

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 upanddown - 06 Aug 2025 09:56

[hollyari wrote on 05 Aug 2025 16:40:](#)

Hey Chevra, still remember me?

Well... I don't know if *you're* still with me — but *I* know I'm still with *you*!

It's been rough. Friday, Shabbos, and then Tisha B'Av... long, long hours where I stood between two voices inside me:

One begging me to fall...

And one roaring to win — not just for me, but to show *you bums* that I'm stronger than the Yetzer Hara!

I want to say **thank you** to those who were with me in spirit the whole way —

BenHashemBH, YosefHaTzadik, MenuchasHaNefesh9, Amevakesh, DavidT, BalancedFox70 (yeah yeah, still as arrogant as ever) **and all other friends who commented here.**

We sat on the floor together. We said Eicha together. We *pushed the day through* together.

Now... a small appeal. A little wake-up call to *myself*, and a humble request from *you*:

Could you please click the **Thank You** button on this post?

It's a tiny click — but it's a mighty *punch and push* forward for me.

It reminds me I'm not alone. That you *are* still with me. ~~That I still have who to fight for.~~ That i still have who to fight **with**. Because when we're together in this battle then it's a lot easier to fight the YH.

So... come out. Hit that thank you. Let me see those lights.

I'll love you for it.

Do we remember you???

I'm following this thread like my favourite TV show!!!

You're amazing!! Keep going strong... Show the YH who's the real boss!

Just that last sentence needs some tweaking.. Your fight is purely for yourself!! Even if we'd all ignore your posts....

Wishing you tremendous Siyata Dishmaya!

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Re: You're About to Save My Life

Posted by proudyungerman - 06 Aug 2025 13:11

[hollyari wrote on 05 Aug 2025 20:47:](#)

Thank you proudyungerman, your message lit me up like that *burning YH* video — which, by the way, is absolutely incredible!

Thank you for the powerful words! It's amazing how much chizuk is flying around here. Over the past two weeks, I've read, watched, listened, and soaked in more chizuk than in years before I found GYE. No exaggeration.

I'm still taking it slow with opening up more and connecting with chevra — baby steps — but the direction is clear, and I'm on it.

Big thank you to everyone who clicked “Thank you” on my earlier post — those clicks *do* matter. The more the better. Let’s keep this fire going!

If I’m wrong, and this is too strong, please ignore this.

The lions that I’m familiar with only move slowly when they are still stalking their pray, waiting to find the perfect angle. Once that angle is locked in, they pounce...

Why don’t you jump in and call a mentor? Is there something holding you back?

Either way...

KOMT!!

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Re: You’re About to Save My Life
Posted by hollyari - 06 Aug 2025 13:51

You’re right, brother — and your words really planted a seed in my mind.

I already had my first talk with a mentor, and honestly, it was a great experience.

Thank you for nudging me forward — sometimes that’s all it takes.

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Re: You’re About to Save My Life
Posted by hollyari - 06 Aug 2025 14:04

Chevra, I need a psak halacha here.

Last night was one of those nights — the kind that in the past, I never stood a chance against. I used to *know* myself: when that specific mood hit, it was just a matter of time. I’d give in right

away because I believed the fall was inevitable, and fighting it would only make me feel worse.

But last night, when that wave hit, I was in real trouble. On one side, I had the voice of my old self saying “you know how this ends.” But on the other side — there was *you*, my friends. My streak. My ego. My investment. My hope. And that gave me the strength to fight.

So I stacked up on sugar (which usually gives me a little boost), listened to interesting podcasts, chatted with friends, and did everything I could to avoid going to bed — where the danger is strongest.

I pushed from 9pm to 12:30am. And finally, exhausted enough, I went to bed, put my hands behind my head... and fell asleep.

But then I woke up at 5am — after a not-so-great dream. I had to change my clothes.

I think you understand what that means. I didn't *actively* choose to fall, but my body clearly crossed a line.

So now I'm looking at the streak counter on GYE.

What do I press? “I'm on track”? Or “I had a fall”?

And also — if anyone can share (or point me to) a clearer shiur, video, or article *on this exact scenario* — I'd really appreciate it.

Thank you, chevra. Even posting this gives me more strength for the next time.

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Re: You're About to Save My Life
Posted by mggsbms - 06 Aug 2025 14:20

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You're on track big time!, disregard nocturnal emissions.

