

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"H, 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 davidt - 31 Jul 2025 01:24

[hollyari wrote on 30 Jul 2025 21:16:](#)

Davidt,

Whoa... you've got an *Eisik*..

You really get it — that voice, the patterns, the twisted logic. You described it like you've lived it.

But maybe that's exactly why your words hit so hard.

Because yeah — you're right about a lot of things.

But this time, I'm not trying to prove *you* wrong. I'm trying to prove *me* right.

Thanks for the push. I needed that.

You know what? That shift you just made - from "proving them wrong" to "proving me right" - that's everything.

You heard the voice, didn't get defensive, and chose a different story anyway. Not out of spite, but because you decided you're worth it.

That's not the same person who usually makes these bets. August 18th just got a whole lot more interesting.

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Re: You're About to Save My Life

Posted by chaimoigen - 31 Jul 2025 15:01

Hey Ari,

Welcome! It warms the heart to hear someone say those words that resonate so deeply with me: **GYE means hope.**

So many of us struggled alone in the shadows for too long, fighting shame and self-loathing, until we even came to believe that there was no path left to freedom.

GYE shows us- **you CAN break free.** So many others who thought the same have done so. Behind each thread of a man with a long streak stands someone who thought it could not be done.

There **is** hope. And that's precious.

There are doorways opening up where you thought was only a brick wall. It's going to take work, not just determination. But with **friends**, it's a completely different universe. Around here, we like to say "the opposite of addiction is **connection**"; though we all must walk our own, sometimes lonely, road in life, it's far, far easier to make the climb together with friends **who understand.**

Read some threads, there's a lot to learn here. When you're ready make some connections. We're looking forward to getting to know you better!

Here's a warm hand,

chaimoigen

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Re: You're About to Save My Life
Posted by hollyari - 31 Jul 2025 15:13

Thanks for the warm welcome, Chaimoigen.

Your message — and every message here — really means a lot.

I appreciate you sharing your thread, it's full of solid chizuk and practical ideas.

With good friends around, this nisayon is starting to feel like a game — like playing Mario on GameBoy: I see a rock, I jump right over it.

Baruch Hashem, I'm at 8 now, aiming to win this battle on the first try... let's keep climbing!

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Re: You're About to Save My Life

Posted by balancedfox70 - 31 Jul 2025 16:31

[hollyari wrote on 28 Jul 2025 20:35:](#)

It's incredible to finally have a platform where I can speak straight from the heart — no judgment, no pointing fingers, just support and realness. That alone is a massive help.

So here's me, raw and real: I'm a huge attention seeker and an even bigger big shot. In this life I've done some wild — *trust me, crazy wild* — things just to prove I'm stronger, smarter, better, more successful than the average guy.

But now I'm taking that same energy... and turning it into gold.

I'm going to brag right here — not to make others small, but to lift myself up. I want all of you, my new best friends, to see me shine. Because I *will* make it through. And not just "make it through" — I'm going to win on my very first attempt.

Why? Because that's who I am.

My drive to win is stronger than any other need. That same ego that once brought me down... will now be the key to my endless light. I'm breaking free — **with gavah shel kedusha**. I'm not ashamed of who I am — I'm using every part of me to build a new future.

I'm a winner.

And I'm asking you — the kedoshim of this place — challenge me. Hold me accountable. Let your posts stay in front of my eyes when a nisayon crosses my path. Let your strength become my shield.

Because together... we've got this.

I think we ought to change your name to "Arrogant Ari"!

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Re: You're About to Save My Life
Posted by hollyari - 31 Jul 2025 18:23

Hey Stumblers,

You've got an insider—

The Yetzer Hara teamed up against me, and I gotta admit, he's tricky and does his job well.

But guess what? I'm better. No contest!

I made it, I'm making it, and I *will* keep making it through!

See you all at the winning finish line!

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Re: You're About to Save My Life
Posted by yitzchokm - 31 Jul 2025 18:54

You may have to do hataras nedarim on your first vow that if you are clean for 26 days you are donating money to GYE. Please do so because without that your second vow has no significance. Another option is that if you have a setback you are going to give more than \$26 to GYE. You are much better off with doing hataras nedarim unless you easily have the money for the second option and you want to spend it on this. I tried sending you this in a private message

but private messages weren't working.

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Re: You're About to Save My Life
Posted by hollyari - 31 Jul 2025 19:18

Good point Yitzchokm..

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Re: You're About to Save My Life
Posted by frank.lee - 31 Jul 2025 23:45

Are private messages not working for the past few days?

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Re: You're About to Save My Life
Posted by hollyari - 01 Aug 2025 01:03

Feel free dropping your comments here, Frank.lee. no judgments..

Or you can email me at Arihakadosh24@gmail.com

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Re: You're About to Save My Life
Posted by proudyungerman - Yesterday 20:18

[menuchashanefesh9 wrote on 29 Jul 2025 05:05:](#)

What was the true key for me and many others was reaching out to speak with people from the site, Sharing real life connection with real people just like you who are living this battle and many amongst them truly in a place of freedom is a tool like no other. Happy to talk (you could reach out at menuchashanefesh9@gmail.com) or give you a list of many to chose from. [ProudYoungerman- here is your cue...]

That's it! I'm goin' on strike!

No more Burmese snail mail! It always misses the most important deliveries...

Either way, I am even later than Muttel (obviously), but I wanted to take this opportunity to...

Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

As you may know already, there are many tools here to help you in this fight, some of them you may not be familiar with.

There is the F2F Program, the [Vaad Program](#)* (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframin' the struggle.

(The [Hall of Fame Thread](#) is an awesome compilation of some the great threads on GYE.)

There is also an extremely powerful tool of accountability, friends, and mentors that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at michelgelnier@gmail.com.

Some of the other great guys here are Eerie - lgimpelovitz@gmail.com, Muttel

GYE - Guard Your Eyes

Generated: 4 August, 2025, 15:18

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Keep postin', you'll see, the oilam is here for you.

Lookin' forward to seeing great things from you!

And don't forget, as always, **KOMT!!**

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