

You're About to Save My Life

Posted by hollyari - 28 Jul 2025 02:20

Hi Friends,

I'm new here. Please guide me further.

This is my first post, and I want to be real with you. No filters. No fluff. Just truth.

I've been struggling silently for over 10 years.

Yes — a full decade.

Ten years of falling, trying, failing, trying again, and slowly losing hope.

Over that time, I've tried almost everything — professional therapy, accountability methods, filters, tefillos, tears — you name it. But most of the time, I didn't even realize how **deeply buried** I was in this.

I do remember the good times, though they were rare.

In all those years, I've only had three stretches where I hit 40 days clean — and only once where I made it past 50. That's it. The rest was ups and downs. Mostly downs.

I kept this part of my life completely hidden.

To the outside world, everything looked perfect. I learned in strong yeshivos, got married with a great shidduch at the right time, had children on time, and today I'm BH very successful in business. On the outside, I'm winning.

But **inside**, I've been losing a painful, private battle that no one ever saw.

My most recent attempt to get help was less than a year ago.

I hired a certified addiction therapist (CASAC), spent thousands of dollars, and gave it another try. But again — no success. I finished the sessions with nothing to show for it.

I hit a low. Not just spiritually — I gave up emotionally.

I stopped fighting.

I stopped caring.

I acted out without resistance. Without guilt. Like there was no tomorrow.

And then — here's where the story flips.

Just last week, during a weak moment, after acting out twice in one day and still feeling the urge, I was browsing the internet — I'd rather not say what I was looking for — and I **accidentally** stumbled across GYE.

I didn't even know something like this existed.

The first thing that gripped me was the **clean streak tracker**.

And right away, I was hit with a memory — one of the best times I ever had on this journey. Back then, I created my own game out of staying clean. A full scoreboard. Bonuses for weekends. Double points for hard days.

When I reached milestones, I actually rewarded myself with **real silver bars**.

That system worked. It was fun. It gave me motivation and a sense of ownership. That was one of the only three times I passed 40 clean days.

And suddenly — right here on this site — I saw something just like it.

And I felt something I hadn't felt in a very long time: **HOPE**.

So I signed up.

That very night — though the urges were still strong — I went to bed... and I didn't fall.

Just signing up gave me strength.

The feeling of joining something bigger. Something real.

The weekend passed. And now, Baruch Hashem — I'm **five days clean**.

That may not sound like much to some people, but to me? It's massive.

I haven't had a clean five days in a long, long time.

And now... I feel hope again.

GYE feels different. It's not just tools. It's not just therapy. It's a **community**.

Real people — like me, like you — who understand the pain. Who've been there. Who want to help each other out of this darkness.

I already started donating small amounts. IY"YH, I plan to become a real sponsor of this holy work.

But more than money — **I'm ready to give my heart**.

I'm ready to fight.

But I can't do it alone.

I need you. I need this chevra. I need your warmth, your acceptance, your accountability.

All of you — together — can help carry me to 60, and eventually 90 clean days, starting from five days ago.

My only hope is your support.

I'm done hiding in shadows.

I want to be part of the world of **kedusha**.

Please, welcome me in.

I'm here.

And I really, truly, **need your support**.

Please, please, please help me.

I'm new here.

I'm here now.

And with Hashem's help — and yours — **I'm here to stay**.

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Re: You're About to Save My Life

Posted by kavey - 27 Aug 2025 15:20

We tell a Nazir to go away from vineyards...how far? Far enough so it's not a michshol. But if the Nazir is up all night dreaming about wine and hanging out with wine drinkers it's going to be hard. If the Nazir fills their time up with good friendships and enriching activities the occasional desire for that red Cab will flare up and then go away...now is the time to try to understand yourself and what makes you fall. The feeling of gravity doesn't come from nowhere. If you were stuck in Amish country it would go away very quickly. Food for thought.

