

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 HakolMilimala - 11 Feb 2018 20:55

Just a personal obeservation:

6 months ago, there was no way last night didn't end with masturbation.

Thank you Hashem for my progress.

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Re: Welcome me :)

Posted by tzomah - 11 Feb 2018 22:05

i was not referring to what gedolim said

rather what it seems like you are taking out of it that someone who is struggling (not only with the computer rather an addiction or desire for lust in general) is flaunting the gedolim i don't think that is true

my other point was that someone struggling with this type of nisayon doesn't usually do well to think if he will or will not get siyata dishmaya

i was not talking about not getting filters just the attitude

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Re: Welcome me :)

Posted by tzomah - 11 Feb 2018 22:08

[HakolMilimala wrote on 11 Feb 2018 12:40:](#)

[tzomah wrote on 11 Feb 2018 11:52:](#)

[HakolMilimala wrote on 11 Feb 2018 06:36:](#)

Hey friends,

had a crazy busy week and weekend which I find to usually be helpful in not wanting to act out.

after shabbos was over and things calmed down, I was in a place where I had access to a bunch on unfiltered devices. I was using them, we were watching some kosher material - sports and whatnot, but just using the unfiltered device for even kosher things started giving me the urge.

Holding a device which is the access to my drug is like standing in front of a door to an unlocked room where my desires can be fulfilled on the other side. Its scary that it's like that. But I think that's how it's going to be for the rest of my life. If I'm using an unfiltered device even for a few minutes, and even if I'm doing so well in so many areas, my mind starts convincing me to watch porn. Luckily, I forced myself into bed away from the reach of any unfiltered access, and I'm gonna try to put myself to bed.

gut vuch everyone.

i don't think it's gotta be like that the rest of your life

Why, what's gonna change?

Once an addict always an addict, no?

a recovering addict is not the same as an addicted addict

anyway how do you know that?

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Re: Welcome me :)

Posted by HakolMilimala - 11 Feb 2018 22:24

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That could be true that they are different, but i think it will be a long long time of being clean and only if I actually stay clean that an unfiltered device might become desexualized.

I don't know anything as fact, but I have researched addiction, and have read a few good books. It interests me, and it helps because I'm im not oblivious to what I'm dealing with.

I have a very similar thing when it comes to this crush I had on a girl. A few years removed from this but I texted/hung out with girls, and there was one girl that I convinced myself I was gonna marry and we spoke a lot. To this day, I'm not fully over her even though it's completely ridiculous.

Theres certain things that get changed that I think change for good and become somewhat part of your nature unless you do serious therapy and work to remove them and even then don't know if it's possible.

like they say, once a crush always a crush. Once an addict, always an addict.

unfortunate, but probably true.

Whadya think

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Re: Welcome me :)

Posted by tzomah - 11 Feb 2018 22:33

if you believe you believe it i aint gonna convince you out of it if it helps your recovery great thats the point

i personally have a hard time buying it maybe there are people so far in their addiction that in this lifetime they wont get out who knows but a rule of once an addict always an addict doesn't seem to have any basis a person can change in fascinating ways

as for the crush that is just a memory playing tricks on you from my experience go back in 10 years you may not remember what you were so crazy over

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Re: Welcome me :)

Posted by ieeyc - 12 Feb 2018 01:49

[tzomah wrote on 11 Feb 2018 22:05:](#)

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im sorry if my words implied that ,i did not mean that, and what you wrote about what i wrote about siyata dishmaya , that it could dishearten someone, you might be right and i apologize.

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Re: Welcome me :)

Posted by HakolMilimala - 16 Feb 2018 05:52

My roommates aren't here for the weekend and I have the room to myself. This, coupled with the fact that I didn't have the most successful day and I'm not in the best mood, is triggering me and I'm having a strong urge to masturbate.

Hope sharing this settles me down.

