

Relapse, staying clean until yeshiva
Posted by onthewayup - 26 Jul 2020 22:37

Hi there everyone,

I have been a member of GYE for years now but have barely wrote on the forum. I have had my ups and downs and right now its a down. A big down. I feel like I have relapsed to my teenage years. It started with a fall after over 200 days clean. From there I got up and pushed another between 30 and 40 days without it happening again. After the 2nd fall it was another few weeks and I fell twice within 2 days. From there I had a 10 day streak when I again succumbed. Now I have fallen 5 times in the past 10 days about. I am a bachur, single. I feel utterly despondent. My hope is to make it until yeshiva starts up (imy"h normally). I am writing here on the forum to put my story out there as a sense of accountability. I have tried my own personal shvovs (knasos taphsic) but have unfortunately this has not been able to stop me. I am now just in debt and afraid to do it again. If anyone has any ideas or just some recognition that they are reading this it would be helpful. I will try to give updates for my own accountability. Hopefully this will get me through the rest of the summer.

All the best

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Re: Relapse, staying clean until yeshiva
Posted by Dave M - 27 Jul 2020 01:05

Welcome! I commend you for working so hard on this while you are a bochur. Many bochurim assume there is no need to work on these issues, since they are under the false illusion that once they get married, their problems will go away, which is not the case.

I found that I gained tremendously by participating on the forum. Whether creating accountability and gaining chizuk as I work through my struggles, as well as giving chizuk to others. We are all brothers and fighting together. IM"H, with hard work, you will grow tremendously and be a better person because of what you had to overcome. Hazlacha!

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Re: Relapse, staying clean until yeshiva
Posted by Grant400 - 27 Jul 2020 03:33

Hey there! Welcome! Posting on the forum works wonders even though it's anonymous. Ask questions, give chizuk, get mechuzak, become a part of the family. Also important is to start the 90 day count were you can update your success and be held accountable accordingly. Looking forward to watching you shteig!

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Re: Relapse, staying clean until yeshiva
Posted by Jj123 - 27 Jul 2020 05:34

[onthewayup wrote on 26 Jul 2020 22:37:](#)

I have tried my own personal shvous (knasos taphsic) but have unfortunately this has not been able to stop me.

My friend, the only thing that can stop you is you.

With all the tips, tricks and strategies, this is something I constantly remind myself.

Stay strong

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Re: Relapse, staying clean until yeshiva
Posted by onthewayup - 27 Jul 2020 16:03

Monday-

After a fall. Okay starting now from scratch. Hopefully this time I will get some streak behind me. Nothing seems to work thiugh. I can be shtark in Shul stating I will not fall then when I get home a bit later I'm entrapped again. I pledge to write here every few days as a way of accountability. For those people reading, rebuke me if I fall. This is such a bad addiction. It affects me everywhere. I am sure I am not the first one to come up with this but, porn is prison. **Prison** has the words **is porn** in it. Friendships, feeling distant from people, guilty conscience,

lack of motivation, headaches, fatigue, wasting time and these are just some of the short term effects. Hell, marriage, future, tainted souls are the ones that should really scare me. But they do not. I guess I have zero yiras shimaim. Or this is a terrible addiction and the brain is wired to crave it under all circumstances. I wish I could become an Amish person for some time. No technology just sit all day and learn and do teshuva. Unfortunately I have work involving a computer so I cannot do that. I'll be done in like 2 weeks then I should go Amish. Anyway I think I'm done for the day I'll try to post tomorrow and stay clean. All comments welcome.

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Re: Relapse, staying clean until yeshiva
Posted by onthewayup - 27 Jul 2020 16:05

Very true. I should remind myself about this more often. Sometimes I try to outsmart my own system forgetting that I made it in the first place. Sounds crazy no? But that is what happens.

See my post for today below. Hopefully I will hold out now.

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Re: Relapse, staying clean until yeshiva
Posted by onthewayup - 27 Jul 2020 16:15

[Jj123 wrote on 27 Jul 2020 05:34:](#)

[onthewayup wrote on 26 Jul 2020 22:37:](#)

I have tried my own personal shvous (knasos taphsic) but have unfortunately this has not been able to stop me.

My friend, the only thing that can stop you is you.

With all the tips, tricks and strategies, this is something I constantly remind myself.

Stay strong

Thanks. Yes I sometimes try to outsmart my own system. That is what this addiction does to me. anyway see my post below for today. I will try my best.

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Re: Relapse, staying clean until yeshiva
Posted by Grant400 - 27 Jul 2020 16:49

"Unfortunately I have work involving a computer so I cannot do that. "

Why is a filter not an option? Without a filter I don't see how you can expect not to fail... Hashem doesn't expect us to be in situations where it's a lost battle and still win, he requires from us to prevent ourselves from ever being in said unfortunate situations.

