

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

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 chosemyshem - 24 Sep 2024 18:34

[imagibbor wrote on 24 Sep 2024 15:55:](#)

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 porn, 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 exercise 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

Fascinating. Glad to hear it worked for you!

Can you share more about how this worked? Are you still looking at images or is it 57 days free from images? Are you still masturbating with the same frequency or has that gotten better with being porn free?

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Re: Anyone tried this and succeeded?
Posted by odyossefchai - 24 Sep 2024 20:18

[imagibbor wrote on 24 Sep 2024 15:55:](#)

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FIFTY SEVEN DAYS.

Amazing. What an achievement. I'm sure it wasn't easy to go through all those days with all those urges and not fall.

Have you reached out to some of the Malachim here who can help you?

HMM, Eerie, Chaim Oigen are just some of the truly greats of this world.

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Re: Anyone tried this and succeeded?
Posted by imagibbor - 25 Sep 2024 18:03

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Re: Anyone tried this and succeeded?
Posted by youknowwho - 25 Sep 2024 18:29

[imagibbor wrote on 25 Sep 2024 18:03:](#)

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When I joined GYE, watching porn/cam sites was definitely the number one thing I was desperate to stop. And I had sufficiently hit rock bottom emotionally, as well as having seen a clearly dangerous progression. So, I went ahead and stopped porn cold turkey. *Easy Peasy Method* helped a lot, and I really did not feel much of a struggle.

But I still occasionally indulged in inappropriate imagery, albeit non-pornographic.

What happened was, (and again, this is just *me*, lav davka it will happen to you, I sure hope it doesn't!) that while I was clean from porn for almost a year, I slowly slid back.

First, it was images, (less than a k'zayis)

Than, some more images (less than k'day achilas prass)

Than it started with pornographic audio (still nothing visual)

And then, a big crack...my first tiny porn clip. But it mammash wasn't anything, I managed to quickly close it and tell myself, "blech, this is horrible, don't need it or want it. I am not a porn watcher".

Fast forward a few more months to the present. I am no longer a non porn-watcher. It's kind of geshmak, too. I think for me personally, I've learned that the only way forward is to really get serious about guarding my eyes...as much as I hate to say it.

Am I ready for it? A painful question that depends on how miserable I am feeling. Hopefully, with the tools and friendship's I have gained here, I can get there too.

This is, once again, just a personal share, something I have been thinking about recently and wanted to share it with you.

If you manage to use this mehalich to grow with a steady upwards trajectory, that's amazing! And even if, chalilah you don't...there will still be a lot of gains, because you are proving to yourself that you have what it takes to do the right thing.

With hope for you and for all of us, may we merit to achieve our goals and dreams, bs"d!

-YKW

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Re: Anyone tried this and succeeded?
Posted by redfaced - 25 Sep 2024 18:32

[youknowwho wrote on 25 Sep 2024 18:29:](#)

[imagibbor wrote on 25 Sep 2024 18:03:](#)

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Posted by BenHashemBH - 25 Sep 2024 18:37

[imagibbor wrote on 25 Sep 2024 18:03:](#)

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Shalom Brother Gibbor,

I don't want to comment on the specifics of your mehalach. It's your cheshbon. Everyone has things they do/don't even though they should/shouldn't. The fact that you are able to mitigate your exposure to exclude videos is a big step in the right direction. As you said, there is an exercise of self-control there. Your statement "for right now" implies that you plan to continue working on not looking at images either.

You repeatedly mention your identity as something very important to you. While they are part of us, our sins don't define us. Even though you are looking at pornographic images - why do you choose to state that as part of your identity?

Continued hatzlacha

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Re: Anyone tried this and succeeded?
Posted by yitzchokm - 26 Sep 2024 00:57

[redfaced wrote on 25 Sep 2024 18:32:](#)

[youknowwho wrote on 25 Sep 2024 18:29:](#)

[imagibbor wrote on 25 Sep 2024 18:03:](#)

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Reading The Red Face you never had a challenge to post about.

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Re: Anyone tried this and succeeded?
Posted by yitzchokm - 26 Sep 2024 01:05

Do you have a vision of reaching a point of no P&M, or anything else prohibited? Do you have an outline of your next step and when you are going to take it? Also, as long as you are masturbating you are not going to be able to get too far. It is only when you break that threshold that you are going to start experiencing real freedom. Do you have a known series of steps to take until you are willing to work on masturbation? I think that once you start working on M you are going to have to quit everything so it is just that you are delaying the real work which you are going to have to face at some point anyway in order to break free. I am not trying to discourage you from following your plan but I am saying that your plan has to take these steps into account.

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Re: Anyone tried this and succeeded?
Posted by imagibbor - 26 Sep 2024 03:19

Thank you for your insight.

while our mehalchim have similarities, I believe they are very different. Your way was to stop cold turkey, and then you found yourself gradually inching back to where you were before. My way is the opposite in a sense. I am **not** stopping cold turkey; just cutting out 1 step (at a time). I'm going the opposite direction. You kept on inching back. You said by each stage, "just this step and I won't go any further". I am saying "just this step **not**. This stage I will **never** go back to".

and again, as you said (and me as well), we each have to do what works for us. If something didn't work for you, that doesn't mean it won't work for me.

i have in the past done a few things, come to certain realizations and thoughts, where I felt that I was truly done porn for good. But in those situations, I went back to it. This mehalach feels different. It's hard to put into words, but it feels like it really worked (for this small step that I took). I really feel that i won't ever get back to that again- even in my weakest moments.

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Re: Anyone tried this and succeeded?
Posted by youknowwho - 26 Sep 2024 14:03

Hi Reb Gibbor,

I understand the difference you are trying to make.

However, I would like to point out a nekudah that may not have been clear in the original post.

I too felt a very profound identity shift, where I felt "I am not a porn watcher". I also said "**this?** Never again" This held on, not for 60 days, *but almost a year*. With great pride and confidence.

The point is *less* about what the actual identity shift is. For me, the red line was genitalia. But I still indulged in objectifying the female body.

For you, the red line is "moving genitalia", while stationary images are fine.

Wherever one draws the line, the point is this:

As long as I am not guarding my eyes in every sense of the word (to the best of my abilities,) that means I am still objectifying women, and feeding that objectification. It may also mean that I am continuing to perpetuate a cycle of feeding my drug, for that is the very effect that lust has on the mind, it is about misusing the natural proclivity to be attracted to females for the purposes inherent in marriage by using it as a drug to self-medicate uncomfortable feelings.

For me, and again, **I can only speak for myself**, I realized that as long as I am still engaged in objectifying and self-medicating, there can be no real recovery.

I am not bringing this out for the purpose of saying that it has to work the same way for you. I am simply pointing out that there is indeed a very identical approach here, that crash and burned for me. That identity shift that I was very confident and comfortable with for *a very long time* slowly crumbled, because lust was still my drug of choice.

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without fanatic "nerven", of course