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Re: Welcome me :)

Posted by lifebound - 16 Feb 2018 06:09

thats a tough situation, sorry to hear that. i may not have the answers but feel free to chat if you need a listening ear

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Re: Welcome me :)

Posted by HakolMilimala - 16 Feb 2018 07:33

Hashem always sends that message " hey this is your last chance do you want to turn back"

as im doing my thing it pops up that I got a gye response. but I just fell.

my filter blocked out any porn bh but I was able to pull up a few pictures.

before falling, the strongest deterrents going through my mind were taking down that gye count as I was about to get 30 days, what a shame. Thinking about going back into therapy and discussing this when I'm supposed to be making progress..

I think my real fall (by real I mean the one that I can work on) happened earlier today though, I let myself get out of schedule and out of whack and I was feeling unproductive and I started getting depressed which for me is always a feeling of where's the light at the end of the tunnel. When I get into that mood I just want to escape. I have to stay positive and optimistic and then I'm ok..

I hope I'm not back at square 1

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Re: Welcome me :)

Posted by lifebound - 16 Feb 2018 07:46

I'm not "qualified" to say this as I haven't gotten close to 30 days, but I can repeat what I've heard from others: Falling after 30 days does not mean you're back at square one. It means you stayed clean for 30 days! That's a great accomplishment. Along with the fact of how much it bothered you as you were falling. That's nothing to sneeze at. Keep your head up!

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Re: Welcome me :)

Posted by HakolMilimala - 16 Feb 2018 07:51

Thanks man you got a good heart.

i think the issue here is that why am I viewing yeshiva as a tunnel? I categorize a good day if I see the light at end of the tunnel and a bad day if i don't. And that's because for me I view yeshiva as a necessary and very important tunnel towards life and since I believe it's important I commit myself to it, but it's still not very healthy if I'm just looking at it as a tunnel to life.. how happy can I be if I'm still in the tunnel?

I need ideas, but if I'm going to be in yeshiva a few more years I have to work on shifting my mentality. This is every much as part of life as marriage and a career is part of life.. it's a hard part but I have to enjoy it for its own sake, not just what it means as a tunnel for the rest.

question is if this is possible, or maybe I need to switch to a yeshiva with a little bit of a broader tunnel :/

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Re: Welcome me :)

Posted by lifebound - 16 Feb 2018 08:02

Hmmm...you're a lot more self-aware and courageous than I've ever been, but if you ask me, I think you pretty much hit the nail on the head. All of life is a tunnel, or maybe track is a better word. Being in Yeshiva isn't the pipeline that leads you to life. It is a segment of the track that IS life. A medical student for example doesn't go through years of medical school, thinking, "Once this is done, then I can start my life!" The experience of medical school is itself a formative and memorable chunk of life.

I obviously can't answer if you should switch yeshivas, but if you feel your current place is on a track that does not allow you to enjoy your journey on it, perhaps it's something to explore.

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Re: Welcome me :)

Posted by HakolMilimala - 16 Feb 2018 08:09

Good points but actually I think a medical student does go through school saying that after this is done he could start life!

So I understand it's all a tunnel to hopefully olam haba but what I mean is that for me yeshiva is pretty much only enjoyable because I know the tools it's giving me for after, versus id like to believe that even though the rest of my life will be a tunnel to the next world, I'll be able to enjoy day to day life more for its own sake.

I learn well because I'm self motivated and committed, but yeshivas a constant battle for me.

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Re: Welcome me :)

Posted by lifebound - 16 Feb 2018 08:16

I guess it depends on the person. Some students will be only focused on the endgoal of becoming a doctor while others will be able to enjoy the experience as they travel through it. If you ask me the latter is the healthier one.

It's great that you're learning, but depending on the nature of the battle, if it's constant then I think that's somewhat of a warning sign. I can tell you for myself, I felt the exact same way in my yeshiva, it was not suited for me at all and every day was a struggle. I tossed around the idea of switching but didn't do it. I know it's part of Hashem's plan but I still very much regret not switching.

Disclaimer: Don't take advice from me, a random shnook on the internet, speak to your rebbi,

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