

HERE WE GO - AGAIN.....

Posted by iyh2023 - 13 Nov 2023 16:09

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So i dont know where to start, from my childhood years? bucher years? now? so i guess ill start and we'll see what happens,

I've struggeld in these areas since i was a kid, not knowing at the time that it was problematic behavior, and as i grew so did my natural curiosity.

I discovered m\*\*\*\* accidentally, not knowing what i was doing, i quickly got hooked cuz it felt good..... and the rest is history. Then i found out (probably from so sfarim or kunteisim) that it was a major league issur, and thats when the guilt set in. I felt bad, ( READ: terrible) about it but couldnt bring my self to talk to anyone about it. Then i was off to E'Y and the real fun starts, but before that i must say that i still had no idea what p\*\*n was or that it even existed!!! I had some friends with smartphones, i did not have one B'H, but we would hang out together, just some movies and sports, at one point my friend rented a smartphone and was going back to the states so i told him to give it to me and i will return it, bad move, i had it for about a week, worst week of my life, stayed up for days, (and nights....) was all over the place, i think that was my first major exposure, all the while still m\*\*\*\*\* daily, came back home after 2 years B'H got engaged and married to my most wonderful wife, i thought that m\*\*\*\*\* would be a thing of the past but boy was i wrong, but i must say that it was and still is much less frequent, but an issue non the less, i didnt tell my wife anything including that i bought phones a couple of times just to watch p\*\*\* for 45 min, get so disgusted with myself feel like a traitor and piece of trash, break the phone and my heart, this did not happen only once..... which would usually lead to m\*\*\*\*\*, i would try to work on myself but had no direction, fall, feel bad, and forget about it. This went on for 3 years, the pent up quilt and loneliness was unbearable, i got very anxious and moody which impacted my ability to connect with my wife. Until i joined GYE, was on for 2 days and i made up my mind that i cant do this on my own, so i told my wife (not everything...) very tactfully, and TYH she really really understood me, cried with me, and respected me for telling her, and i am very very very thank full for that, was on GYE did the F2F had 17 days clean and was feeling much better, Until.....

So yesterday i was in the office alone and it was game over for me, p&m, thats why i decided to type this up so you can share my grief and frustration. I need a hug and a kick in the rear..... if you have one to offer please let me know!!!

?I would love to hear from somebody with a similar experience!!!

KOMMT!! ( **K** **e** **e** **p** **O** **n** **M** **e** **g** **a** **M** **o** **n** **s** **t** **e** **r** **T** **r** **u** **c** **k** **i** **n** **g** )

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Re: HERE WE GO - AGAIN.....

Posted by true\_self - 03 Dec 2023 20:14

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[iyh2023 wrote on 03 Dec 2023 19:05:](#)

I have to run now so it wont be long, but i just wanted to let everyone know that i just passed my previous streak of 17 days, today is day 18!!!!

18 is ?? i think it says it all!!!

Have a good life!!!

L'chaim!!!

It's time to just live life!!! the real life where one is connected to himself, his creator, his wife and friends, enjoying the simple pleasures of life.

Much hatzlacha and KOMT!

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Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 04 Dec 2023 15:56

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Hi all, unfortunately my motivation O' meter is running low, do to inflation..... no fall, just a big let down i had, which i wont go into on a public forum. I need some real time real life chizuk

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Re: HERE WE GO - AGAIN.....

Posted by ainshumyeiush - 04 Dec 2023 17:37

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[insert chizzuk here]

but seriously, you got this, I won't pretend to know what your let down was, but if you try to push it out of your mind and move on, you'll be right back on the growth track

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Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 04 Dec 2023 17:56

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[ainshumyeiush wrote on 04 Dec 2023 17:37:](#)

[insert chizzuk here]

but seriously, you got this, I won't pretend to know what your let down was, but if you try to push it out of your mind and move on, you'll be right back on the growth track

Thank you, just seeing your username is already chizuk!!

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Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 04 Dec 2023 20:38

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I gotta thank Hashem for the hock on the BB forum today, it really kept me busy!!!

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Re: HERE WE GO - AGAIN.....

Posted by eerie - 04 Dec 2023 20:43

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[iyh2023 wrote on 04 Dec 2023 15:56:](#)

Hi all, unfortunately my motivation O' meter is running low, do to inflation..... no fall, just a big let down i had, which i wont go into on a public forum. I need some real time real life chizuk

I could try, give me a call.

