

finally posting!

Posted by Smokey - 28 Jun 2021 04:48

Hey everyone! I originally signed up to GYE over 3 years ago however i only really started using it a couple of months ago when i realized that if i want to quit myself from P&M for good i need to really buckle down and commit myself to climbing this mountain, it won't just happen from reading up what's wrong and watching inspiring chizuk videos, you have to internalize make a decision that i will commit myself to do whatever it takes to stop. B'H a bit over a year ago- before i committed myself, i got rid of my smartphone just because i was so i addicted to it and i letterly didn't have a life outside it (my screen time was 10-14 hours a day) and since then my struggle against pornography has been much easier, just because my main access to the internet now is through my laptop, which is generally much more in public and im not with it all the time, that doesn't mean since then i haven't watched anything, however since pesach this year my eyes are clean B'h! A bit before purim time this year i connected with a mentor on GYE and he really inspired me to buckle down and really change myself, ive been mansturbating for over 4 years and before i connected with him the longest i ever was clean was less than a week, now my longest streak is BH 20 days, however it is still a massive struggle for me, i have ADHD and am extremely impulsive and i frequently get depressed (not clinically, just feel down for a few days) and that triggers me alot even when i'm on a high and clean for 2+ weeks i can just turn the other way and act out from one second to the next, cause something went wrong... so i'm working on coping with my depressing feelings using ACT (acceptance and commitment therapy) and smart recovery, and how to not use my "Penis as my Pacifier" Bh now im clean for 10 days and i feel like this is the time-to 90 days, of course taking it one day at a time. I'm so glad that i finally got my act together to post on the forum i've always wanted to for the past couple weeks just was never up to it. i thank everyone for the amazing chizuk and inspiration they post and are to me, and i hope that i'm able to be mechazek other alsos, lifes a journey and we each have our own struggles, but in this inyan we all have this struggle-some more and some less, but we can all hold each others hands and keep climbing together and overcome this! looking forward to continue posting!wishing you guys all the best!-smokey

=====

=====

Re: finally posting!

Posted by Smokey - 12 Aug 2021 01:34

so true! have to internalize it!

=====

=====

Re: finally posting!

Posted by Smokey - 03 Oct 2021 21:28

i really want to watch porn now

=====
=====

Re: finally posting!

Posted by Smokey - 03 Oct 2021 21:29

help me

=====
=====

Re: finally posting!

Posted by anonymous.lost.everything - 03 Oct 2021 21:58

[Smokey wrote on 03 Oct 2021 21:29:](#)

help me

I sent you a pm so you have someone to unload it on

=====
=====

Re: finally posting!

Posted by Smokey - 03 Oct 2021 22:02

thank you so much! i pulled through!! clean from porn since pesach!!

=====
=====

Re: finally posting!

Posted by Smokey - 05 Jan 2022 00:16

Hey hey! long time since I updated, so anyways up until a month ago the last time I watched porn was this past pesach, and even though I still struggle a lot with masturbation, Baruch Hashem it has all been without watching porn, unfortunately a month ago I went back to America for a wedding (I'm currently in yeshiva in Israel) and it all started when I was watching movies on the plane, and the romantic scenes there really activated my desires and soon I was searching through only for the romance scenes in the movies which led me to masturbate on the plane (gasp) after being clean for 25 days yes I know its crazy but i masturbated in the bathroom of a plane, anyways from there it went downhill, I was feeling extremally low of myself for doing such a thing, so anyways we went to hotel for shabbos, and motzei shabbos i went to the computer room, and was caught off guard with unfiltered internet, (in the past I always planned in advance if i would come to such to situation, how i would get past this) in addition to feeling down for breaking my 25 day streak and so i watched porn for the first time in over 8 months, from there when i got back home I had a brand new laptop which i was going to filter the second i connected to Wifi, however being that i already broke the streak and i let the guilty feelings control me, the 1st thing i went to was straight to.....porn, and then of course I had issues installing my filter and for the next 2 days I had unrestricted access to the world wide web, until i put my foot down and made sure it was properly installed. bh since then i didnt see any porn and fighting viciously my battle of masturbations. why am i sharing this?

