

"Just regular movies "

Posted by Grant400 - 12 Jul 2020 13:59

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A few days ago I started a topic in the balei batims forum about how I'm addicted to regular movies. How it takes up way too much time like sometimes till 5am. How I adore them in an almost worshipful manner. How it takes up too much of me.

Well I've just had a rude awakening. You see what I've also struggled with only a few times in the past was exploring regular Hollywood movies that had inappropriate content like nudity...nothing to graphic but enough to get aroused. I have only done this a few times. It only happened on rare occasions and I always got it in check with tricks or a knas etc. I completely got passed it and stopped and haven't done it in like 2 months. And during those months I grew immensely in shmiras einayim in all aspects. I was convinced that I was safe. So the only problem was just my addiction to movies.

Lo and behold out of the blue last night I fell so completely unexpectedly. This led me to view a few inappropriate pictures too. Nothing crazy just something I thought I conquered. Oh well now I really gotta kick my movie habit if it leads to this. I am resetting my 90 day count and will iyh try to stop movies all together. Still gonna watch clean comedy with wife but no more movies by myself unsupervised and at all hours. So my 90 day count will be in regard to movies, viewing inappropriate material and HZ"L (not really a problem but another geder wont hurt). I'm posting here to hold myself accountable.

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Re: "Just regular movies "

Posted by Markz - 29 Jun 2021 00:46

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[Grant400 wrote on 29 Jun 2021 00:20:](#)

I think I might pass out from sheer desire. My head is pounding.

I've read in a few places that urges only last a few minutes, at most up to 20 minutes. Not by me. It can last for days with incredible physical symptoms.

How much longer am I expected to hold out?!?

1 more minute

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Re: "Just regular movies "

Posted by Grant400 - 29 Jun 2021 00:47

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[Markz wrote on 29 Jun 2021 00:46:](#)

[Grant400 wrote on 29 Jun 2021 00:20:](#)

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It's not even desire to act out that is driving me. It's just that I can't bear the pain of not acting out anymore.

It's only a matter of time...

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Re: "Just regular movies "

Posted by OivedElokim - 29 Jun 2021 01:19

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I wish I had some way I could help...

Stay strong.

If speaking to someone would help I'm available. Pm me for my number.

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Re: "Just regular movies "

Posted by Markz - 29 Jun 2021 02:44

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[Grant400 wrote on 29 Jun 2021 00:47:](#)

[Markz wrote on 29 Jun 2021 00:46:](#)

[Grant400 wrote on 29 Jun 2021 00:20:](#)

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Ok, so people fall...

**Warning: Spoiler!**

Then they get up and make resolutions.

What would yours be loo/lee yetzooyer/etzeer you'd fall?

Meanwhile while you're thinking about this, please PM me

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Re: "Just regular movies "

Posted by Hashem Help Me - 29 Jun 2021 02:46

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get on a treadmill. something is triggering you. deal with it.

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Re: "Just regular movies "

Posted by wilnevergiveup - 29 Jun 2021 05:55

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Can we get some details?

Why is it that you want to fall, is there something that you are trying to escape from or do you just desperately need the pleasure? (Is there a third option?)

If you just "hold out and stay strong" then it really is just a matter of time. You've been here long enough, you know everything, so what is going on? Is there something else?

You asked about the urge lasting only 20 minutes, I think the answer is that an urge by itself only lasts 20 minutes but if it is caused by something else, it can last as long as that other thing lasts (sometimes on and off).

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Re: "Just regular movies "

Posted by Grant400 - 29 Jun 2021 17:09

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[wilnevergiveup wrote on 29 Jun 2021 05:55:](#)

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Why is it that you want to fall, is there something that you are trying to escape from or do you just desperately need the pleasure? (Is there a third option?)

If you just "hold out and stay strong" then it really is just a matter of time. You've been here long enough, you know everything, so what is going on? Is there something else?

You asked about the urge lasting only 20 minutes, I think the answer is that an urge by itself only lasts 20 minutes but if it is caused by something else, it can last as long as that other thing lasts (sometimes on and off).

