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Posted by LoveU,Hashem - 28 Sep 2017 23:16

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Should I post or not? What should I say?

Hello, guys!

I've been around on this site for a couple of months as a guest, (a *bechina* of *megalatefech*, *mechasa tfuchayim*), it took me a fall on erev RH to decide to take this more seriously. I have been reading post after post, and I'm overwhelmed by the warmth of this beautiful community. I looked with kinah at the members with 900 days clean (like codorny) and the likes. This is unbelievable! I used to wonder if in this day and age, there are still happy and genuine selfless people in this world? After listening to the first of Dov's 12 steps program (by the encouragement of kv18) I saw that there still people in this world who truly Love Hashem! It's amazing! Mi K'amchu Yisrael!

I was a bit hesitant to share my story. Es chatui ani mazkir hayom; in the past I used to like coming here mainly to get turned on by a juicy story. It was generally at the time when I was in a clean mode so I would' nt go straight to porn, but I fooled myself by saying; hey, this is all kosher, where can I go wrong...

But I guess this it is the minhug here, Uleoilam al yafrish udam min hatzibur.. (please excuse my Hebrew, I am typing from a computer (B"H NO SMARTPHONE, thanks to my dear wife) so I don't have a Hebrew keyboard)

I am married regular guy, part of a larger Chasidic community; living and masturbating.. (did I mention porn?) I haven't done anything beyond porn B'H, so I assume my battlefield will be somewhat smaller. But from the other side, I can't really say the reason I'm here is for I "hit bottom". Cause I didn't. So far, my wife has no clue about any of this. I started masturbating at 12, bought a smartphone at 17 while in yeshiva, discovered porn and acted accordingly. I dropped my smartphone before I got married but bought a tablet instead. After a year through marriage, my wife urged me to drop the internet in the house, being that it (the internet, she doesn't even know about porn) destroyed our productivity and our connection. I followed her advice, and it had been one of my smartest decisions, of which I take great pride. Before getting married I stopped watching porn (regularly, although I did fall 4-5 times) from like 4-5 months before till 2-3 month after. But then it all fell apart. Since then I have seen ups and downs. The ups sometimes can last for 3-4 months, but never more. In the down times it can get pretty bad, like 2-3 times a week. My relationship with Hashem has been constantly improving in the past 2 year BH, and that has been a big push. But it was never enough to stop me completely. So here I am.

It appears that this site is very addict oriented. I am a little unclear about the exact definition of an addict. Does everyone who watched porn on a regular basis an addict? That seems absurd. So am I an addict? Does it matter?

Ok, enough for my first post. Thanks again guys for this wonderful place! Every comment of every chaver will be a big help! May we all be zocho to a successful year in every aspect and grow in our relationship with Hashem, our wives, and kids!

Yitz

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Re: ????? ???? ???? ?? ?????? ???? ?

Posted by LoveU,Hashem - 15 Nov 2017 03:23

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Just fell again. What a shame:( I have been feeling so good the past few days and now I ruined it all. What am I going to do now? I have had lots of progress the last two three weeks, put up a filter, became productive and curved my internet usage in general to a minimum. What Do I do now? First I have to call the filter to block youtube.

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Re: ????? ???? ???? ?? ?????? ???? ?

Posted by Markz - 15 Nov 2017 03:53

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[LoveU,Hashem wrote on 15 Nov 2017 03:23:](#)

Just fell again. What a shame:( I have been feeling so good the past few days and now I ruined it all. What am I going to do now? I have had lots of progress the last two three weeks, put up a filter, became productive and curved my internet usage in general to a minimum. What Do I do now? First I have to call the filter to block youtube.

Have you listened to dov at all

[guardyoureyes.com/kosher-isle/shiurim/category/dov-s-recovery-talks/4](http://guardyoureyes.com/kosher-isle/shiurim/category/dov-s-recovery-talks/4)

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Re: ????? ????? ??? ?? ??????? ?????

Posted by RobFloyd - 15 Nov 2017 10:12

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[LoveU,Hashem wrote on 15 Nov 2017 03:23:](#)

Just fell again. What a shame:( I have been feeling so good the past few days and now I ruined it all. What am I going to do now? I have had lots of progress the last two three weeks, put up a filter, became productive and curved my internet usage in general to a minimum. What Do I do now? First I have to call the filter to block youtube.

You're asking what do I do now. It may help to understand what happened leading up to the fall. Were you doing great one day and suddenly fell the next? Or were you slipping a little each day and telling yourself that you're still okay?

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Re: ????? ????? ??? ?? ??????? ?????

Posted by heemircha - 15 Nov 2017 18:43

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[LoveU,Hashem wrote on 15 Nov 2017 03:23:](#)

Just fell again. What a shame:( I have been feeling so good the past few days **and now I ruined it all**. What am I going to do now? I have had lots of progress the last two three weeks, put up a filter, became productive and curved my internet usage in general to a minimum. What Do I do now? First I have to call the filter to block youtube.

I appreciate your frustration, but you only ruined the momentum to reach 90 days. As long as you don't regret the hard work you put in, you have not ruined it all that hard work, and it will stand you in good stead for the war you are waging.

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Re: ????? ????? ??? ?? ??????? ?????

Posted by Hashem Help Me - 15 Nov 2017 21:00

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Tried to PM to you but for some reason they dont recognize your user name. Please call.

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Re: ????? ????? ??? ?? ??????? ?????

