

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 - 11 Sep 2025 14:09

Acch the under-appreciated power nap.

Celebrations only through shwarma preferable lamb everything else is ice cream

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Re: You're About to Save My Life
Posted by hollyari - 11 Sep 2025 14:36

[yosefthet zadik wrote on 10 Sep 2025 18:16:](#)

[hollyari wrote on 10 Sep 2025 14:27:](#)

Good morning

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...

I went to my local Ice-cream shop, and excitedly exclaimed loudly "Everything is on me tonight!"
Warning: Spoiler!

That must've been the last hour before closing, on a rainy day at the slowest store in town...

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Re: You're About to Save My Life

Posted by yosefthet zadik - 11 Sep 2025 19:18

[hollyari wrote on 11 Sep 2025 14:36:](#)

[yosefthet zadik wrote on 10 Sep 2025 18:16:](#)

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Re: You're About to Save My Life

Posted by hollyari - 11 Sep 2025 20:17

[yosefthet zadik wrote on 11 Sep 2025 19:18:](#)

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Hmm... I guess I really didn't.. I guess please explain in privet.

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Re: You're About to Save My Life

Posted by yosefthet zadik - 11 Sep 2025 23:01

Warning: Spoiler!

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