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Re: HERE WE GO - AGAIN.....

Posted by cordnoy - 04 Dec 2023 20:48

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[iyh2023 wrote on 04 Dec 2023 20:38:](#)

I gotta thank Hashem for the hock on the BB forum today, it really kept me busy!!!

That's ok; you can thank Him as well.

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Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 04 Dec 2023 21:53

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[cordnoy wrote on 04 Dec 2023 20:48:](#)

[iyh2023 wrote on 04 Dec 2023 20:38:](#)

I gotta thank Hashem for the hock on the BB forum today, it really kept me busy!!!

That's ok; you can thank Him as well.

Ha!!! I didnt know that on top of everything else you also have a sense of humor!!

Just kidding, you the man the myth the legend!!

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Re: HERE WE GO - AGAIN.....

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Posted by iyh2023 - 04 Dec 2023 22:05

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And now to my thoughts, when i started here about a month and a half ago i was all bright-eyed and bushy-tailed with all of the content on GYE, and i actually (well not actually actually) felt my turbo kick in, and i felt super charged with all this info, and i had a few good weeks caring, listening, complimenting, feeling, giving, accepting, loving, and now it seems that that super charge has run dry, how do i hold on to that strong drive i had, that just seems to be dissipating rather rapidly?

I know i posted about my let down and in all probability it has to do with it, and thats what life is all about, but im still posting this, why you ask, beats me.

Life is construction zone, so you better get your hard hat on!!!

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Re: HERE WE GO - AGAIN.....

Posted by foolie - 04 Dec 2023 22:25

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How do you hold on you ask. The answer is buckle up hold on tight to your hat because life sucks then you die. In all seriousness though batten down the hatches because life is like a wheel always turning. Now you're down then you'll be up, and the only thing you have is the effort you put in. So yeah you're drive is disappearing like smoke in the air but this where you learn what you are made of, have you learned enough to weather the storm or are you going to have a learning experience in the school of hard knocks. The choice is yours, however remember people are here to support you either way you choose.

I apologize for the mixed metaphors, but hey it sounded good in my head

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Re: HERE WE GO - AGAIN.....

Posted by Vehkam - 05 Dec 2023 04:34

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[iyh2023 wrote on 04 Dec 2023 22:05:](#)

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I know i posted about my let down and in all probability it has to do with it, and thats what life is all about, but im still posting this, why you ask, beats me.

Life is construction zone, so you better get your hard hat on!!!

What are you doing on a daily basis to impact your inner self and perspective? Are you watching the vayimaen videos on a daily basis? Reading from the battle of the generation or a similar book every day? Flight to freedom program? All of these are helpful to maintain slow steady growth. Go on the offensive to get energized and Don't let the momentum fizzle out. (See chapter 26 in the battle of the generation)

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Re: HERE WE GO - AGAIN.....

Posted by Hashem Help Me - 05 Dec 2023 12:17

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I don't know if you regularly speak with the chevra here, but many of us are mechazek each other with a short phone - or live - conversation here and there. A validating voice and caring eyes go a long way.

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Re: HERE WE GO - AGAIN.....

Posted by Heeling - 05 Dec 2023 15:37

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My friend,

You've done amazing work in the past month and half. Excitement fizzles out and real life hits us like a ton of bricks, it can be very challenging and discouraging.

I second what Vehkam and HHM mentioned.

The Vayimaen videos do wonders for me. And so do friends, reach out to one of the legends here and they'll be happy to give you some of their time.

Call to kvetch. Call to vent. Call to cry. Call to laugh. No call to short - no call to long.

Hang tight,

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Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 07 Dec 2023 17:00

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Hello everyone, day 23, Hurray for me!!!!

So it seems that B'H my turbo kicked in again, and i think its cuz i got back in touch with my self, and had some honest round table with my self (awkward, but dont worry i did it in private!), just being in tune with whats going on in side your brain can be very helpfull.

Another thing that i feel is a big one for me, is that i am to hard on my self, i actually had a discussion with my other half about this, and she is totally on target. Dont be mean to others and just as important, dont be mean to your self!! Pat your self on the back and think thoughts that make you feel good that you are you and you like you and you enjoy spending time with you!!!

YOU are awesome!!!

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