

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 hollyari - 18 Aug 2025 18:43

Gray Monday mood... woke up late, found my phone in the Nagel Vaser (BH it's already working), didn't have time to shower, and let's not even talk about shachris. Got to work late and ate BBQ chips for breakfast. I *immediately* knew today was going to be tough.

To make things worse, my mentor is on vacation. He responds, but I feel terrible bothering him. Here I am, sitting at work, opening and closing tasks... it's 2:30, 5 hours gone, and *nothing* done.

Till 26 days ago, a day like this would have ended with me acting out—watching a movie, playing a video game, or mindlessly browsing and acting out again until the day was over. Today? I'm trembling on straight walls... just trying to survive this Monday.

Could someone please bring a smile to this sour face?

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Re: You're About to Save My Life

Posted by yitzchokm - 18 Aug 2025 18:48

If your mentor is okay with you bothering him while he is on vacation then reach out to him and if not then reach out to someone else. There are many people who are willing to help you.

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Re: You're About to Save My Life

Posted by kavey - 18 Aug 2025 18:50

"veTov La'Eynayim Lir'os Es HaShemesh" maybe go for a walk on this grey gray day

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Re: You're About to Save My Life

Posted by upanddown - 18 Aug 2025 22:12

[hollyari wrote on 18 Aug 2025 18:43:](#)

Here I am, sitting at work, opening and closing tasks... it's 2:30, 5 hours gone, and *nothing* done.

Nothing done? Sure? Think about it again. You've maybe not made any money today or not done the tasks that you had planned. But you've done precisely what Hashem planned for you today: To become a Tzaddik, a Gibbor who is in control of his actions. You're great! Keep that sour face and move on... The smiles might come at the end of the day when you feel good with your accomplishments.

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Re: You're About to Save My Life

Posted by hollyari - 19 Aug 2025 14:19

Last night was war.

A real head-to-head bloodbath with the Yetzer Hara. Hours in a row. After a 2 hours nap, I was too tired to get out of bed, but too rested to fall back asleep. My mind was racing, my heart pounding, my hands restless. I tried music, I tried podcasts, I tried distractions — nothing worked. The clock ticked past midnight, and I felt myself breaking.

And then came the lifeline. My mentor, R' Akiva. He was on vacation with his family — I so badly didn't want to disturb him. But when I texted "I can't anymore," he answered right away: "*Don't do anything stupid without asking me first.*"

He started sending me a story, piece by piece, message by message, keeping me engaged minute after minute. Until I suddenly realized — the Yetzer Hara was gone. By the time we

finished, it was after 1:30 AM. I was safe. Calm. Alive.

And this morning, I said *Modeh Ani* with more joy than any person on earth.

A HUGE shout out to R' Akiva — my life saver, my mentor, my angel in the middle of the night. On vacation, yet still holding my hand through fire. You gave me a future.

Friends, be a R' Akiva in someone's life — you never know who's waiting for your message at 12:45 AM.

And please, give R' Akiva **a like** in the comments — I want to see at least 25 likes for the man who saved my night!

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Re: You're About to Save My Life
Posted by rebakiva - 22 Aug 2025 17:18

HolyAri!

All I can say is that it's not your mentors help that helps you, it's your courage to push the send button on that {before GYE days shameful} text, when you're honest with yourself and stick your hand out to ask for the help, in reality you're already being helped!

Warning: Spoiler!

I truly get chizuk every time I talk with you, your lovely and exciting spirits and motivation to beat this beast, is a breath of fresh air into my lungs!!!

Keep up the amazing work you're putting in, there's immense light at the end of the tunnel, and you're not that far away!!!

With love Akiva!

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Re: You're About to Save My Life
Posted by spaced - Yesterday 18:58

I just saw this though the thread already has 5 pages. Just want to say you are an inspiration. I havent even reached 40 days clean (though my tracker says otherwise since I stopped going to

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the forums for a long time). Keep on trucking, brother. You are not alone in this fight