom. But even if you don't feel comfortable sharing that, just lending an ear and a good schmooze to a chaver is a heck of a lot of support. Just something to think about.

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Re: My personal war against the YH  
Posted by youknowwho - 13 Sep 2024 14:19

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Adam, I feel your pain! The events you described were the reason I finally joined GYE. I saw it

as a progression of my addiction, another red line crossed. Knew I needed help fast.

Kudos to you for doing the correct and courageous thing, may it only go upwards from here!

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Re: My personal war against the YH  
Posted by iwantlife - 13 Sep 2024 14:35

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R' Adam. Your perseverance, courage, and in particular, your **honesty**, is very inspiring. I beg you, call HHM **today**. Like right now. Just do it. For me, that phone call was the one degree turn (okay maybe a few degree turn, it's not soo easy) that has me on a completely different path today!

Looking forward to your amazing success,

iwantlife

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Re: My personal war against the YH  
Posted by proudyungerman - 16 Sep 2024 19:00

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How was Shabbos, Adam?

Did you manage to speak to HHM yet?

We are thinking of you, brother!

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Re: My personal war against the YH

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Posted by adam2014 - 17 Sep 2024 10:35

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Shabbos was great. I did not fall or even have a bad thought. It was just the lifeline I needed to break this cycle. I have not had a chance to call him yet. I am trying to get a little time away from the house to make the call in private.

I'm feeling a little better going into this week. Mondays and Tuesdays are the busiest days of my work week, which is a good thing for this issue. When I am busy, it is easier. As the week slows down, I have more time, and that is when I get in trouble.

I am excited to be returning to Brooklyn this Sunday. I will spend the day in Williamsburg, learning about the neighborhood and the Satmar Hasidim. I have made arrangements with someone from the community to show me around. I am fascinated by Orthodox communities and their beautiful and authentic lifestyles. I have been going to Crown Heights for almost 20 years and have many friends there. The more I learn, the more I respect and admire their commitment to HaShem. This will only be my 3rd time in Williamsburg and my first with a local resident, so I am very excited about going.

I know that the Satmar are very insular and have a very controversial view of Israel. I am not there to talk about politics or to give my own opinion; I am there to learn and hopefully get inspiration to live a better life when I leave. On my last two trips there, I didn't get to interact very much with the locals. This time, I will be with one of their own, and hopefully, they will be open to talking with me and teaching me about their way of life. I also hope to grab a Kosher Dumb Phone and finally rid myself of the single piece of tech that gives me the most trouble.

If any of you guys are from that neighborhood, I will be in Gottliebs around 2 pm. I would love to say hello in person to any of you guys. I will be easy to recognize.. LOL, I will be going with a friend who is not religious and thinks that I am nuts for wanting to go to these places. He is only going because our wives are spending the day together, and he has nothing to do... Hopefully he has an open mind and enjoys the experience.

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Re: My personal war against the YH  
Posted by frank.lee - 17 Sep 2024 10:41

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Sounds awesome!! Enjoy! The Satmar Rebbe is known for his strong and deep love for all people.

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Re: My personal war against the YH  
Posted by gevura shebyesod - 17 Sep 2024 10:41

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Is that why all the Secret Service is there?

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Re: My personal war against the YH  
Posted by redfaced - 17 Sep 2024 12:10

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[gevura shebyesod wrote on 17 Sep 2024 10:41:](#)

Is that why all the Secret Service is there?

For all those wondering what the bus driver is talking about....

[matzav.com/former-president-donald-trump-expected-to-visit-gottliebs-in-williamsburg/](http://matzav.com/former-president-donald-trump-expected-to-visit-gottliebs-in-williamsburg/)

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Re: My personal war against the YH  
Posted by proudyungerman - 17 Sep 2024 13:15

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[redfaced wrote on 17 Sep 2024 12:10:](#)

[gevura shebyesod wrote on 17 Sep 2024 10:41:](#)

Is that why all the Secret Service is there?



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I'm glad to hear that you are quoting the proper website for kosher news...