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Re: You're About to Save My Life

Posted by mggsbms - 27 Aug 2025 15:40

I'll tell you what I told myself yesterday after a particularly hard day, and some slip ups, the energy and the motivation will likely falter given our history, what we can do different is widen the radius, so when we falter and slip, its only a slip, not a fall, until sanity kicks in. Another point, we have to learn how to dust off from smaller slip ups, and not get pulled in to the all or nothing mindset, which is self destructive, success doesn't have to be linear, it can have bumps, the pitfall is when we don't know how to travel thru bumps.

All of the above is for the scenario where the motivation starts waning, however as long as your riding strong - and you are - just KOT.

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Re: You're About to Save My Life

Posted by hashemisonmyside - 27 Aug 2025 16:02

If i would be you, i wouldn't put much focus on 5 10 days ahead, just focus on that day and then

of course look back. like R' Usher Reich said in 1 of the V'yimoyin video's from the Tiferes Shlomo about R' Tzudek that when he fasted daily that the Beis Hamikdush shouldn't get destroyed he didn't fast the 40 yrs only fasted every day for that day which is a very strong tip for us when counting, count every day for that day not looking forward that you're pushing for another 30 or 90 days because it like look so far fetch, just a thought

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Re: You're About to Save My Life
Posted by puremind - 27 Aug 2025 17:53

If you don't reach 40 that I won't be messaging you!

wink wink:smirk:

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Re: You're About to Save My Life
Posted by yitzchokm - 27 Aug 2025 19:12

One of the main things is not to become complacent. Remember that the Yetzer Hora doesn't sleep so keep on doing whatever is working for you. Also, once you are clean for a while you should be able to pick up when something goes wrong earlier on. If you feel a slightly greater sexual pull than usual it might mean that you have to put something in place so you don't slip like doing an exercise in the toolbox. If you have been using the mindfulness exercises, they can be done way before there is a full-fledged urge. Other than that just KOMT.

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Re: You're About to Save My Life
Posted by BenHashemBH - 28 Aug 2025 12:51

[hollyari wrote on 27 Aug 2025 14:51:](#)

Can anyone share what usually comes next?

Thought you might appreciate this post from Reb CO. Adding a link because his thread is saturated with gems of truth - very worthwhile to spend some time with.

<https://guardyoureyes.com/forum/19-Introduce-Yourself/395737-Thought-I-wouldnt-need-to-ask-for-help?limit=15&start=330#435913>

[chaimoigen wrote on 15 May 2025 03:08:](#)

I just realized that 730 days is 365×2 . That's two years clean, a very big milestone, BH.

BH.

Life isn't a bed of roses. In fact I have been dealing with a number of major Nisyonos that have taken place and continue to take place, and I struggle with them internally as well as outwardly.

However, the internal joy that I have inside from the sense of Tahara that I've developed from being clean has changed my life, and given me strength and clarity and a wellspring of Koach that I would not otherwise have.

Because being clean is not just about stopping to feel sick about what was wrong. It's about how so, so, much in my internal spiritual and emotional life is better from this place that I'm now in, BH. Everything looks different from here.

I've written about it in a lot of different ways in this thread and others.

I don't think life ever stops being filled with challenges. That's why we are here. But the rewards of being clean - long term - are abundant.

Im thankful to be here, thankful for this special gift, and thankful to all of you.

If you're hanging on at the beginning of your journey and wondering if the long-term gain is worth it. If you're not feeling how 30,40, or even 90 days makes a difference in the ongoing battlefield of life, I take this moment to tell you, friend, that from this man's perspective it's

worth hanging on. You owe it to yourself to see what you can be. The difference comes with time, and it's worth it.

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Re: You're About to Save My Life

Posted by yosefthetradik - 05 Sep 2025 17:28

[hollyari wrote on 27 Aug 2025 14:51:](#)

Friends, I'm at Day 35... just 5 days away from hitting 40.

Can anyone share what usually comes next?

