

My Battle

Posted by GuardMyEyes26 - 26 Feb 2017 05:56

Hi,

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Re: My Battle

Posted by cordnoy - 26 Feb 2017 06:15

Welcome,

Recovery should be with hatzlachah.

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Re: My Battle

Posted by Markz - 26 Feb 2017 06:30

[GuardMyEyes26 wrote on 26 Feb 2017 05:56:](#)

Hi,

my problems started at around the age of 11, i didnt know what i was doing just that it felt good.

eventually a friend opened my eyes to the world of porn which i then got addicted to for 2 years until my parents put a filter on the house computer. i then was clean for a year until my tzaros started all over again when my mom got a iphone. about 6 months later my rebbi inspired me to stop cold turkey and i did for a few months and then i fell again and have been falling ever since for several years already.

i'm sick and tired of this ruining my life but i cant seem to control myself for more then a week or two.

the situation has only gotten worse as now there are also several unused old iphones lying around the house. I'm fighting but i'm beginning to feel like i'm a hopeless case.

I said hi already!!!!

You call this thread my battle

Purim is soon so grab a bottle

WoodFord is the brand if you driving a Ford Truck

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Re: My Battle

Posted by GuardMyEyes26 - 26 Feb 2017 06:36

thank you markz and cordnoy for replying.

you guys made me feel less alone.

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Re: My Battle

Posted by Watson - 26 Feb 2017 08:42

Welcome. You're in the right place.

First of all please take time to read through the [GYE handbook](#). No two people are the same, everyone has a slightly different set of circumstances, but we all share this problem and since we share the problem we can share the solution too. The book is written in a general way so it can apply to everyone. I found it helpful to really think about what the book was saying and how it applied to me and my own life.

This is a very common problem nowadays, you're far from the only one to deal with it. The word addict gets thrown around quite a lot, but most people who struggle with this issue are not addicts, just normal people with a normal yetzer hora. Which is good. Some people have come to realise that they really are addicts because their situation got gradually worse and worse despite working on it. When I say worse I mean, in frequency, severity or just feeling worse after every slip. If that is the case we may need more than GYE, which most people find to be therapy or SA or both. But I wouldn't jump to that conclusion about you. Many people have overcome this challenge right here on GYE using the tools in the handbook.

So stick around. Keep posting, keep reading and keep on trucking.

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Re: My Battle

Posted by Singularity - 27 Feb 2017 10:15

Welcome!

You're never a hopeless case!

You say when there isn't any access to it around in immediate reach, you're OK. I gleaned that from your report of a clean streak since the first internet filter. So are you addicted? If you can hold off it if there's no access, see there's something to it!

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Re: My Battle

Posted by GuardMyEyes26 - 28 Feb 2017 04:10

You know what, I think you are right, I am not an addict i am just a guy with a normal Yetzer Hara.

I have no right to just give in to my Y"H and blame it on addiction because i am not addicted, its just an excuse. Thank you for pointing that out.

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Re: My Battle

Posted by Markz - 28 Feb 2017 04:25

[GuardMyEyes26 wrote on 28 Feb 2017 04:10:](#)

You know what, I think you are right, I am not an addict i am just a guy with a normal Yetzer Hara.

I have no right to just give in to my Y"H and blame it on addiction because i am not addicted, its just an excuse. Thank you for pointing that out.

I'm confused what is an addict and what not. Listen to [this](#) dov shop and if you're addicted to gye come back and let me know what you think

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Re: My Battle

Posted by cordnoy - 28 Feb 2017 04:27

[GuardMyEyes26 wrote on 28 Feb 2017 04:10:](#)

You know what, I think you are right, I am not an addict i am just a guy with a normal Yetzer Hara.

I have no right to just give in to my Y"H and blame it on addiction because i am not addicted, its just an excuse. Thank you for pointing that out.

Il have no idea if you're addicted or not.

I don't know much about the y"h either.

The one thin' I do know, I think, is that excuses or blamin' or givin' in will get nobody anywhere, no matter what.

So, continue the positive attitude please.

B'hatzlachah

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Re: My Battle

Posted by GuardMyEyes26 - 28 Feb 2017 04:51

Thank you, Cordnoy

I will try to stay positive, fo now its not so hard as

i'm only on day 4.Im Yirtzeh Hashem this time around I'll make it to 700 and beyond like you.

to tell you the truth i'm more inspired by your 700 and markz and singularity then by those who've been clean for 10 years+ because they are out of my league (its like saying R' chaim can do it so I can too) so that wont get me too far. But you guys, you seem like regular jews fighting just like me, so thank you for inspiring me and getting me through at least tonight and hopefully forever(sorry,not likely).

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Re: My Battle

Posted by cordnoy - 28 Feb 2017 05:35

Don't worry about forever.

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Re: My Battle

Posted by GuardMyEyes26 - 28 Feb 2017 05:38

Markz, I would love to listen to this "dov Shop" however its over an hour long and i am bombed when come home i'm usually sleeping within an hour of walking in the door so i dont think i'll be able to listen to it but if you can provide with the relevant information i'd be eternally grateful(Bli neder).

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Re: My Battle

Posted by GuardMyEyes26 - 28 Feb 2017 05:40

Im off to bed i got to be up in a couple hours,

Good night world.
I know, I know One day at a time.

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Re: My Battle

Posted by GrowStrong - 28 Feb 2017 07:19

Personally talking from my own experience, the quickest hours of my life ever were in front of
porn at the computer.

One minute its 11pm the next is 12:30!! where did the time go..

Maybe save this workshop for the next time you go near a device for the wrong reasons...

If we have an hour (Oy!! how many hours!!!) for acting out we will find an hour to listen to the
shop...

Its a great little taphsic for you also to hold on to..

Literally the next time you go to act out, pull up this thread and start to listen.

My 2.5c

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Re: My Battle

Posted by Singularity - 28 Feb 2017 07:41

[GuardMyEyes26 wrote on 28 Feb 2017 05:40:](#)

Im off to bed i got to be up in a couple hours,

Good night world.

Well, better GYE keeping you up than other things.

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