

Joined GYE to finally change

Posted by Dailybattle - 29 May 2017 13:00

Hi,

I am a happily married 27 year old professional with 2 beautiful kids, I love them all dearly. I always thought I wouldn't need to confront my problem in this way but I feel that I have had too many failed 'new beginnings' to not take extra measures such as joining GYE even being the sceptic I am for the whole 'therapy' (for use of a better word) route.

When I was single and during teens, I went through stages of watching porn freely and acting out before feeling mildly guilty and down.

Since marriage, I have completely stopped acting out and have set router and device filters but sometimes (when bored or working late) tempt myself into innocently searching an inappropriate term having in mind 'the filter will probably block it' or 'YouTube has probably blocked this', secretly hoping that I find a video which has escaped the net which when I do eventually find, use the rationale that I have done my hishtadlus up to this point and will watch as a one off. I also see women inappropriately dressed in the gym, work and street and look for longer than I should at times. I also watch movies and series on Netflix etc and don't turn away for the dodgy parts, sometimes even davka skipping to these scenes. I have a decent job and exercise regularly but am always chasing stimulation whether through watching YouTube clips or procrastinating in other ways. My concentration span is short and I find it hard to sit down and learn for more than 5 minutes. I have always wanted to grow in learning and knowledge, eventually making my house an island from the nasty world outside. I have been pushing off becoming the yid I want to be for years, taking baby steps and doing lots of good in the meantime, but not quite committing fully.

Ultimately, I know that there will be no good that comes from this viewing/looking, but am happy for the yetzer horah to lead me from watching something innocent to full blown porn. I know it's wrong and makes me feel rubbish and also stops me from reaching my goals in yiddishkeit. I want to be able to sit at the Shabbos table on Friday night after a week of solid learning in both Gemara and Chumash, getting up for shacharis with a minyan and making the most of the life G-d has given me. Right now I feel like an ungrateful recipient of all Hashem's greatest gifts, happy to throw it all away for a 20 second clip that I don't really enjoy, a look at a passing woman when I have an even better looking one as my wife or a fantasy when trying to sleep that will make me feel disgusted with myself. Improved filters etc are an obvious part of the solution, but I know that I will always be able to find a way round them if it came to it.

I hope that being a part of GYE will be the difference between me 'clicking' or looking when I have the opportunity.

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Re: Joined GYE to finally change
Posted by Hashem Help Me - 10 Jul 2017 00:33

Don't discount your stopping yourself from going all the way. Every little gain is worth a lot. Removing the ability to access YouTube etc. besides practically assisting as a deterrent, will also give you extra s'yatta d'shmaya. And of course, as all of us, keep davening to Hashem. Before you leave the house, ask Hashem to protect you in the street. Realize that your attempt to keep your eyes and mind clear in this era of immorality is a big catalyst for Moshiach to come sooner.

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Re: Joined GYE to finally change
Posted by dms1234 - 10 Jul 2017 02:25

Thank you for sharing. The reality is that i am powerless over the first drink. Yes, there are temptations but when i start soaking in some lust, i am powerless. Only God can save me. I am an addict. I need to constantly check my self. "Daniel, what is going on? How are you feeling? Are you angry? Are you afraid? A lot of times i escape my emotions and head on a downward spiral to lust. Then i'm a goner.

Feel free to email: dms1234ongye@gmail.com

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Re: Joined GYE to finally change
Posted by bb0212 - 10 Jul 2017 04:40

In my personal experience, watching tv is a big factor in how quickly I'm drawn toward anything sexual. If you're really gonna go cold turkey on tv & movies, I think it's gonna make a huge difference. Good luck!

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Re: Joined GYE to finally change
Posted by Dailybattle - 10 Jul 2017 06:52

thanks for the practical advice HHE. As well as deleting YouTube etc the davening part is something I need to focus on. Because of the constant watching (lav davka shmutz) I find it hard to concentrate during davening so I guess I will need to put extra effort in to start with.