In the past 10 years, I've only reached 40 days *three times*. I'm bracing myself for these next 5 days—they feel like they might be brutal. But *B'siyata D'Shmaya – Naaseh V'natzliach!*

What I'm wondering is: what happens after 40? Is there some kind of *lightness* or *simcha* that opens up? In my past experiences, whenever I built up a long clean streak, the eventual fall felt like gravity pulling me down—and even deeper than where I first started.

Does anyone have advice or ideas on how to avoid that pitfall this time, and how to keep building forward after 40?

Hey you! You haven't posted in 10 days!

I assume you are busy. Busy is good. The best military equipment to bring along in this war is being busy. It's the equivalent of fighting a School of Tigers with a M1 A2 SEP v3 Abrams.

Warning: Spoiler!

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Re: You're About to Save My Life

Posted by hollyari - 08 Sep 2025 16:30

Thanks so much for checking in with me, Yosef – it truly means the world!

So yeah... I'm at day 47!! It still feels a bit foggy, hard to believe it's really me here, actually living it. My longest streak since my Bar Mitzva was 50 days, so I'm right on the edge of breaking that magic number... and I can feel it!

YEEESSS!!! Just thinking about how I'll feel when I pass it gives me so much energy. With the High Holidays coming up, I'm walking in with so much more confidence and clarity than ever before. Feeling proud, focused, and ready to keep going!

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Re: You're About to Save My Life

Posted by hollyari - 09 Sep 2025 19:17

Sick and tired...

I'm overwhelmed at work. It's still only 3 PM, but it already feels like the end of a long, stressful day.

I tried taking a walk, but my feet felt so heavy. Video games are already blocked — and I'm done with them for good. (Friends, please hold me accountable on this. No more unblocking/reblocking — that cycle is a killer.)

I'm just looking for another way to breathe out. My mind is throwing dark, heavy thoughts at me, but I know it would be crazy to throw away a 48-day streak just for a few hours of pressure and headaches.

So instead, I'm writing here to you, my friends.

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Re: You're About to Save My Life

Posted by yitzchokm - 09 Sep 2025 23:51

Maybe something here can help you.

<https://guardyoureyes.com/forum/19-Introduce-Yourself/399000-My-long->

[journey?limit=15&start=45#422020](#)

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Re: You're About to Save My Life

Posted by yosefthet zadik - 10 Sep 2025 07:23

There was a big Gadol in the middle east a few hundred years ago that used to wear a ring with the following ?????? engraved into it.

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Everyone thought that its Kabbalistic ??? that work magic or some spooky Segulah or a mystical ???.

On his deathbed, his deciples asked him, "Our dear Rabbi, teach us the secret of your mystical ring, what does it mean?!"

He replied, "My dear talmidim, it is not Shaimos hakdoshim or mystical stuff, It stands for ?? ?? ????? - "This too shall pass!," and that's the secret to a long and happy life!

Holy Ari! Stay strong!! THIS TOO SHALL PASS!!!!

Warning: Spoiler!

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Re: You're About to Save My Life
Posted by kavey - 10 Sep 2025 10:49

I know this is after the fact... but what about taking a nap in a conference room? Rooting for you!

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Re: You're About to Save My Life
Posted by hollyari - 10 Sep 2025 14:27

Good morning, guys, and thank you all!!

YitzchokM – I actually saw this post a while back, printed out some paragraphs, and keep them with me. Always ready.

Yosef – you're always straight to the point. Somehow what you say just works... like you really get me.

And Kavey – a nap in the conference room? Alright, maybe at the age of 65.. Just kidding around, I really do appreciate your response!

And now... tomorrow is 50. I literally don't know how to act! Friends, you all passed this milestone — what did you do? Did running through the streets help? I need some way to let this excitement out...

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Re: You're About to Save My Life
Posted by hashemisonmyside - 10 Sep 2025 15:59

Yosef,

very deep... you sometimes think these Tzadikim don't have their nisyonos, we all have on different levels and when see something that we simple people can take a lesson from, it's something special.

like i remember the Rachmstrivka Rabbi z"l from BP, which although he was such an ish kodosh, but he was such a miser sefar by him doing the simple things he was m'cheiv us all push*ta people.

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