-Two points I would like to share

#1 is even after all this I got back up and realized mistakes can be a good thing if we learn from the experience, so in this case i was triggered by the movies on the plane, and i always thought there is no way for me to to not watch movies on a 12 hour plane flight, well geuss what i did after the advice of hashempleasehelpme, i downloaded a bunch of podcasts and kosher videos from YouTube to entertain me for the return flight, and out of a 12 hour flight i ended up spending less then a half hour watching movies-which i previously thought was impossible, simple because I made a plan before and even if i wasn't confident that it would work i tried and did my hishtadlus, and you know what hashem did the rest! this post is getting way to long so I'll have to share the second point about how I let the guilt overtake me a different time, but always remember "If you fail to plan, your planning to fail" simple put, If you plan out for the future before you go places or make changes in your life, what type of situation will i be in, will i be extremely tempted over there, will I be at risk of getting exposed to dangerous content, will I be able to reach out for help, etc.... and don't be an all or nothing guy over here, every little bit counts and will help you out greater than you ever imagined!! lets do this! you guys are the best and the greatest source of inspiration on my journey to not let my desires overtake my life and simply the greatest warriors who share and fight this battle with the ultimate teamwork!!

=====
=====

Re: finally posting!

Posted by Vehkam - 05 Jan 2022 02:43

Great post! Thank you for sharing.

====

Re: finally posting!

Posted by Human being - 05 Jan 2022 07:46

You are amazing, keep up your growth! That's legitimate growth your talking about here, planning and figuring out what triggers you and then acting on it. inspiring.

=====

====

Re: finally posting!

Posted by Trouble - 05 Jan 2022 13:41

[Smokey wrote on 05 Jan 2022 00:16:](#)

Hey hey! long time since I updated, so anyways up until a month ago the last time I watched porn was this past pesach, and even though I still struggle a lot with masturbation, Baruch Hashem it has all been without watching porn, unfortunately a month ago I went back to America for a wedding (I'm currently in yeshiva in Israel) and it all started when I was watching movies on the plane, and the romantic scenes there really activated my desires and soon I was searching through only for the romance scenes in the movies which led me to masturbate on the plane (gasp) after being clean for 25 days yes I know its crazy but i masturbated in the bathroom of a plane, anyways from there it went downhill, I was feeling extremally low of myself for doing such a thing, so anyways we went to hotel for shabbos, and motzei shabbos i went to the computer room, and was caught off guard with unfiltered internet, (in the past I always planned in advance if i would come to such to situation, how i would get past this) in addition to feeling down for breaking my 25 day streak and so i watched porn for the first time in over 8 months, from there when i got back home I had a brand new laptop which i was going to filter the second i connected to Wifi, however being that i already broke the streak and i let the guilty feelings control me, the 1st thing i went to was straight to.....porn, and then of course I had issues installing my filter and for the next 2 days I had unrestricted access to the world wide web, until i put my foot down and made sure it was properly installed. bh since then i didnt see any porn and fighting viciously my battle of masturbations. why am i sharing this?

-Two points I would like to share

#1 is even after all this I got back up and realized mistakes can be a good thing if we learn from the experience, so in this case i was triggered by the movies on the plane, and i always thought there is no way for me to to not watch movies on a 12 hour plane flight, well geuss what i did after the advice of hashempleasehelpme, i downloaded a bunch of podcasts and kosher videos from YouTube to entertain me for the return flight, and out of a 12 hour flight i ended up spending less then a half hour watching movies-which i previously thought was impossible,

simple because I made a plan before and even if i wasn't confident that it would work i tried and did my hishtadlus, and you know what hashem did the rest! this post is getting way to long so I'll have to share the second point about how I let the guilt overtake me a different time, but always remember "If you fail to plan, your planning to fail" simple put, If you plan out for the future before you go places or make changes in your life, what type of situation will i be in, will i be extremely tempted over there, will I be at risk of getting exposed to dangerous content, will I be able to reach out for help, etc.... and don't be an all or nothing guy over here, every little bit counts and will help you out greater than you ever imagined!! lets do this! you guys are the best and the greatest source of inspiration on my journey to not let my desires overtake my life and simply the greatest warriors who share and fight this battle with the ultimate teamwork!!

nice attitude; thanks and keep it up!

it was real pleasing for me to see that someone finally spelled masturbate correctly, and then you hit us with an "*extremally*"! onward!

from nauru campus of the university of the south pacific, located in aiwo district

=====
=====

Re: finally posting!

