

Anyone tried this and succeeded?  
Posted by imagibbor - 18 Aug 2024 16:35

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I've new to gye, and like everyone here I'm trying to break free from porn addiction. I've been battling for over 10 years without seeing much success.

Ive been trying something new for the past few weeks (which started off inadvertently) and am wondering if anyone else has tried it and seen lasting success.

Im counting my streak of "not watching porn" on gye, and I'm taking those words very literally. Right now I'm at 20, and it's true that I "haven't watched porn" in 20 days. But when I have an urge that I can't fight (which happens around once a week at this stage) I will look at porn **images** instead. As many of you may know, looking at images is an entirely different experience. It requires more work on your part to get where you want. Watching porn allows everything to come to you without you "working on" where you want to get. For this reason, watching porn is much more pleasurable (for me) than images are.

i feel like this is a step in the right direction for me since even in my moments of weakness, I am still controlling myself somewhat. If I just try to quit cold turkey (as I've been trying all these years), I end up falling hard when I have a moment of weakness. This new way, though, the challenge doesn't seem insurmountable since I still have access to some content. Of course, this is not the end of the battle. It's just the start. But it's a unique step that I've taken to cut porn out of my life.

I've tried a similar mehalach with quitting nicotine which worked for me. First I quit smoking and only vaped. Then I cut down on the level of nicotine- a little bit each year. Then I went to vaping 0 nicotine. Now I can proudly say I've completely beaten my nicotine addiction!

obviously each person is different and needs to create a path that works according to their nature, but Has anyone tried this and seen lasting success?

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Re: Anyone tried this and succeeded?  
Posted by yeshivabachur1 - 22 Aug 2024 11:16

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Trying to stop the masterbation. It's a struggle

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Re: Anyone tried this and succeeded?  
Posted by BenHashemBH - 22 Aug 2024 11:47

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[yeshivabachur1 wrote on 22 Aug 2024 11:16:](#)

Trying to stop the masterbation. It's a struggle

Shalom Brother,

What have you tried so far?

What about it didn't work?

Hatzlacha

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Re: Anyone tried this and succeeded?

Posted by yeshivabachur1 - 22 Aug 2024 12:19

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I was advised

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Re: Anyone tried this and succeeded?

Posted by BenHashemBH - 22 Aug 2024 12:25

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[yeshivabachur1 wrote on 22 Aug 2024 12:19:](#)

I was advised to try edging without actually releasing. But it doesn't work.

Can I ask who advised that and why?

In general, I'd think that's a very poor idea.

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Re: Anyone tried this and succeeded?  
Posted by redfaced - 22 Aug 2024 12:26

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Re: Anyone tried this and succeeded?  
Posted by yeshivabachur1 - 22 Aug 2024 12:30

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What's your email address

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Re: Anyone tried this and succeeded?  
Posted by yeshivabachur1 - 22 Aug 2024 12:32

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My therapist

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Re: Anyone tried this and succeeded?  
Posted by BenHashemBH - 22 Aug 2024 12:35

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[yeshivabachur1 wrote on 22 Aug 2024 12:32:](#)

My therapist

The same therapist who suggested a boyfriend?

I think you need to talk to a Rav about your therapist.

Sorry to be blunt, but I mean to help you.

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Re: Anyone tried this and succeeded?  
Posted by yeshivabachur1 - 22 Aug 2024 12:40

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That's why I joined GYE

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Re: Anyone tried this and succeeded?  
Posted by BenHashemBH - 22 Aug 2024 14:38

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Did the mods nuke that account?

He needed help. While we can provide encouragement, support, and advice - this isn't a place to be someone's Rav or therapist. Nor would it be good to actively/consistently be arguing with one when we don't really know him or his situation.

Hope he finds his way.

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Re: Anyone tried this and succeeded?  
Posted by redfaced - 22 Aug 2024 14:44

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[BenHashemBH wrote on 22 Aug 2024 14:38:](#)

Did the mods nuke that guy?

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Re: Anyone tried this and succeeded?  
Posted by redfaced - 22 Aug 2024 14:47

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[BenHashemBH wrote on 22 Aug 2024 14:38:](#)

Did the mods nuke that account?

He needed help. While we can provide encouragement, support, and advice - this isn't a place to be someone's Rav or therapist. Nor would it be good to actively/consistently be arguing with one when we don't really know him or his situation.

Hope he finds his way.

BOOM!

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Re: Anyone tried this and succeeded?  
Posted by frank.lee - 22 Aug 2024 22:24

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Hi @imagibor, I love your question, and many of the responses here.

My initial feeling is that you don't realize how easy it is to stop. You tried many paths already, and you're working with your therapist on it, great!

Did you ever read The Battle of the Generation? Did you get a good filter? You will shock yourself when you finally break free, how easy it is. Like the Gemara about the future, seeing the yh, reshaim gemurim will see it was like a thin string.

From such a perspective, it is silly to keep looking at p... pix, and ma.... Just stop fully!

What is your longest streak to stay clean?

When you vaped, if you felt it was bad, dangerous or whatever, why did you not lower the nic level every 2 or 3 weeks? Why wait so many years? Same question here. Don't keep looking at p...

Full respect for you, someone who cares so much!

frank.lee

Ps. Read TBOTG ..

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Re: Anyone tried this and succeeded?  
Posted by imagibbor - 24 Sep 2024 15:55

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I'd like to share an update on where things stand with my new mehalach.

BH I haven't watched porn in 57 days!! I don't think I've ever gone that long with the amount of access that I have.

i thank everyone for their insights and opinions, really really. A bunch of people thought this mehalach wasn't a good idea in the long run. And yes, it's only been a few months. But for the first time in my life, I can honestly say "I don't watch porn". For 10 years, I would watch prom, think that I'd hit rock bottom, and then go through the same thing again after a day or a week or a month. I never was able to break out of the "identity" of "someone who watches porn". Internally, I never got out of that. I always knew I would go back to it one day.

with this new mehalach that I made for myself, I truly **feel** like I'm not a guy who watches porn anymore. I can't say anything for sure, but I really see a reality inside of me that I will never go back into the world of watching porn.

some people were scared that I would take a step back in my self control of watching pictures. I

can say that that's true. I did take a step back with that. But in my moments of weakness, I proved to **myself** that I can still excessive self control. And I convinced myself 100 percent. I am a changed person.

man's while this is not the end of the road, I feel like I have something that works **for me** . Maybe this isn't a good idea for everyone, but for me this worked. I was able to grow with my weaknesses. I was able to break out of something that I thought I would never ever be able to do.

i think we all need to do what works for us individually. Sometimes that may be unconventional. But if we are really seeing true growth and change of perspective, then we should go with it even if people think it won't work in the long run

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