

Hello everyone!

Posted by YidFromMonsey - 20 Oct 2016 06:05

Not even sure why I'm writing this, but I guess that hopefully sometime somewhere someone will get chizuk from this.

I grew up chasidish and went through the entire system and got married like all other's in the system, but at some point I started feeling uncomfortable amongst my old yeshiva friends who were all still learning in kolel, I got close to new friends who had a bad influence on me (actually, I started playing with myself and m... at 14 but I never took it to the next level till then) and I slowly started drifting away, starting with r-rated movies, leading to porn, lusting, and eventually meeting people and doing stuff no one ever should.....

When all of this was about to explode and I would've lost my wife, children, friends and family - hashem had mercy on me and sent someone to hook me up with the right people who put my life and marriage back together. (I never joined 12 steps because I wasn't in the shmutz out of addiction but rather out of looking for fulfillment of my dark desires, the person worked with me on rebuilding my relationship and on me physically getting back into yiddishkiet by doing things that have an impact on the ruchnius of a person like tzitzis and brochos with covono and that in a chain reaction helped me overcome my nisyones.)

All of this took place almost 4 years ago and currently life and marriage is beautiful B"H. The reason I now came to GYE is 1) although I was totally clean for over a year almost 3 years ago, unfortunately I did start slipping again here and there, not with meeting up but with porn and acting out by myself, and 2) I'm still struggling with shmiras einayim like crazy, in Manhattan where I work, the struggle of looking at half naked women is only half of what it is my struggle in Monsey on shabbos or yom tov, I'm blessed with an imagination that works on overdrive and I find chasidish women and girls very attractive so for instance, taking my kids to the park shabbos afternoon turns out to be very hard on me and in a crazy way even harder than the nisyones in Manhattan.

The thing that really helps me the most on GYE is the fact that I don't feel alone in my struggles anymore and I don't feel like an outcast for having these struggles, instead I'm now part of a huge holy group of yiddin that want to be holy and are working on it together. To me, this discovery made a huge impact and gave me loads of chizuk.

May hashem help us all to overcome our YH and to be holy yiddin like Hashem wants us to be.

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Re: Hello everyone!

Posted by Singularity - 06 Dec 2016 12:34

[YidFromMonsey wrote on 05 Dec 2016 21:29:](#)

So after a few more slips, falls, pains, and feelings of helplessness/depression, I've finally had enough pain and decided to do the hard but right move of getting rid of my Android device, that item is now finally checked off the list, gave it up today and I hope to be able to keep it that way.

Well done!

But don't just trade it for an iPhone. That'll get you nowhere.

They're big steps. I kind of feel like restricting technology use is like plugging up the bigger pores of a sponge. You work so hard but realise the whole thing absorbs. Media is everywhere. If it's not a phone, it's a watch, smart TV, glasses(?). Laptops. Along with a technological trashing (Lo Ta'aseh), there needs to be a positive movement (As'ey). bump up the SA meetings. Make them an end-all. Walk to them on Yomtov! Sometimes it's a matter of pikuach nefesh! And keep going, you're inspiring us!

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Re: Hello everyone!

Posted by Markz - 06 Dec 2016 14:00

Singularity that was real Short and real Sweet

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Re: Hello everyone!

Posted by YidFromMonsey - 06 Dec 2016 14:41

[Singularity wrote on 06 Dec 2016 12:34:](#)

[YidFromMonsey wrote on 05 Dec 2016 21:29:](#)

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Thanks Singularity,

I totally agree that there's no real way out but **to do** the next right thing, and that without taking action I'll never get to far, giving up my smartphone was an **action** which my sponsor had me do, my biggest MO was chatting and building forbidden relationships and that got me a high, giving up my smartphone doesn't make it absolutely impossible to do it again but 1) it makes it harder, and 2) I don't access to false accounts under which I would hide, so it's definitely a right action although I know that it's not a show stopper and I still need to do my step work, go to meetings (I actually walk on shabbos 25 minutes to a meeting), and make phone calls.

Thanks guys for the chizuk

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Re: Hello everyone!

Posted by Shlomo24 - 06 Dec 2016 14:46

[Singularity wrote on 06 Dec 2016 12:34:](#)

[YidFromMonsey wrote on 05 Dec 2016 21:29:](#)

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Well done!