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Re: Joined GYE to finally change
Posted by Dailybattle - 10 Jul 2017 06:56

Very true DMS. I avoid asking myself questions at the time of sin and effectively 'distracting' the 'security guard' in my head who knows I am about to do something outside my best interest in the long term. The best way to avoid the first drink is to place it 100 miles away. Thanks

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Re: Joined GYE to finally change
Posted by Dailybattle - 10 Jul 2017 06:57

I am seeing exactly that BB. Thanks for the chizuk!

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Re: Joined GYE to finally change
Posted by bb0212 - 10 Jul 2017 07:21

[Dailybattle wrote on 10 Jul 2017 06:57:](#)

I am seeing exactly that BB. Thanks for the chizuk!

The first time I noticed that was close to 10 years ago. At the time I had stopped watching tv/movies and a few months later, I realized that I had been clean for longer than ever before. It made me think how that could be, it's not like I was watching porn (maybe I was, but that was part of my acting out, as opposed to watching tv shows). How could a regular TV-14 rated show have such an effect on me? Once I was no longer watching, it was easier to realize. Sex sells. That's a big part of the tv business. On these "family" rated shows, I just felt like it was clean, because it's not as bad as a rated R movie. But in all actuality, they were pushing my buttons. In the limited account of shows that I can think of, 95% of the female characters (on each show) have different physical features, such as hair color, ethnicity, etc. They're almost never overweight, always looking fantastic, etc. Until I stopped watching, it didn't hit me how powerful these "kosher" shows were.

Even now, where I've been clean for a # of months, I am watching some tv shows and I feel it's effect on me. Since, in every other aspect of my fight, I'm doing my best, I clearly feel the lust coming from the tv shows...

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Re: Joined GYE to finally change
Posted by gibbor120 - 10 Jul 2017 17:11

It sounds like you are doing a great job. I remember the days where as soon as my wife would leave the house, my heart would start pounding...

Keep working on it. Maybe go back and read your post. It's the mistake we all make. Well, it couldn't hurt to just...

I try to tell myself "I cannot afford it". It will just make me crazy. Catching things BEFORE they get bigger is a HUGE part of staying clean. It is much easier to avoid the movie, than to stay clean after watching it. Avoid triggers at all costs. Each one has the potential to cause you to act out.

Try to recognize the early warning signs, and find things to substitute. Call a friend, read a book, exercise...

Hatzlacha! It is something we all struggle with to some extent.

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Re: Joined GYE to finally change
Posted by bb0212 - 09 Nov 2017 13:44

[bb0212 wrote on 10 Jul 2017 07:21:](#)

[Dailybattle wrote on 10 Jul 2017 06:57:](#)

I am seeing exactly that BB. Thanks for the chizuk!

The first time I noticed that was close to 10 years ago. At the time I had stopped watching tv/movies and a few months later, I realized that I had been clean for longer than ever before. It made me think how that could be, it's not like I was watching porn (maybe I was, but that was part of my acting out, as opposed to watching tv shows). How could a regular TV-14 rated show have such an effect on me? Once I was no longer watching, it was easier to realize. Sex sells. That's a big part of the tv business. On these "family" rated shows, I just felt like it was clean, because it's not as bad as a rated R movie. But in all actuality, they were pushing my buttons. In the limited account of shows that I can think of, 95% of the female characters (on each show) have different physical features, such as hair color, ethnicity, etc. They're almost never overweight, always looking fantastic, etc. Until I stopped watching, it didn't hit me how powerful these "kosher" shows were.

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Reposting on request :-)

for those who wonder what's so bad about tv shows or movies without sex or the like in it. It's kosher, right? Wrong. (With few exceptions)

One thing I didn't mention in the post above, there's a huge difference between an actress on the screen and a female model on the street.

GYE - Guard Your Eyes

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There can be a girl on the screen and I can stare at her, check her out and she'll never notice that I'm staring. On the street when a pretty girl walks by, I can only check her out so much before it's obvious that I'm staring. Some people clearly don't care, but for me, I don't feel comfortable when it's clear to the world that I have zero control. That holds me back somewhat.

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