

Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 28 Jan 2021 21:27

Hey guys just wanted to get myself out on the forum- I saw a few people say that being on the forum is helpful so I figured I may as well try it out and what better way to get started than to introduce myself?

Im leaving for a yeshiva in Eretz Yisrael this coming Elul and my goal is to have enough control by the time I leave for yeshiva that I can go into yeshiva with a solid sense of control.

Im writing this as i recover from a fall i just had - i had 16 days clean and just fell, and writing this is actually pretty therapeutic. Prior to joining GYE my longest streak was 10 days as of this year (I've gone for 8 weeks longest probably) so GYE has been super helpful - this organization and everyone who helps in any way is truly incredible.

My issues are not so extreme in my opinion- I've never seen porn and dont feel myself being pulled towards that but I do suffer from mzl which almost always stems from embarrassing fantasies. I rarely feel that its impossible for me to stop - I've always had a lot of determination and at first I used to be helpless against my desires but now I almost *choose* to indulge myself but have the willpower to refuse, if that makes sense.

I dont have a filter on my phone but am working up courage to ask my parents for one - I hear netspark is good..

Thats all for now- excited to start being more active on the forum!

Eved Hashem

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Re: Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 20 Sep 2021 08:38

231 days. Doing incredible BH

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Re: Aiming to be better. Introducing myself :)

Posted by Hashem Help Me - 20 Sep 2021 14:14

tell the oilam whats working for you...

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Re: Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 23 Sep 2021 08:12

I guess this is mostly for newcomers who haven't read through my thread heres my story in intensely summarized form

looking back i was thinking about women at night since I was maybe 6 or 7 but didnt even process it until now when I'm like ok that's when it started. Was likely due to exposure to secular culture

Started acting out around age 13 at first I had no idea what i was even doing it just felt good

I progressed to feel gross so I developed a more practical system to get my fulfillment than acting out in my bed every night

By the time I was maybe 15 or 16 I discovered i could find things on the internet that made acting out more fun and intense

I was already in deep but this made it much worse

Didn't even know it was assur till maybe 16.5 or 17 years old which is when I started to attempt to stop

Just used tallys to see how far I could get without acting out- farthest I got was maybe 10 days. This went on for about a year

Roughly when I turned 18 i found guard your eyes by complete miracle dont even remember how I found it but I live in a very modern community no one knows about it somehow I just found it

Didn't post at first but after my first fall since joining gye (16 or 17 day streak my longest at the time) I started posting

So all I was doing was posting and keeping streak via 90 day challenge

And for me posting was immensely helpful and j with posting and keeping track I was able to get where I am today

I have not masturbated since i started posting consistently

Im currently 18 years old

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Re: Aiming to be better. Introducing myself :)
Posted by Hashem Help Me - 06 Oct 2021 04:41

Please make yourself available to speak to other single guys who do not believe it is possible to stay clean for extended periods of time.

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Re: Aiming to be better. Introducing myself :)
Posted by Ish MiGrodno - 06 Oct 2021 04:59

Dude, you are a superhero.

Literally a poster boy for GYE.

?HHM is spot on; you are uniquely poised to provide life-changing chizuk for so many..

IMG

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 06 Oct 2021 05:07

[Hashem Help Me wrote on 06 Oct 2021 04:41:](#)

Please make yourself available to speak to other single guys who do not believe it is possible to stay clean for extended periods of time.

If anyone wants to reach out my email is EvedHashem1836@gmail.com

I have to keep myself strong too so if anyone wants to schmooze please dont get too graphic and detailed

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 04 Dec 2021 21:24

Quick update for the guys:

Currently holding above 300 days. If you asked me any time in the last 5 years if I'd have a streak like this I dont think I'd believe I could do it

Didn't realize how much i wasn't living life before. Now I can really spend my time learning and davening and feel real and not like a faker. Feel more like a human and less like an animal.

Work isnt done though. Been getting some bad thoughts recently probably due to me being around the internet more recently (still don't have a filter). Planning on offering the smartphone as a korban olah in the near future when I switch yeshivas, current yeshiva im in requires it unfortunately.

Obviously just having hirhurim is a huge step up from where I used to be but for maybe a 70-100 day period until recently didnt even have those so much so want to make sure I stay strong.

Push through guys. You dont want to live your life like this. The more you fight the easier it gets.

Wishing everyone here much hatzlocha.

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Re: Aiming to be better. Introducing myself :)
Posted by the.guard - 07 Dec 2021 12:06

Amazing. You're an inspiration to us all!

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Re: Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 02 Feb 2022 12:36

I never really planned on making it this far. I guess I thought once I hit 90 I proved to myself it was possible and then I can fall and get back again or something on those lines. But its crazy that since I joined GYE I think I only fell maybe 5 or 6 times and only one of those times was after I started posting.

The time really flew by though. I still remember the first few days of my streak vividly, fighting tooth and nail to stay clean. Next thing I know I blink and I've been clean for over a year and P and M are barely a thought. (To clarify it is sometimes a thought. But not often, and when it is a thought its not so strong.) Hopefully in a few years when I get married that should diminish even more as I use the taivas for what they're meant for.

I imagine there's a lot of guys out there like me- bachurim in yeshiva not super addicted to hard pornography but get triggered by youtube, images, etc. And have been struggling for a while.

I dont have experience of the post yeshiva life but id assume its easier to quit while in yeshiva because you spend almost the whole day learning and keeping yourself busy. For me I kind of took the concept that I wanted to be free for sure before marriage and really used that as motivation to say if I dont become free now when will I? It will only become more difficult as time goes on and I have more inappropriate stuff in my mind.

Thats not to say its impossible to quit when one is older bit in the view of this author its easier when young.

So for all those yeshiva guys out there - the time is now! This won't dissappear magically you have to work on it and put in the effort! Get rid of the triggers for real this time, learn some sefarim about the issues, post like your life depends on it (it might), or do whatever works for

you. Just make sure you tackle this now and dont let it spiral out of control.

For me I realay just broke free due to constant posting and davening and a lot of willpower. I happen to have a lot of willpower but I'm sure some guys out there who are still young might be similar.

I also highly recommend reading a little bit of something on this topic every single day, whether that's the battle of the generation (i used a hard copy and read in bed, you can buy on Amazon for about 10 dollars) or zos brisi or something similar.

If anyone wants to get in touch with me my email is evedhashem1836@gmail.com I'd be more than happy to do my best to help aanyone.

Wishing all much hatzlocha!

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Re: Aiming to be better. Introducing myself :)
Posted by Vehkam - 02 Feb 2022 13:53

As someone who waited way too long before putting in the proper effort- I couldn't agree more and I applaud you for taking the initiative while you are still young.

The only comment I have for any Bochor reading this, is that you should not underestimate the raging hormones and free time you have while in yeshiva. Recognize the challenges and plan accordingly.

Wishing you tremendous continued success.

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Re: Aiming to be better. Introducing myself :)
Posted by Lifelsbliss - 02 Feb 2022 19:00

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 03 Feb 2022 12:20

The only comment I have for any Bochur reading this, is that you should not underestimate the raging hormones and free time you have while in yeshiva. Recognize the challenges and plan accordingly.

Agreed maybe I wasn't clear - of course it is difficult I just don't think it will get any easier

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Re: Aiming to be better. Introducing myself :)
Posted by Vehkam - 03 Feb 2022 13:37

I can certainly attest to that!!

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Re: Aiming to be better. Introducing myself :)
Posted by Hashem Help Me - 03 Feb 2022 22:13

Thank you for your inspiring post and strong advice. May Hashem help you continue with much hatzlocha!

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