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Re: Relapse, staying clean until yeshiva
Posted by Dave M - 27 Jul 2020 16:50

[onthewayup wrote on 27 Jul 2020 16:03:](#)

Monday-

I pledge to write here every few days as a way of accountability..... . I am sure I am not the first one to come up with this but, porn is prison. **Prison** has the words **is porn** in it.

Sounds like you have a good starting plan. Like any other strategies, it will need to be fine tuned as you go along.

Thats a good chop. I never realized that Prison=Is Porn

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Re: Relapse, staying clean until yeshiva
Posted by onthewayup - 27 Jul 2020 18:10

[Grant400 wrote on 27 Jul 2020 16:49:](#)

"Unfortunately I have work involving a computer so I cannot do that. "

Why is a filter not an option? Without a filter I don't see how you can expect not to fail... Hashem doesn't expect us to be in situations where it's a lost battle and still win, he requires from is to prevent ourselves from ever being in said unfortunate situations.

I do have a filter but there is a loophole. I am trying to stuff it up but it will take some time.

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Re: Relapse, staying clean until yeshiva
Posted by ColinColin - 29 Jul 2020 01:42

@onthewayup

Why do you fall?

There has to be a reason or reasons?

Lust?

Boredom?

Tiredness?

Hunger?

Low self-esteem?

Depression?

If you know why you fall, and what causes you to look at the porn, you can begin to work out how to be clean.

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Re: Relapse, staying clean until yeshiva
Posted by onthewayup - 29 Jul 2020 03:35

@ColinColin

Yes for sure there are reasons:

For sure lust is one of them. It comes and goes of course. But without an access to a internet device, I do not act on it. Boredom not really. These activities lead to boredom is more likely. Low self esteem and depression is an effect for me more than the initial fall. It could be the reason for later falls after the first one. The other 2 reasons I don't resonate with too much.

Thanks

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Re: Relapse, staying clean until yeshiva

Posted by onthewayup - 29 Jul 2020 03:52

Hi there everyone,

One day and counting... So as I said, I would write about my experiences as a way of accountability. So please respond and get me through the next few weeks. Right now, I feel at peace, I do not have so much lust right now and am quite disgusted with porn. I did some thinking and thought why maybe this came upon me. I think it was *mida kneged mida* for something I said to someone else. I will not go into details but does that make sense? Can sinning and feeling absolutely terrible be a punishment? I don't know but I think it has something to do with it. Anyway, I know this feeling will not last forever and the urges will come back. Should I make another type of prevention for myself? I am a bit scared of a taphsic shvuah now since I have my debts and do not keep the shvuah as well as I would like to. What else could work? I will be hopefully soon blocking the loopholes on my computer.

I read in sharei tshuva that someone who doesn't do teshuva when he has the opportunity, his punishment is greater. Where does the teshuva start for this after quitting? I know regret is part of it but how is that practical? I do not think I will stop having desires so it is harder to have regret. I feel like I am just trying not to relapse now, but where is the *asay tov* and the repentance come in? What can I do that is positive in this regard? Besides that, I want this to be my final relapse ever but it will not happen by just ignoring this issue. Something else will happen in my life and bring back these feelings, and when it comes I want to be ready. So how should I do that, one day at a time? Anyway that is it for now. I hope to elaborate on some of these points in future posts and appreciate everyone comments.

All the best,

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Re: Relapse, staying clean until yeshiva
Posted by Shnitzel and kugel - 29 Jul 2020 05:08

Hey,

I was a bochur too when I joined, it was really tough but I put in lots of effort which helped tremendously now that I'm married.

Don't ever give up and use out your unique opportunity you have to fight this whilst your still single.

Marriage would help only if you give it all you got now which isn't defined by how many days your clean for.

Good luck!

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Re: Relapse, staying clean until yeshiva
Posted by Im Tevakshena Kakasef - 29 Jul 2020 10:39

Hi there onthewayup,

I too am a yeshiva bachur, trying to stay clean during these times. Been slipping pretty bad myself recently. Maybe we can help each other.

I may very well be wrong, but I think I heard beshem the chovas halavavos that the regret that comes after the aveira is often just the yetzer hara. He takes the next world from us, and then he doesn't even let us enjoy this world. I'm not saying don't capitalize on it, just that you're right, feeling bad after sinning won't stop you doing it again. And you mention you feel terrible after sinning, but struggle to have regret. Again, could be the same idea.

Maybe our avoda should be to try and learn more about G-d. Shaarei Teshuva says 'to increase in yiras shmyaim a little every day.' To speak to Him more. To build are emunah in Him more. And when we feel the desire, we won't not do the aveira because we don't feel we want to. We won't do it because it takes us from our Hashem. And all we want is to be close to Him. That could be our asay tov avoda. And if we get there, teshuva on the past will be easy.

Wishing you tremendous hatzlocha. Lets fight this fight together.

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