

I want to cry

Posted by sytv2002 - 06 Dec 2024 04:44

I just fell. Again. I have found porn on what everyone thinks is a basic app that everybody has. TWO OF THEM. I feel like it's everywhere. I'm in so much pain right now. How am I supposed to block this stuff out of my life. I am seriously dating - like dropped the shadchan because that's what is serious in the yeshivish world - a really great girl who I can see myself potentially marrying. How could I have just done this to her. She doesn't know. She probably won't know. But she deserves someone better than what I just did. I know I'm being hard on myself but I'm honestly so sad and feel so hopeless. I just don't believe that it's possible to be fully clean. How. I feel like the only way to go is to get rid of my phone. But I'm not at that level. I can't do that. Filters won't work there's always another way. The guilt is insane. I'm just here to help and honestly BEG for something. Something that'll give me just a bit of hope. Something that will take away a bit of that guilt from what I just did. Hashem might understand. He loves me and is compassionate. So between us maybe I'm not so bad. But for this girl, this bas yisroel, she doesn't deserve this. How can I keep doing this. And yet I still do. Over and over and over. I'm open to whatever help and guidance I can get. To those of you here that have succeeded, please daven for me. Your winning fight has you on levels higher than I can imagine and I just know Hashem won't ignore those tefilos. I would give my name I just can't. Please just daven for me.

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Re: I want to cry

Posted by Muttel - 29 Dec 2024 10:47

Hi sytv2020,

Just checking in. How are you doing? are you still dating that girl? Has life improved in any way? have you connected with anyone here?

We care about you and want to see you succeed!

Muttel

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Re: I want to cry

Posted by livingagain - 29 Dec 2024 12:21

[syty2002 wrote on 06 Dec 2024 04:44:](#)

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Your. Experience is normal and par for the course. This is a long battle and there will be falls along the way. Feel free to reach out

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Re: I want to cry

Posted by syty2002 - 10 Mar 2025 04:37

Wow. Hey friends. It's been a while. First off I want to thank all of you who have reached out and left encouraging messages and I also want to apologize for not responding. I just don't have the motivation to be checking in consistently. But there's motivation now so I'll use it. So to catch you all up...

I wish I could give you all better news, but the truth is I'm still struggling. Truth is I don't feel as guilty as the past falls; I've truly embraced that this is a part of me and all Hashem wants from me is to struggle and fight. So I will continue to struggle and fight. As for the past 3 months... it's been hard. Real hard. This girl and I broke up. That took a real toll on me. I put everything into that relationship and long story short Hashem decided it wasn't meant to be. As for my fight

with pornography, I can't say it's much better. My laptop (which I got years ago for college and since completed) has really only been in use for porn and YouTube. My therapy sessions have been primarily focused on this fight, so I definitely have not given up. As for those 2 apps. I deleted one app but the other is still such a struggle because I use it so much throughout the day (I don't want to say what it is in case C"V someone else falls on it) Lets fast forward to this past week. I had a big fall on my laptop a week ago. I felt so bad that I made the decision to snap my laptop in half. I'm done with it. Come the next day I sit down to get a password off of it(my GYE password so I could use the app) and of course the YH wins and I don't break my laptop. I fall a few more times that week without my laptop and then comes tonight. Side note- 3 days ago I decided to restart my "hours" program, which is similar to ODAAT. This version pretty much means that after each fall I add a few hours of time where I control myself between falls. So first round after a fall I waited 24 hours, then after the next fall bumped up to 36 hours, then 42,46.... My first time trying this I got to 74 hours and then it was too much where I ended up falling within 24 hours 3 straight times and then gave up. So now is round 2. Except tonight. Just a few hours ago. Within 24 hours. It started on the app and then moved to the laptop. I indulged for 2+ hours. And I promise you I did not enjoy it. I felt like a zombie. Like I NEEDED it but didn't actually want it. After the fall I got my motivation back and did what I should've done a week ago. I snapped my laptop in half. But it wouldn't actually break lol. So I took a screwdriver (couldn't find a hammer) and destroyed the screen. I did this right outside my house and then left it in the garbage can for tomorrow's 6am pickup. It's done. My laptop will no longer cause me harm.

Now I have conflicting feelings. Like who cares that I did that. I just watched porn and masturbated for 2 hours. You think you're a good person? Sure buddy. I hate that I feel terrible for the bad thing I did tonight, and that I can't feel good about the good thing I did tonight. Like I don't feel like breaking my laptop means anything. I don't know. Talk about breaking free lol. For those of you still reading, thank you. I would love your input. And now that I have the app, I'll hopefully stick around a little more. Please keep davening for me??

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Re: I want to cry

Posted by sytv2002 - 10 Mar 2025 04:41

Hi. Thank you for caring. I'm so sorry I have not responded. The answers to your questions are no, I am not still dating her, we broke up 2 months ago, and yes, it still hurts. Life itself outside of girls has been amazing Hashem is so good to me. I have not really connected to people here because I lack the motivation, but I have a feeling I'll be around now a little more... I would love if you'd read my recent post. I replied to myself with an update. Let's be in touch!

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Re: I want to cry

Posted by sytv2002 - 10 Mar 2025 04:46

Thank you. From the bottom of my heart. I'm crying again. From hope or from despair I'm not really sure. I wish that I believed you fully. I want to. I just can't understand the possibility of it. I have not found my bashert yet. I haven't even been out since the one I wrote about. The process hurts. It all hurts. But Hashem has a plan that much I know. I wish I could email you I just would be more comfortable staying anonymous. Thank you and please be in touch

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Posted by sytv2002 - 10 Mar 2025 04:51

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Re: I want to cry

Posted by eerie - 10 Mar 2025 05:42

Here's a really tight hug. I'm crying with you

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Re: I want to cry

Posted by Muttel - 10 Mar 2025 08:34

I read your post and boy was it a gut punch... so much pain, difficulty.....

We're here for you, brother.....

Muttel

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