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Re: You're About to Save My Life

Posted by yosefthet zadik - 06 Aug 2025 15:41

My Great-Grandfather was shot by a Nazi in Aushwitz in the middle of WW2. He didn't *actively* choose to die from the shot, but his body clearly did.

Did he commit suicide?

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Re: You're About to Save My Life

Posted by balancedfox70 - 06 Aug 2025 15:47

[hollyari wrote on 06 Aug 2025 14:04:](#)

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Thank you, chevra. Even posting this gives me more strength for the next time.

Totally not a fall! Completely normal for your body to react that way. Keep it up buddy! You are an inspiration and a hero!

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Re: You're About to Save My Life

Posted by yitzchokm - 06 Aug 2025 15:55

In the Flight to Freedom program it says that studies found that 53% of people working to break free experienced more nocturnal emissions than before. This is because the body realizes that it isn't getting what it used to get in the past and it tries to make up for it. The fact that this happened to you shows that you are making real progress. Eventually the body realizes that things have changed and it will usually quiet down. Of course you shouldn't reset your chart. In the rules it says that intentional masturbation is considered a fall. This is neither intentional nor masturbation. Just go on with your good work and KOMT.

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Re: You're About to Save My Life

Posted by hollyari - 06 Aug 2025 16:35

Thank you so much @Mggsbms, @Yosefhatzadik, @balancedfox70, and @Yitzchokm!

In your zechus, I just updated my streak — and **YALLAH!! 14 days!**

2 full weeks. Half a month. WOOF.

I'm better than I thought I was.

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Re: You're About to Save My Life
Posted by hollyari - 06 Aug 2025 22:07

[hollyari wrote on 05 Aug 2025 16:40:](#)

Now... a small appeal. A little wake-up call to *myself*, and a humble request from *you*:

Could you please click the **Thank You** button on this post?

It's a tiny click — but it's a mighty *punch and push* forward for me.

Day 14 — Harder than the last 13 combined.

Hashem, where are You? Totty... I can't...

Just half an hour ago, I was completely down. I said to myself, "The heck with it all. I'm not going to make it forever anyway. Two weeks is enough—I'm out."

It was *this close* to happening.

But I thought, "Let me just check how many 'Thank you' clicks I got."

Last time I checked, I had 8.

Now? **21.**

That number—**you guys**—you pulled me back. It helped more than you can imagine.

I picked up the phone and called @Menuchashanefesh9. Thank you for being there, brother, it was great speaking with you!

Music's now blasting, my energy is back, I'm upbeat—

I WON AGAIN.

As a hakaras hatov, I just donated \$21 to GYE—one dollar for each of you who helped me win this click on the Thank you button.

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Re: You're About to Save My Life
Posted by markz - 06 Aug 2025 22:57

[hollyari wrote on 06 Aug 2025 22:07:](#)

[hollyari wrote on 05 Aug 2025 16:40:](#)

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GUYS LETS DO THIS

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Re: You're About to Save My Life
Posted by proudyungerman - 07 Aug 2025 02:02

[markz wrote on 06 Aug 2025 22:57:](#)

[hollyari wrote on 06 Aug 2025 22:07:](#)

[hollyari wrote on 05 Aug 2025 16:40:](#)

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GUYS LETS DO THIS

Yeah! Even **YOU** - the guy lurkin' out there!

Thank these posts!!!

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Re: You're About to Save My Life

Posted by hollyari - 07 Aug 2025 22:28

Hey, does anyone here know more about Fortify?

I noticed some of the videos I've been watching here are from them, so I signed up—and honestly, I really like it so far.

One thing I thought was super cool is their streak counter. It doesn't just show days clean—it breaks it down to days, hours, minutes, even seconds! I've actually thought about that before... I fight and win *tens* of battles each day, and I've already caught myself pressing the "I'm still on track" button multiple times a day, just to say—*Hey, I'm still on track!* Since this morning, since an hour ago—*I'm still here.*

I also saw they have a bunch of courses that look interesting from the titles and covers. I haven't paid for any yet (maybe they're available somewhere for free?), but I'd love to hear from anyone here who's used them or knows more.

What's your take on Fortify?

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Re: You're About to Save My Life

Posted by yosefthetradik - 07 Aug 2025 23:11

I looked in to it a while ago, not deeply. I got the understanding that it's only for porn and not for masturbation.

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