

Welcome me :)

Posted by HakolMilimala - 19 Jan 2018 01:22

Hey GYE community,

I'm 20 years old. I grew up in a broken home.. divorce.. remarriage. For years, the way I escaped from everything was pornography and masturbation. I always disliked this behavior but I kept on doing it. When I got to beis medrash though, I knew I had to put a stop to it once and for all. So I made a decision to stop. I got rid of my smartphone. Two weeks later I fell. I watched porn on the tiny grainy screen of the basic phone I had. I was baffled. I was doing great in yeshiva. Why would I do that? It wasn't even enjoyable. It was a tiny screen and i couldn't see anything. Well, as I had learned to do so well over the years, I jumped back up and forced myself to Seder and began to learn, fighting to push thoughts of resentment out of my mind. And then I went a couple more months clean before falling again on my fathers computer. And then I had to get back up and force myself back into regular yeshiva schedule, committed to not fall again, but as a couple months pass, the commitment weakens. And the same cycle continued. One time I fell though, I felt like I had hit rock bottom and I decided right there that I am going to see a therapist for my problems. So I told my parents I want to go to therapy. Thing is, I didn't tell them a specific reason, and as you can imagine, the therapist that we found wasn't quite used to dealing with problems that people like us have. And after continuing to go through my fall and get back up cycle a few more times I finally forced myself to find a proper therapist. I found one, and now I am in recovery, already having seen this therapist about 10 times. I am 1000% a supporter of therapy. And I think that there are many many people who are only in the blue section of this website that can greatly benefit from the tremendous power of therapy. Most people can benefit tremendously from therapy even if you aren't a sexual addict! I'm clean from porn for about 7 weeks. From masturbation.. not quite as long. More like 5 days, but you know, it's a work in progress. I try to be positive. I'm hopeful that my future is a sober one, my marriage is a healthy and happy one, and I can be the father and husband and have the career I'd like to be and have. I'm shadowed by a little pessimism though. Even though I've had a level of short term success many times, I can't seem to imagine never watching porn again. It seems impossible. And unrealistic. Should I just be thinking shorter term? Anyways, just wanted to introduce myself. I'd really appreciate if people reach out. Thanks

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Re: Welcome me :)

Posted by Jman356 - 10 Jul 2018 20:57

Also you should feel honored, that was my longest post on any thread ever. Including my own.

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Re: Welcome me :)

Posted by HakolMilimala - 13 Aug 2019 21:17

Been over a a year since I added to this forum.

Definitely a year of growth... but chock full of challenges also, none bigger than these past few weeks....

I know perfection is not my goal, but it's so hard to not judge myself by it.

I think deep down I might had to get rid of my smartphone, but practically I can't fathom it.

I rarely have fun without hurting myself.

Ive wasted so many hours of my life, enslaved by my desires.

I'm a little bit of a lonely lost soul.

I seek companionship, and my friends the past few years just haven't been perfect... ugh who needs perfect....

I'm lost....

Floating in a big ocean waving two hands above my head..

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Re: Welcome me :)

Posted by Brightdawn60 - 25 Aug 2019 20:00

Sorry to hear your difficult background story.... makes it seem even more impressive that instead of giving up, you are taking steps to improve yourself and move to a higher level. Kol hakavod! Keep strong.

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Re: Welcome me :)

Posted by SFTTsrvnt - 25 Aug 2019 23:46

Hello GYE community,

I'm 22 years old, I grew up in a modern orthodox community going to coed school from k-12. I was exposed to shmutz when I was in 4th grade (around 10 years old) by a friend who saw it on his older brother's computer. When I was younger I was a bit addicted to porn and masturbation as a way to explore sexuality and to relieve stresses as a confused kid going to a coed school with no guidance on my body and how to deal with my thoughts and new urges. When I got to high school I knew it wasn't good but couldn't stop because I felt that it helped me keep myself calm.

When I went to yeshiva in Israel they had a program for the bachurim to help deal with this issue. While I was there I was able to deal with it and not have any issues! Though after my time in yeshiva I came back to America to go to University...Due to stress of classes and life along with the occasional boredom I fell hard back into my "old ways"...I for the past years that I've been back in America I've been struggling how to deal with this problem and it has really been paining me inside. I mentioned to a Rav of mine that I need a new filter on my phone and a way to deal with this, and he told me about this website. That was earlier this summer. I kept pushing off joining because I thought maybe I can do this by myself, until today where I just have had enough and need to change. I need to get this in order so I can function normally and hopefully one day get married. I hope you guys can help me fulfill my dream of conquering this tayvah!

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Re: Welcome me :)

Posted by Captain - 26 Aug 2019 02:48

Thanks for sharing your story! You'll find that GYE is an amazing community of likeminded people who are here to give you support and look forward to hearing about your successes!

While you're here, check out the forums and the chizuk emails and the ebooks!

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Re: Welcome me :)

Posted by Dave M - 26 Aug 2019 12:52

[SFTTsrvnt wrote on 25 Aug 2019 23:46:](#)

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Welcome to the GYE community. By the way, it will be helpful if you start your own thread.

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Re: Welcome me :)

Posted by ColinColin - 26 Aug 2019 13:07

Take it day by day, hour by hour, minute by minute if you need.

The urges happen...but your response to them is within your control.

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Re: Welcome me :)

Posted by SFTTsrvnt - 26 Aug 2019 22:11

Sorry I don't really know how to use forums...

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Re: Welcome me :)

Posted by sleepy - 26 Aug 2019 23:23

[SFTTsrvnt wrote on 25 Aug 2019 23:46:](#)

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welcome !have you tried contacting that yeshiva in Israel, it seemed that they helped while you were there,dont be shy to say you fell, theyll only think highly of you that you want to kick the habit.hatzlacha!

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Re: Welcome me :)

Posted by Hakolhevel - 29 Aug 2019 03:59

[HakolMilimala wrote on 13 Aug 2019 21:17:](#)

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Well expressed. Please keep us updated.

All the best.

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Re: Welcome me :)

Posted by David26fr - 30 Aug 2019 07:48

[SFTTsrvnt wrote on 25 Aug 2019 23:46:](#)

When I got to high school I knew it wasn't good but couldn't stop because I felt that it helped me keep myself calm.

Here, you got the point about one trigger to your falls, I think.

Did you try to work on your stress ?

?You can take a look about mindfulness...

Stress and anger are also my principal triggers, and I really see a difference since I work SERIOUSLY on them : less urges, less falls...

In general, you don't have an urge, when you are calm and feeling that "Hachem is here, all is for good".

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It's a long journey to reach this goal, but it worth it