But don't just trade it for an iPhone. That'll get you nowhere.

They're **BIG STEPS**. I kind of feel like restricting technology use is like plugging up the bigger pores of a sponge. You work so hard but realise the whole thing absorbs. Media is everywhere. If it's not a phone, it's a watch, smart TV, glasses(?). Laptops. Along with a technological trashing (Lo Ta'aseh), there needs to be a positive movement (As'ey). bump up the SA meetings. Make them an end-all. Walk to them on Yomtov! Sometimes it's a matter of pikuach nefesh! And keep going, you're inspiring us!

I had to leave a thank you. There was no bechira on this one.

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Re: Hello everyone!

Posted by YidFromMonsey - 06 Dec 2016 17:12

Shlomo24,

I'm very curious how to get that small pm icon under my name, tried figuring it out but couldn't....

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Re: Hello everyone!

Posted by Shlomo24 - 06 Dec 2016 17:30

I ain't got a clue.

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Re: Hello everyone!

Posted by Gevura Shebyesod - 06 Dec 2016 17:42

You don't see it under your own name because you can't PM yourself.

(unless you suffer from multiple username disorder)

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Re: Hello everyone!

Posted by YidFromMonsey - 06 Dec 2016 18:20

[Gevura Shebyesod wrote on 06 Dec 2016 17:42:](#)

You don't see it under your own name because you can't PM yourself.

(unless you suffer from multiple username disorder)

O.... lol

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Re: Hello everyone!

Posted by Shlomo24 - 06 Dec 2016 21:20

[YidFromMonsey wrote on 06 Dec 2016 18:20:](#)

[Gevura Shebyesod wrote on 06 Dec 2016 17:42:](#)

You don't see it under your own name because you can't PM yourself.

(unless you suffer from multiple username disorder)

O.... lol

No this ain't fb.....

When I was in 10th grade I wanted to see what Facebook was about. I created a profile under the name Exoniphilus (I didn't know the spelling or pronunciation) Lovegood.

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Re: Hello everyone!

Posted by yiraishamaim - 07 Dec 2016 04:43

[Shlomo24 wrote on 05 Dec 2016 23:03:](#)

[YidFromMonsey wrote on 05 Dec 2016 21:29:](#)

So after a few more slips, falls, pains, and feelings of helplessness/depression, I've finally had enough pain and decided to do the hard but right move of getting rid of my Android device, that item is now finally checked off the list, gave it up today and I hope to be able to keep it that way.

Yeah. When I restrict myself for sobriety it feels like I'm a baby with my bottle being ripped away. Even though it's good for me, it's still hard.

Shlomo24 - Those that voluntarily restrict themselves for their own good are not babies, they are REAL men.

Lefoom tzarah Agrah

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Re: Hello everyone!

Posted by Singularity - 07 Dec 2016 09:39

[Markz wrote on 06 Dec 2016 14:00:](#)

Singularity that was real Short and real Sweet

Thanks Marky Mark. Some days I do get poetic. I was actually complimented at monday's meeting after I delivered a sweeping story.

(I actually walk on shabbos 25 minutes to a meeting)

25 minutes on Shabbos!? It's so bold. I'm so proud of you!

Is it in the eiruv? Better not carry your lust around with you!

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Re: Hello everyone!

Posted by YidFromMonsey - 07 Dec 2016 14:17

Haha Singularity,

ruv lol

too ashamed to ask my

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Re: Hello everyone!

Posted by cordnoy - 07 Dec 2016 19:03

[Singularity wrote on 07 Dec 2016 09:39:](#)

[Markz wrote on 06 Dec 2016 14:00:](#)

Singularity that was real Short and real Sweet

Thanks Marky Mark. Some days I do get poetic. I was actually complimented at monday's meeting after I delivered a sweeping story.

(I actually walk on shabbos 25 minutes to a meeting)

25 minutes on Shabbos!? It's so bold. I'm so proud of you!

Is it in the eiruv? Better not carry your lust around with you!

It's like the guy in my shul who likes davaning for the amud, but he holds that you're not allowed to carry a tune on Shabbos.

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Re: Hello everyone!

Posted by Gevura Shebyesod - 07 Dec 2016 21:42

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