

You're About to Save My Life

Posted by hollyari - 28 Jul 2025 02:20

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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 yitzchokm - 07 Aug 2025 23:20

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Ask [Chaim@guardyoureyes.com](mailto:Chaim@guardyoureyes.com) whether it is for you. He knows about Fortify because the Flight to Freedom program has videos from them. Have you done the whole Flight to Freedom program already that you are looking elsewhere?

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Re: You're About to Save My Life

Posted by hollyari - 08 Aug 2025 13:46

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[yosefthetradik wrote on 30 Jul 2025 18:30:](#)

I'm watching you - you little big-shot of ours!

Bet you can't make it to 26 days!!!

**Warning: Spoiler!**

## **You know why I'm lucky?**

I'm looking at my 90-day chart and I'm actually excited.

I started with "Derech HaMesilah" (just 24 hours), then leveled up to "Chazak Chazak" (3 days), then "HaKovesh Es Yitzro" (7 days), then "Eved Hashem" (14 days)... and now?

Now is when it's the hardest.

That early burst of energy is gone, and I'm not yet far enough along for the momentum to carry me. I need to fight hard for the next 14 days to reach the next level — and that's a real avodah.

But me? I'm lucky.

**I have a breakpoint.**

**8/18/2025.**

**26 days. Yosef Hatzadik.**

10 days from now.

IY"H, I'll see you there. Let's go.

**Also** — still learning how this platform works.

When I quoted your post, I suddenly saw two other posts I had missed before:

*"Obviously just gaslighting you. Of course Holy Ari can make it!!!"*

*"Can he though?"*

If anyone knows how to find these "hidden" posts — please let me know! Who knows what other gold I've been missing...

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Re: You're About to Save My Life

Posted by yitzchokm - 08 Aug 2025 16:11

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After a while it doesn't tell you that a post wasn't read and it won't have the green number next to the thread. You can go back in time on the threads to the last time you were on the forum and then you won't miss anything. You can also press the subscribe button at the bottom of your thread and you will get an email every time there is a new post on your thread.

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Re: You're About to Save My Life

Posted by hollyari - 08 Aug 2025 16:47

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Thank you Yitzchokm, it was actually a spoiler message.

I already learned how to read and write it.

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Re: You're About to Save My Life

Posted by Muttel - Yesterday 13:58

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Not to sound like a broken record but, although there's work needed to get you to your goal, as PY mentioned, *reaching out to others has helped many reach goals and remain clean*. Not just a single mentor. Friends, friends, and friends.....

Hatzlacha with all!

Muttel

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Re: You're About to Save My Life  
Posted by hollyari - Yesterday 18:14

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**Zonked...**

I got home really late last night and I'm extremely tired.

It's one of those gray Mondays. I've got 5 days' worth of work to tackle today, and it's already 2 PM. I'm still pacing around, trying to figure out what to prioritize.

Feeling sick and tired, alone in my office—not the best place to be. Honestly, I've been on the edge of falling too many times today...

Thank you, Muttel, for offering a helping hand. But it's been over an hour since I messaged you with no response. (No offense—love and respect you! Just sharing my mood here.)

It's not easy. Who ever said it would be?

But....

GYE only gives one chance a day. "I'm still on track" and I'm staying on track.

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Re: You're About to Save My Life  
Posted by yitzchokm - Yesterday 18:26

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If you are having a difficult time you can try reaching out to a different mentor until Muttel responds.

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Re: You're About to Save My Life

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Posted by balancedfox70 - Yesterday 18:31

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You could also check out the chat feature which allows real time communication to members who are online and are available.

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Re: You're About to Save My Life  
Posted by yitzchokm - Yesterday 18:45

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The chat feature will become available after 30 days since you signed up.

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Re: You're About to Save My Life  
Posted by hollyari - Yesterday 19:00

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Real time chat would be great!

I guess I'll wait patiently! In the meantime, I watched some f2f videos.. Lot's of info in there..

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Re: You're About to Save My Life  
Posted by mggsbms - Yesterday 20:46

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Feel free to reach out, email in my signature.

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Re: You're About to Save My Life  
Posted by Muttel - Yesterday 20:47

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[hollyari wrote on 11 Aug 2025 18:14:](#)



## **Zonked...**

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It's not easy. Who ever said it would be?

But....

GYE only gives one chance a day. "I'm still on track" and I'm staying on track.

I'm sorry for my lack of response!! I've edited my profile now - my texts aren't working.

I've PM'd you but don't know if you see them. Please feel free to email me and we can set up a time to talk.

Looking forward!

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Re: You're About to Save My Life  
Posted by kavey - Yesterday 20:50

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Not sure this will work for you but when I'm in that situation I create a spreadsheet with all the things I have to do and then populate those tasks with subtasks in another and another column

with comments. And then I really brain dump in the comments. It helps transfer the mind load.

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Also don't go online

Re: You're About to Save My Life

Posted by yosefthet zadik - Yesterday 22:31

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How does it feel day 19 my friend Holy Ari?!?

I'm starting to fear that I might lose this bet...

Should I make another?

**Warning: Spoiler!**

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