

just joined gye

Posted by icandoanything - 17 May 2017 19:28

Hi,

Don't feel like writing cuz it's making me feel very vulnerable but I guess I should do it. I struggled with acting out from my early teens until 2 years ago. (i'm about 35 years old). I'm happily married with amazing kids, but i used acting out to destress from life's regular ups and downs. so i've always had trouble finding some other way to destress. porn has also been an outlet and led to acting out. anyhow, the last 2 years i've basically been clean from porn and acting out. the last month or so, i've starting getting back to the porn a little and a couple of times acted out. i'm very upset at myself but am determined to get back on track. i will look through the gye filters to see what will work for me. also, i'd like to stop my habit of constantly surfing the web (sports, funny youtube videos) because i feel like it just eventually leads me off track. i'd like to find ways to relax without the web (reading, exercising, any other ideas?) but i have had a really hard time finding good habits which feel productive and are enjoyable enough for me to get the habits to stick.

Look forward to getting and giving help.

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Re: just joined gye

Posted by Hashem Help Me - 23 May 2017 11:13

[icandoanything wrote on 23 May 2017 03:14:](#)

tough day but not in terms of actual desire/slips etc. It's just that the high that I've been on for the last few days since joining GYE is starting to wear off. While I still have not surfed the web for fun in 5 days, but today, I think the adjustment started to get to me and I became a pretty irritable and did not have much patience for friends, wife, kids, etc. and I'm usually not like this. Is this normal? Will it get better? I'm gonna try to listen to some music then try to fall asleep now and see if the sleep helps me be more chilled in the morning.

Very normal withdrawal symptoms. Your body is used to certain relaxation/escaping realitymethods. For the first short while, the body craves those things, in some cases pretty strongly. As time goes on, although the nisayon never disappears, it diminishes in frequency and intensity. Stay strong and daven that the next few days stay clean and iyh you will see a big reduction in the irritability. It is also time to find new kosher and healthy ways to relax and destress. Hatzlocha.

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Re: just joined gye

Posted by TzedekChaim - 23 May 2017 14:01

I found something to remember, is that life is made out of ups and downs. So there will always be bums in the road. Its about learning the tools to sail over the waves smoothly. And I tell myself that even if I feel irritable or uncomfortable or unpleasant NOW, it is only temporary and it will go away (especially if I just go do something else). I tested this once when I was lusting and I put a six minute timer on and told myself, I bet when that rings you won't be in that state anymore. And you know what it took about three minutes. Focusing on the fact that you feel uncomfortable holds us back from accepting the feeling, acknowledging it for what it is (an

Keep it up!

p.s. I used to watch lots of movies (even 'clean' ones) as an escape from reality. I used to feel they were indispensable, now that I haven't watched them in so many months I really don't miss them that much. (btw before it was movies it was video games. I couldn't imagine living without playing them, then when I was playing them I began to feel like I was wasting time, gee whiz. Eventually I guess it bothered me enough that I stopped. I'll still play here and there but only as an activity and not as a life. Maybe movies (the really clean ones) could be used as an activity in the future but who knows. [not sure if this was so relevant]

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Re: just joined gye

Posted by icandoanything - 26 May 2017 05:55

unpleasant feeling) and moving on with life. It's simple, but not always easy.

[TzedekChaim wrote on 23 May 2017 14:01:](#)

Oh, and don't forget the pat on the back for not letting it drag you down.

I found something to remember, is that life is made out of ups and downs. So there will always be bums in the road. Its about learning the tools to sail over the waves smoothly. And I tell myself that even if I feel irritable or uncomfortable or unpleasant NOW, it is only temporary and it will go away (especially if I just go do something else). I tested this once when I was lusting and I put a six minute timer on and told myself, I bet when that rings you won't be in that state anymore. And you know what it took about three minutes. Focusing on the fact that you feel uncomfortable holds us back from accepting the feeling, acknowledging it for what it is (an

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tx. the "clean" movie paragraph really speaks to me. it's been 9 days and thanks to Hashem, you guys, and some effort on my part, i haven't surfed the web for fun at all. feels good but still can get pretty irritable if i get into a stressful situation. but even that irritability is getting a little better, i think. anyone think i'm taking it too far with the web surfing? i'm a little scared i'm gonna bum myself out, yet i'm scared to start surfing and put myself into sakana.

