

Chizzuk Needed

Posted by simchastorah - 04 Nov 2024 10:39

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Shalom to all the courageous members of GYE, who deal with this nisayon that so many struggle with, bravely admitting to their issues and doing everything that they can to overcome it. I had a different thread in the past, but have not been active on it for a long time. I have been struggling recently and what I have tried has not helped. I have a filter, accountability with HHM, and have delved deeply into my inner life to try and understand the roots of my struggle. I daven passionately to Hashem in every way I know how to help me, but alas I find myself falling again and again.

My hisbonenus for today is to be mischazek in the emuna that Hashem has infinite koach and He can overcome my yetzer no problem. And ??? ?????? ????????. And that any voice in my head that tells me I'm bound to fail, ????? ??? ??????. As some explain the the ??? ????? is this thought itself, that I don't have the power to overcome the yetzer.

Yesterday I fell three times and by the end of the day I felt like I was living in hell. I finished a productive and meaningful morning seder and walked home davening to Hashem to help me not to fall. By the time I got home I felt that I had the chizzuk I needed to not fall. Even with being mchuzak I fell and wasted much precious time throughout the day trying to find cracks in my filter to squeeze out whatever filthy content I could.

But ????? ??????? and I am absolutely committed to not being ??????.

I am committing bli neder to posting here every day until I have 30 days clean from porn and masturbation.

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Re: Chizzuk Needed

Posted by kavey - 07 Nov 2024 16:04

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I've struggled with that as well, but I've found that emotionally I'm able to make a chiluk.

For a phone that's in my pocket and I'm constantly looking at then I need super gedarim not too fall and therefore it's TAG'd up the wazoo.

For my wife's unfiltered phone, if I make a firm commitment never to use it (or a kabalah bli neder) or never to use it not in her presence I actually have found that to generally be strong enough.

Your case is a bit different but might be worth a try.

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Re: Chizzuk Needed

Posted by simchastorah - 07 Nov 2024 19:57

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The way that you log in to my filter is with basically a username and a phone number. They then send a code to the phone number which you use to log in. The number used to be my own but I learnt the hard way that that was not a good idea, so I switched it to my wife. She almost always has her phone on her but every once in a while she leaves it lying around somewhere.

Making a kabala not to use it when not in her presence sounds like a good idea thank you.

BH the nisayon passed without incident.

We just went on a date. The place was brimming with beautiful, well dressed girls and it was very hard not to look, but I think I looked away more times than I looked

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Re: Chizzuk Needed

Posted by simchastorah - 08 Nov 2024 07:40

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Today is day 5. I feel somewhat of an urge to try and access p\*\*\*. I know there's literature about

the dopamine release caused by viewing p\*\*\* etc, I'm sure most people here are familiar with it. There's a powerful element of escapism. Additionally there's a false experience of love and connection which you feel like you're having from the chitzonius of the experience.

For me I think that these things are both true but there's another element also, though related to the love element. There's a (false) sense of shleimus that comes about through the (false) sense of connectedness. Ultimately the only shleimus is to be davek in Hashem. And deep inside we want to be davek in Hashem and to be reabsorbed so to speak in the source of all existence. And we are so hungry and desperate to be our true selves, subsumed within Hashem. And the chitzonius of that experience is the harmony of existence. We look for harmony in other places trying to grasp out for the true harmony, but the only harmony which will ever truly scratch the itch is the true harmony of existence with Hashem.

But the greatest false harmony is ?????? of ??????. K'ilu the whole world is ?????? together in a form which superficially does reflect the nature of the harmony we are searching for. Though in the context of p\*\*\* obviously even the ????????? is all wrong.

For me there is an element in p\*\*\* that the more ???? it is the more satisfaction I (temporarily) get. I think this might be an expression of the above, that seeing an ??? be ?????? herself completely is ???? to be deep down on an utter bitul of the world to what's ??????.

To be clear this is one big terrible trick of the ???, but I think that this is at least in part the ???? of the trick. Hashem help me to realize that what I really want is true ??????. And to come from the ??? ?????? of the ??? ??? to the ?????? of the ??? ???

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Re: Chizzuk Needed

Posted by simchastorah - 09 Nov 2024 16:41

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Shavua tov. Today is day 6. Feeling a bit tense after shabbos. Need to stay clear and calm to not get sucked into hell.

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Re: Chizzuk Needed

Posted by simchastorah - 09 Nov 2024 17:08

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Sometimes I feel like no one likes me. Like I'm just intrinsically unlikeable. Intellectually I know this is not true and that many people do like me, though of course not everyone. But sometimes this is just how I feel. The feeling comes whenever I feel some rejection, even if it's very slight. Or if someone does not relate to me with the warmth that they usually do, which happened over Shabbos. Then I feel like, "oh there it is, they realize the truth now. they realize that I'm really a worthless problematic individual." And this feeling is so painful and makes me feel so isolated. This is one of the main feelings that I turn to p\* and m\* to escape from.