I like your answer. Yes, I am under a tremendous amount of stress lately. I guess you are saying that is what causes the urge to last.

Anyway, I misbehaved last night. Not terribly though. I feel bad, but I honestly don't see how there was another option. I lost after an excruciating day... Obviously feeling weak today.

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Re: "Just regular movies "

Posted by wilnevergiveup - 29 Jun 2021 19:50

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Off topic but why is "I lost a 6 month streak. I will get back there. Not if, but when. When? Now." in you signature?

Why is this important to you now? And why do you need to get a 6 month streak back?

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Re: "Just regular movies "

Posted by Grant400 - 29 Jun 2021 20:34

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[wilnevergiveup wrote on 29 Jun 2021 19:50:](#)

Off topic but why is "I lost a 6 month streak. I will get back there. Not if, but when. When? Now." in you signature?

Why is this important to you now? And why do you need to get a 6 month streak back?

Many reasons. To name a few.

1. I am married, and I feel horrible because of the disloyalty.
2. It effects my Yiddishkeit in many ways.
3. I am always unhappier after.
4. I have a hard time respecting myself when I can't practice any discipline.

Yet at the same time the pain of not acting out is incredible too...

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Re: "Just regular movies "

Posted by wilnevergiveup - 29 Jun 2021 20:41

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[Grant400 wrote on 29 Jun 2021 20:34:](#)

[wilnevergiveup wrote on 29 Jun 2021 19:50:](#)

Off topic but why is "I lost a 6 month streak. I will get back there. Not if, but when. When? Now." in you signature?

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Many reasons. To name a few.

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Yet at the same time the pain of not acting out is incredible too...

The question was 1. Why it's important that you had a streak and you lost it? And 2. Why do you fee that it's important to get *that* streak back?

#4 might be part of the problem, not the solution.

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Re: "Just regular movies "

Posted by Grant400 - 23 Aug 2021 01:30

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Fell after 53 days. B"H not a bad fall. Streaks are getting longer again, but feeling a little dejected. Wondering how to keep to the same stringent standards practiced in the tentative first days of a streak, weeks in. Confidence builds, leading to the rise of false bravado and foolishness.

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Re: "Just regular movies "

Posted by YeshivaGuy - 23 Aug 2021 01:35

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Grant, I'm not here to give eitzah right now because I don't have good eitzah.

But I will say that you have been an inspiration for me during my entire time here on the site.

You were the one who reached out to me to lmk how everything works around here and was mechazeik me when I was down.

You have it within to be matzliach bezras Hashem.

Maybe a good idea (unless ur doing it already) to keep being bkeshah with guys on the phone regularly from here, and maybe post more often.

Whatever you think, again I'm not here to give eitzah, just to remind you who you truly are and what you have been for myself and many others here.

With Love,



YeshivaGuy

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Re: "Just regular movies "

Posted by Grant400 - 23 Aug 2021 20:05

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[YeshivaGuy wrote on 23 Aug 2021 01:35:](#)

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With Love,

YeshivaGuy

Thank you. Just as you aren't offering an eitza, I'm not seeking one. I'm not discouraged or hopeless. The reality is I'm shteiging and growing quite a bit. I understand that falls happen and I must move on. I cannot expect myself to be an angel. Humans falter and fail. The requirement is to learn from each fall and learn what to avoid and what to do to prevent falling yet again. I can honestly say this fall came from a slowly growing carelessness. I got comfortable and didn't

work on continuing to grow more since I was complacent with the status quo. The status quo always ends up burning out. I will try to reinvigorate myself more often even when I feel I am stable.

For now I'm just trying my hardest to rip out of the fall. It's always the hardest to build the initial streak. My evil inclination tells me to enjoy just once more while I'm not losing a streak... So far good BH but desire is increasing.

I've been very busy but I should update more often.

Should, should, should. How many times do we start a sentence with that word and already feel better and like we did something....and then do nothing. Hopefully now will be different.

A weary Grant

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Re: "Just regular movies "

Posted by Gevura Shebyesod - 10 Oct 2021 21:55

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General????

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