

Help me please brother!

Posted by wannachange - 28 Mar 2025 03:05

Hi all! Feeling down now....I was up for a long time going strong...fell recently again and again....help me please! Could use some chizuk. SSA fantasies drive me nuts, I dont even have a smartphone or an unfiltered computer but still manage to fall....ugh feeling horrible now. Sorry not sure where the right place to start posting is but I guess here is a good place to start. Married with kids BH. Succesful job, making money. Learning solid. I managed a very long streak for a while but now my mindset sort of shifted that whatever this is the way I am get over it. I want OUT and never to return to this nutty SSA craze. Help me please. Could use some chizuk. Going to start recounting, Tomorrow is a new day, Day 1 BeH!

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Re: Help me please brother!

Posted by time2win - 06 Apr 2025 11:06

Question- I have this nervousness that Im going to fall eventually its only a matter of time....wanna break free from that mindset. Any ideas? Thanks

?Statistically, you probably will have some setbacks in recovery. That's not the end of the world, because If you fall, you can always get back up, right? Not saying you should give yourself a green light to act out on occasion, just trying to understand what's unsettling you. Could you elaborate on the nervousness?

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Re: Help me please brother!

Posted by simchastorah - 06 Apr 2025 12:33

[wannachange wrote on 06 Apr 2025 10:40:](#)

Day 11 BH! Aiming for 15 BeH

Some slight wandering over shabbos but besides for that going strong BH

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Climing high.....up the tallest mountain...seems to keep growing...

trying not to look down...

and who doesnt look down while climbing?

I completely relate to this.

There are a couple of things that help me with it.

1) ODAAT. One day at a time. To me this means recognizing that I don't have to fight tomorrow's battle right now. I don't even need to deal with the challenge I may face 5 minutes from now until it comes. (I don't mean preparation. Preparation is a good idea. I mean feeling like I need to face, right now, whatever challenge may ever come up.) The challenge of this moment is just for this moment. And that's much more manageable.

2) Not getting bogged down by that thought. And this has two parts to it:

a) recognizing that the thought that "I can't keep this up forever" etc is not what "I" think. Though you may actually think that, inasmuch as you recognize that the thought is not helping and is only harming you can also recognize that you are not having the thought because of a choice to have the thought. There is some subconscious process which is birthing this thought. To recognize that the thought is just "happening" gives you the opportunity to deal with it effectively, which leads to the second point:

b) It may be tempting to try and "fight the thought". By doing something like yelling at it internally "stop telling me I'll fail eventually!" or "it's not true! it's not true!". In my experience this does not help. It only causes a greater preoccupation with the thought. Instead I find it helpful to just shift my focus to something else, after establishing a recognition that the thought is not true and is

coming from my subconscious.

So in summary 1) cultivating an awareness that you don't really need to worry about later, just about now 2) recognizing that the thought does not represent reality and is coming from somewhere beyond your direct control, 3) having recognized that shifting focus to something else

Hope this helps you!

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Re: Help me please brother!

Posted by Muttel - 06 Apr 2025 13:41

:point_up2:This is great stuff.

I'd just add something that sounds counter intuitive, but has worked for many.

Accept the fact that you've fallen, accept the fact that you may fall again.... and it's ok that that possibility exists. I'm not condoning falling. I am merely stating an obvious fact. I believe that if this is digested properly, it can take the pressure off staying clean.

I use his mentality and I feel it helps in keeping the damned beast at bay.

KOMT!!!!

Muttel

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Re: Help me please brother!

Posted by BenHashemBH - 06 Apr 2025 14:33

[wannachange wrote on 06 Apr 2025 10:40:](#)

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Awesome work on the 11 days Brother!

Some great advice already given by Reb ST and Reb Muttel.

When you look down, you can see a long way to fall - it's also a long way you've come. Anyone at the "bottom" looking up at that speck in the sky is thinking WHOAH!!! How'd that guy climb so high? I could never to that. (The answer: he decided he is someone who wannachange).

You are a climber. Successes and potential mistakes transpire and you are still a climber. Will there be a future slip? Maybe, maybe not, but it doesn't matter so much if your identity is not the place you stand but rather the person you are. Where I stand may change from one moment to the next, while who I am is not so easily lost.

Kol Tov

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Re: Help me please brother!