I think an element of the fantasy of porn is the fantasy of utter adoration and acceptance. The women in porn basically worship the penis. I think for me the penis somewhat represents an unlovable part of myself. I don't think anyone thinks a penis is a pretty thing. It's a part of the body which is grotesque, and which we are embarrassed of. And to be embarrassed is the healthy state of affairs, I don't mean anything over the top, just basic ????????. And the fantasy of a woman worshipping this part of me is a fantasy of having someone say not only do I accept your flaws, I adore them and find them to be pleasing. Your flaws is what brings me a sense of fulfillment.

Sorry for being graphic

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Re: Chizzuk Needed

Posted by rebakiva - 09 Nov 2024 23:38

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Thank you so much for this post.

By nature I'm the exact same as you described in your last post, and I also struggled immensely with fantasies exactly the way you described above.

Your post was a real wake up call for me, as I was beginning to forget the pain those fantasies and caused me in my first 3 weeks of this journey, the feeling of just wanting deliberately to give up the fight and just go back to the {false} exciting shmutz.

But BH with hashem's siyata dishmaiya and having live human beings {not just some online characters or robots} who to talk to at all times, people who went through the very same struggle, people who really give a listening ear, and really understand you, I was able to stand strong and get to where I currently am, needing to get reminders of how those feelings felt.

Brother I'm with you feel free to reach out, and keep strong, you'll get past it very fast, there is very strong light at the end of the tunnel, which is not that far away.

Keep it up and keep us posted.

With love Akiva

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Re: Chizzuk Needed

Posted by simchastorah - 10 Nov 2024 06:12

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Thanks I'm glad people relate to the post, it was pretty vulnerable and I hoped it was relatable.

At this point I no longer believe there is a light at the end of the tunnel, other than the light ????? ?????? ?????? ???. The last time I was on GYE and had a nice long streak, I was waiting and waiting for the light at the end of the tunnel. The promised ?????? ????? that never came. I am sure that for many it does come, as people wouldn't be saying it otherwise. But for me after 6 months there was still no light at the end of the tunnel.

In fact, the biggest light was in the first few days, when the struggle was just getting started. I feel that my ??? now needs to be with a main focus on ??? ??? in other areas, geshmak in learning, geshmak in davening, geshmak in doing mitzvot. And to recognize that the same ?? that's making me connected to Hashem and experiencing the world on a higher level would "?" be flushed down the toilet and leave me shrouded in darkness if I were to listen to the enemy within. Like it says ?? ??? ????? ??????, this is your power, invest it wisely!

I feel quite a bit of desire this morning. A sense of restlessness, a power that wants to be ?????

?? ??????. Hashem help me to use this restless power to cry out in tfilla ?????? ?????? ??????, and then to open of the ???? and beg you ?? ????? ???? ???? ?????? ?????? ??????.

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Re: Chizzuk Needed

Posted by simchastorah - 10 Nov 2024 06:16

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Day 7

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Re: Chizzuk Needed

Posted by rebakiva - 10 Nov 2024 06:38

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[simchastorah wrote on 10 Nov 2024 06:12:](#)

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I'm assuming there were tears flowing down your face when you wrote this, and if you're just a MAN who knows how not to cry, I ain't like that, I try to be a man but not always can I control

With love and teary eyes Akiva

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Re: Chizzuk Needed

Posted by simchastorah - 10 Nov 2024 06:49

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No tears here. I don't find what I said to be a sad thing at all, it is what it is. I'm just not searching for a great light at the end, I'm searching for light right not.

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Re: Chizzuk Needed

Posted by simchastorah - 10 Nov 2024 13:07

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Feeling tempted to relieve stress with p\*. What does the oilam think? Good idea?

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Re: Chizzuk Needed

Posted by frank.lee - 10 Nov 2024 13:35

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Can you go out and go on a brisk walk for an hour?

Why would it be a good idea to go watch inappropriate content??

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Re: Chizzuk Needed

Posted by simchastorah - 10 Nov 2024 13:43

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i really need to work right now. common 'cause' for falls. i'm working at the computer, work is stressing me out, i look to acting out for relief. of course it wouldn't be a good idea. but i feel so heated up and the voice inside is telling me to do it. i'm not planning on doing it, Hashem help me hold tight

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Re: Chizzuk Needed

Posted by iwantlife - 10 Nov 2024 15:00

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Hey simchastorah. If you find yourself unable to leave your computer, I highly recommend clicking the SOS button on the top of the GYE website. There are many great tools there to help you get through an urge and lower your stress levels.

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