Posted by LoveU,Hashem - 15 Nov 2017 23:41

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Thank you Rob, Hashem help me, heemircha for the chizuk. I was actually not slipping the last few days, I was busy over my head bh. What lead to fall was a triggering picture on a newspaper I get at home, and then the fact that I was in the office alone late at night. I fell through you tube (even though it was supposed to be blocked). What I've learned so far is that a fall that leas me to learn from it and reignites my will to stay clean can actually be more of a good thing than a bad one.

Today I called the filter company to block Youtube altogether so I spare myself another fall through that venue. I added to my taphsic that I will pay a knas if I use the internet for my personal use when coming back to the office at night. That helps me stay focused on what I initially came for and don't get distracted which will lead me to triggers and falls.

So after patching up my model all I got to do is move on. That's right. Carry on.

Still, I don't feel like Hashem's has my back. I had let him down, so how can I count on him?? This is a painful realization to deal with. But Yitzchok, why am I trying to be even with him? Why can't I accept his care without feeling that I have to **deserve** it? I never will and it ultimately won't matter. Even our father Avraham didn't deserve God's care, it was all pure chesed. All Eliezer asked was for chesed ?????????????????? ????? ?????????? ??????????. All I need is to be looking out and waiting for his care.

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And in any case, if I would truly mean it then I wouldn't have fallen to begin with. It is just the yetzer and my perfectionism that wants to bring me down. I just have to look up to my dear father, accept his control over my life, and carry on!

Yitzchok

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Love you guys!!

Re: ????? ????? ??? ?? ??????? ?????  
Posted by LoveU,Hashem - 15 Nov 2017 23:50

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And before I forget, I have to embrace the fact that I am not perfect. Not only am I not perfect right now, but I can never be perfect. This realization is so against my inherent intuition but is true. I feel that if I can really accept my imperfection and vulnerability, I would be more open to small changes. Trying to be perfect is an all or nothing approach. A loss-loss situation for me and my dear God. Small and gradual changes are the way to go for me, I just have to accept this true but so uncomfortable realization that I am severely limited.

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Re: ????? ????? ??? ?? ??????? ?????  
Posted by Hashem Help Me - 16 Nov 2017 04:59

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Your post was gadlus. Such honesty and clarity of the issues, and determination to make it work. However, Hashem does "have your back". He loves you with a love you and I cannot comprehend. He also sees our pnimiyus which is a good that cannot become tainted. This weeks parsha, "Vayorech es reiach begadav" on which chazal say, "al tikri begadav ella bogdav". Yitzchok smelled the sweet scent of the reshaim, for tzaddikim can access the true pnimiyus even of reshaim. People on GYE are special - these are the people working on themselves. They are displaying their pnimiyus of good for all to see. One need not be a tzaddik like Yitzchok to correctly size up how good you are Mr Love You, Hashem.

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Re: ????? ????? ??? ?? ??????? ?????  
Posted by LoveU,Hashem - 16 Nov 2017 23:04

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Thank you, rabbi, for your kind words!

By now I don't know what is more destructive, my HUGE ego or my ENDLESS perfectionism..

Too bad I have to deal with both of them..

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Re: ????? ????? ??? ?? ??????? ?????

Posted by cordnoy - 16 Nov 2017 23:14

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[LoveU,Hashem wrote on 16 Nov 2017 23:04:](#)

Thank you, rabbi, for your kind words!

By now I don't know what is more destructive, my HUGE ego or my ENDLESS perfectionism..

Too bad I have to deal with both of them..

As I'm perfect, I only need to deal with my ego.

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Re: ????? ????? ??? ?? ??????? ?????

Posted by LoveU,Hashem - 16 Nov 2017 23:18

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Re: ????? ????? ??? ?? ??????? ?????

Posted by lionking - 17 Nov 2017 14:18

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[cordnoy wrote on 16 Nov 2017 23:14:](#)

As I'm perfect, I only need to deal with my ego.

I'm a nobody, Since nobody is perfect, that makes me perfect.

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Re: ????? ????? ??? ?? ??????? ?????

Posted by LoveU,Hashem - 27 Dec 2017 22:18

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OMG!! I fell again. I feel like a piece of sh\*t. I wasted over 4 hours! I am overloaded with work and I wasted 4 hours!! Why??????????????? Why??? Why am I such a loser? I had a taphsic that I will have to pay now of 50\$\$\$\$! What do I do? Its the second time I fall on my taphsic! My system has suffered serious cracks. Its been so good fro the past 2 months. So

I had a system where I don't use the internet before

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Re: ????? ????? ??? ?? ??????? ?????

Posted by ieeyc - 28 Dec 2017 01:37

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[Markz wrote on 29 Sep 2017 02:01:](#)

Welcome brother...

As I understand he defines Sex Addiction simply - like any other addiction. For example

I don't think I'm an addict. But the tools for breaking free are not 1 size fits all. Many can gain from the same meds that addicts take. For a very small minority a big Taphsic fence is sufficient. But it's not for most.  
productive, fell so good with myself. Now? I fell like a waste of time. What do I do??

welcome luv u Hashem , i hope your getting better from day to day since you joined gye, im sure you are, i just hope YOU feel you are,i enjoy youre posts ,keep them coming,i just want to remind you of your avatar ,it gives me chizuk.

or fall fall fall ,succeed ,repeat!

markz did you ever try taphsic, what went wrong,im really trying to get the guts up to do a taphsic,i think the reason i dont is because i know how well itll work that i know ill have to give up my medication, but ill get there , after i break my bones from a couple of more falls(i hope ill do it beforei reach that point)

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