Posted by wannachange - 07 Apr 2025 02:59

"time2win" Could you elaborate on the nervousness?

nervousness that its going to happen anyway so why bother.....You think youre making yourself stronger....My YH will flex his muscles and show me whos boss....when Im tired and exhausted (cmon its erev pesach, jobbing, cleaning and watching kids in one day!)....just wanna chill with an easy outlet....

?BH not heading there thats not who I am

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Re: Help me please brother!

Posted by wannachange - 07 Apr 2025 03:10

[BenHashemBH wrote on 06 Apr 2025 14:33:](#)

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Kol Tov

Thanks all for the pump! Definitely the mindset change is a big factor...Like you said its not my identity. Who I am is not where I may slip and fall at some point. I am me. A good healthy person who had to go through circumstances beyond my control (like many others) which created years and years of unhealthy routines. And the process to break out of that Will take longer then a day, a month, or even a year. But even if I fall, that not the real me. OK will try saying this 10X fast every 5 minutes.

Thanks chevra! Heading for 15 BeH

Take off the mask...

dont be scared to see whats underneath....

A Brilliant light shining forth...

which even if covered cannot be fully hidden

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Re: Help me please brother!

Posted by chancyhk - 07 Apr 2025 20:50

Rabbi WannaChange

I am seeing this forum for the first time.

Welcome to GYE, you made the right choice. You will remember this decision for the rest of your long life.

Yes, we all go thru the same initial doubts and fears, we are used to living a certain way and we are breaking it. Of course it wont be easy. But it gets easier the longer it goes.

Yes, I concur with HHM that SSA is a much bigger issue today. I talk to new guys here every day that have SSA.

But, the bottom line is that its just another form of the addiction. Everyone has a different mind and lusts after something else. But its beatable like anything else.

Stick around, read posts, go thru the F2F program and learn some tools. Its invaluable.

Good luck.

P.S. you can reach out to me via email if you wanna talk more.

chancygye@outlook.com

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Re: Help me please brother!

Posted by wannachange - 08 Apr 2025 10:43

Thanks holy brothers for the chizzuk!

Day 13 BH!!!

Im not nervous Im not nervous Im not nervous.....its not me anymore....Im not going to fall today or even have fantasy thoughts....even though Im tired and exhausted like anything....it wont trigger me....because thats not who I am.....PLEASE HASHSEM LET ME GET THROUGH THE DAY WITH FLYING COLORS!!!!!!

Scrub the floors, clean the dishes....

and dont forget to feed the fishes....

kids off from school whos idea was this....

they will surely help me with my pesach list.

Dont forget my job didnt freeze,

to take a day off now is a tease.

Barber, new tie, sell the chometz....

Im starting to have some fits!

Eyes are closing on their own....

please relate I know I cant be on my own!

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Re: Help me please brother!

Posted by wannachange - 15 Apr 2025 04:33

Hey Oilam! I feel like a barrel of matza rolling around!

BH tomorrow is 20! Celebrate!

But.....

First days was challenging....and my emotions are running wild.

Im so embarrassed...basically there was a guy around where I was staying for yom tov...and just seeing him made me have thoughts....

Its hard and rough for me to admit it but I was getting triggered from just seeing him again...and again...and again...

Im so ASHAMED, why cant I just be normal?!?!? Why am I getting triggered from seeing a guy?

Signing off,

Wanna change (currently ashamed and lonely)

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Re: Help me please brother!

Posted by amevakesh - 15 Apr 2025 15:36

Just seeing this thread for the first time. Embarrassed!? Ashamed!? Of what? Of urges that you haven't acted upon? I've got the greatest respect and admiration for guys like you, who because of circumstances beyond their control, are dealing with a ???? that was thrust on them. You didn't want it, you didn't ask for it, yet you're doing an unbelievable job fighting a battle of temptation, most people wouldn't be able to withstand. As Chancy correctly pointed out, this is just another form of lust, and like the rest of them, it can be overcome. But, although there is no barometer for measuring lust, there's something that makes fighting this particular type of lust exceedingly difficult. Our society separates men from women, and for the most part, it's technically possible to keep away from girls and women. With SSA it's so much harder, You have to go to Shul, we need to interact with each other, and to work on not lusting while being surrounded by the people you lust after, has got to be one of the most difficult ?????? I can think of. I can't imagine fighting this battle while being asked to sit in the ???? ???? , surrounded by women decked out in their Yom Tov finery, it would be way too much for me to handle. The fact that you're fighting this successfully earns you my unadulterated admiration. Please don't beat yourself up over something that isn't your fault. Even if it wouldn't have been thrust on to you, there's nothing to be ashamed of. As has been said many times on these forums, Hashem gave you those urges, He wants to see how you're gonna respond. Why He chose you for this particular challenge, is something we can't know while we're in this world. But if He chose you, He obviously believes that you have what it takes to overcome it! Think of it as an opportunity, to do something most of us wouldn't be able to. You're a hero!!! Hatzlacha on continuing this incredible fight!