Posted by Smokey - 05 Jan 2022 22:51

lol

=====
=====

Re: finally posting!

Posted by smokey - 09 Aug 2024 16:40

hey hey how is everyone, long time no post,

i need help

last night i was feeling extremely vulnerable and uncomfortable emotions, i called a hotline, spoke to a girl. first we talked inappropriate stuff and i acted out, after we spoke for about 40 minutes about real life, uncomfortable emotions, the negative effects of porn on society and how

it objectifies women, and valuing your body for a higher purpose than money, obviously it wasn't healthy what i did, but i really don't know what to do i need love and validation in my life and as a single 24 year old its pretty darn hard to get that in real life, especially when I'm craving female love (even not for inappropriate conversations)

what do i do???

=====

Re: finally posting!

Posted by vehkam - 09 Aug 2024 20:49

[smokey wrote on 09 Aug 2024 16:40:](#)

hey hey how is everyone, long time no post,

i need help

last night i was feeling extremely vulnerable and uncomfortable emotions, i called a hotline, spoke to a girl. first we talked inappropriate stuff and i acted out, after we spoke for about 40 minutes about real life, uncomfortable emotions, the negative effects of porn on society and how it objectifies women, and valuing your body for a higher purpose than money, obviously it wasn't healthy what i did, but i really don't know what to do i need love and validation in my life and as a single 24 year old its pretty darn hard to get that in real life, especially when I'm craving female love (even not for inappropriate conversations)

what do i do???

It is certainly understandable to want love and validation in your life. However this was a cheap substitute (no matter how much you paid) for the real thing.

if you are lonely you can try to reach out and connect to friends in any healthy arena. (Yeshiva, Shul, gym, gye or any other affiliation). Learn to hang out with people that are validating and inspiring and stay away from those that make you feel small.

throw your desire for connection and acceptance into your davening. Try to relate to hashem in that way and ask hashem to send you your desires through an appropriate medium. ????? and not from the fake gutters of temptation.

wishing you tremendous success

vehkam

=====

Re: finally posting!

Posted by eerie - 09 Aug 2024 20:51

My dear friend, I'm so sorry for your pain. If you ask, "what do I do?", allow me to answer. you call some of the people here, somebody like Muttel, PY or some others. And you'll discover a healthy way of dealing with your stress. You'll discover people who really care about you. You'll

Seriously, you won't find

better friends than the ones you can find here

Feel free to reach out to the email in my signature, if you'd like to

Keep smiling...and trucking!

=====

Re: finally posting!

Posted by proudyungerman - 12 Aug 2024 18:04

[smokey wrote on 09 Aug 2024 16:40:](#)

hey hey how is everyone, long time no post,

i need help

last night i was feeling extremely vulnerable and uncomfortable emotions, i called a hotline, spoke to a girl. first we talked inappropriate stuff and i acted out, after we spoke for about 40 minutes about real life, uncomfortable emotions, the negative effects of porn on society and how it objectifies women, and valuing your body for a higher purpose than money, obviously it wasn't healthy what I did, but I really don't know what to do I need love and validation in my life and as

a single 24 year old its pretty darn hard to get that in real life, especially when I'm craving female love (even not for inappropriate conversations)

what do io do???

My friend, we should definitely shmooze again, and soon!

Some food for thought:

1) Is it possible to fill that need for love and validation through yourself or through creating a chevra for yourself?

Getting married is not going to fix that problem instantly, and it may take quite a while until you really feel that love, acceptance, and validation from your wife (especially if you are still struggling when you get married).

If so, how can you go about doing that?

[My point is that I think you need to provide yourself with these needs on your own, as marriage may or may not provide you with them in a satisfactory way. That's just been my personal experience in my journey.]

2) What do you mean by female love?

=====

=====