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Re: just joined gye

Posted by icandoanything - 26 May 2017 05:57

[bear wrote on 23 May 2017 07:48:](#)

[icandoanything wrote on 23 May 2017 03:14:](#)

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Hatzlacha we are all routing for you.

Let us know if things get better.

What does the velt think, I think it is normal. whats everyone elses take.

Bear,

Your positive energy has been really helpful this week. i hope you're doing well with your personal progress as well.
I hope you wake up on right side of bed.

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Re: just joined gye

Posted by icandoanything - 26 May 2017 06:02

[Hashem Help Me wrote on 23 May 2017 11:13:](#)

It is also time to find new kosher and healthy ways to relax and destress. Hatzlocha.

tx for the push. i actually exercised a couple of times this week (first time in 11 months), have been listening to music, and am beginning to learn how to play a new musical instrument. curious what else works for the rest of my new friends.

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Re: just joined gye

Posted by bear - 26 May 2017 06:03

Thanks!!!

I really appreciate that. I am very touched.

Thank God, I am hanging in there.

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Re: just joined gye

Posted by Hashem Help Me - 26 May 2017 11:14

[icandoanything wrote on 26 May 2017 05:55:](#)

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Do yourself a big favor and keep up the "non surfing for fun" policy. Your irritability is a form of

withdrawal from your old habit of how to relieve stress by escaping reality with all that the web has to offer. The longer you abstain, the quieter the irritability will become. Its great that you exercised. Get into the habit of doing that regularly. Its healthy for the body and the mind. Another point. To make it in this challenge, the more we avoid nisyonos, the safer we are (and the more s'yatta d'shmaya we receive). It is almost impossible to surf the web and not regularly come across sights, which although not pornographic, are assur to view. Keep the shmiras eynayim intact and watch the urges lessen in frequency and intensity. Hatzlocha!

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Re: just joined gye

Posted by Markz - 26 May 2017 12:04

[icandoanything wrote on 26 May 2017 05:55:](#)

[TzedekChaim wrote on 23 May 2017 14:01:](#)

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Me too, although I do take risks sometimes...

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Re: just joined gye

Posted by Trouble - 26 May 2017 12:23

Place the tips of your shoes over the opening of the abyss (or something like that, as it was written earlier), peer down into the darkness, smell the stench and then decide.

I tried that many times. Once I moved my feet forward, the abyss transformed into a castle, the darkness turned to light, the stench was no more. The sweet aroma of lust engulfed me.....those feelings lasted until I was sane enough and the hazy mist cleared that I was able to look in the rearview mirror.

Every once in a while, trouble posts something that is worthy to read again. He will try not to let this happen too often, if at all.

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Re: just joined gye

Posted by Hashem Help Me - 26 May 2017 16:38

Trouble, what a post! What a mashal, so graphically clear and so true. If i may humbly request, let's see more posts like this.

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Re: just joined gye

Posted by eslaasos - 26 May 2017 19:19

Ditto.

Trouble, I repeat my PM - maybe try your hand at the story time thread.

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Re: just joined gye

Posted by Trouble - 26 May 2017 21:56

[eslaasos wrote on 26 May 2017 19:19:](#)

Ditto.

Trouble, I repeat my PM - maybe try your hand at the story time thread.

I believe the author is attempting to bring out a point. I'm no shrink, but it sounds kinda personal. I have a theory, but for once in my life, I think I'll shut up.

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Re: just joined gye

Posted by icandoanything - 28 May 2017 20:07

These posts have really encouraged me to stay off the web as much as possible. last night, motzei shabbos was challenging in the beginning b/c i usually watch something every sat night that is not horrible but definitely something i want to stay away from. bH i managed and did not watch. got some work done then was tired enough to fall asleep. today i ended up being somewhere (probably should have found a way of avoiding) where women were not dressed properly. i worked hard to keep my eyes away and bH i think i handled it pretty well, although not perfect (when i saw something i looked away within a couple of seconds). one thing that i found was that my heart started racing while i was there and didn't stop till i left. i realized that this lust thing is truly a part of me and it need continuous hard work. i also find that there are some posts on some threads that trigger me a bit so i think i gotta be careful what i read. tx

again for everyone's help and support

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Re: just joined gye

Posted by Hashem Help Me - 28 May 2017 20:16

Incredible self control! Ashreichem. In 2017 shmiras eynayim at its best. Let's dance.

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