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Re: Help me please brother!

Posted by wannachange - 15 Apr 2025 18:08

Thanks for the chizuk! You're right, this is where Hashem put me. With these temptations He knows why I have them, it wasn't by choice. He also put these temptations in front of me over y't. It's not for me to understand, it's not for me to ask why. Just to keep plugging. I'm not a loy yitzlach. I'm not a crazy person. I'm normal, not dangerous. I'm healthy. I'm a good person. I'm great because of my accomplishments. I'm loved and cared for by people who truly matter. I'm someone who can be looked up to and respected.

But.....

I still get down. Sometimes it just seems like I'm doing great, but then boom! Someone in shul,

someone in the street....and its not like I can just stay in a room not going out to people all day. I dont feel like this on a regular day BH, But now Im being triggered because of consistently being around someone that pulled me over first days. He doesnt even know. Why would he. I need to remind myself. This is NOT MY FAULT. Not only that but Hashem is prod of me for not taking this temptation to where it used to take me....

But Im nervous and getting anxious that it will take me and drag me back down that lonely road as times moves along. If Im starting to slip now its going to keep snowballing. Slowly at first but eventually it will pick up speed until it rears its ugly head and causes me to fall

HELP ME. How do I get back to where I was before I got triggered? Im still at a stage where the taivah isnt too big, how do I move backwards to feeling at peace, not anxious???

This is similar to what was spoken about earlier on this thread, Gotta look up at where I got to until now. KNow my mindset is different. But know Im in the moment, need to calm down....setting a goal for myself, Today BH is 20. Aiming for 25 days, by the end of second days yt BeH.

Keep moving dont stop.

Dont look left or right.

It may come right in front of me at times

make me wobble, maybe flop.

The trick to staying straight on the tightrope when a wind comes and makes me shake...

Is to stay focused on my goal....hear the Conductor saying Im proud of you My son, I know you can do it,

Thats why I CHOSE YOU!

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Re: Help me please brother!

Posted by wannachange - 18 Apr 2025 00:16

BH today is 22!

The itch that was snowballing melted after a talk to with HHM. He should be gebentched!

Still have an itch....

I get triggered when I need to relax. Whether its after a long day or feeling stressed. My old go to for p&m was an outlet that relaxed me. Obviously with all the other garbage it came along with....

So now that Im trying to avoid that BeH... any ideas of how to relax? Dont want to surf the web. Love to exercise but no way Im getting off the couch right now. Like to read also but ive been doing that a lot already recently...

Would appreciate ideas and chizzuk from the oilam, thanx

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Re: Help me please brother!

Posted by wannachange - 21 Apr 2025 04:21

Fell thursday. And Friday. Feeling like an idiot. Dont feel any will or desire to do better. Scared of being punished if I give in to my desires. Huge desire to just throw in towel and fall all the way down, revisit sites... giving in for now. Hopefully will get up BeH before it goes too far

Totty I know You love me,

and as Your child how dare I disobey,

But

Im stumbling, falling, tripping.

I dont even want to get up.

Do I?

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Re: Help me please brother!

Posted by sytv2002 - 21 Apr 2025 05:21

Please please please please please GET BACK UP. I've been reading your thread and let me tell you... I fell 20 minutes ago. I feel like GARBAGE. But reading your thread... the extra struggles that you face daily and consistently. YOU WENT 20+ DAYS CLEAN!! CAN I HAVE A

BRACHA FOR MY SHIDDUCH PLEASE!! TZADDIK!!! I can't even begin to describe what it would mean to me to get to 20. I can't even get to 5 (So close tho!!). If not for yourself, please do it for those of us who are inspired by your incredible strength. I for one, can really use the motivation.

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