

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

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Re: finally posting!

Posted by smokey - 29 Aug 2024 02:33

[tzaddikvikam13 wrote on 28 Aug 2024 03:52:](#)

Also have adhd & celiac, always wondedered whats harder to live with, adhd or diabetes?

Its a great question, both are pretty complex

Diabetes although in theory it is simple -you've got to give insulin count your carbs, and beware for low blood sugars etc..

it can become super frustrating and the technology i use to manage it can stop working well, its also no fun to consistently manage your diabetes for example i have to change my insulin pump site every 2-3 days, its not that hard to do, but when your struggling with other stuff in life sometimes i have no energy or patience to take care of it, but there is no vacation... and thats just one part of it....

ADHD is super complex as well i've tried over 10 meds and all either didn't work or the side effects were to strong, i have an incredible amount of energy which is both a blessing and a curse, i struggle tremendously with focusing, but I can teach and entertain people with great talent, exercise can change my day and make me so much more calm but i struggle to do ANYTHING in life consistently so most of my plans stop after a few days, I cant tell you how much more impulsive i am because of ADHD, but the extreme emotional highs and lows im sure are pretty connected.

In short god gives us all challenges, some we can see openly and some are hidden deep, count your blessings because we all have so much good in our life, and take in your struggles, they're here to help you tap in to your potential, become a better person and get closer to god!

Celebrating 8 days clean despite my impulsivity! Thanks to me Baruch hashem feeling connected and able to be vulnerable to some of my friends! Keep up the great work-Me and everyone else here!!

love you all

smokey

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Re: finally posting!

Posted by tzaddikvikam13 - 29 Aug 2024 22:17

looks like there are enough people on the forum with adhd to make our own thread, what do you say?

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Re: finally posting!

Posted by smokey - 30 Aug 2024 04:44

[tzaddikvikam13 wrote on 29 Aug 2024 22:17:](#)

looks like there are enough people on the forum with adhd to make our own thread, what do you say?

I think for a lot of or even of most people here ADHD is the story of our life, I don't mean to invalidate you, me or anyone else here with ADHD, but you have to learn how to live regular life, despite the impulsivity and constant ups and downs, I don't know how much more we struggle with desire then a guy "without ADHD" (although I'm open to feedback)

My point is I don't know if the solution here is to classify it as "what should I do with this struggle as a human with ADHD" because this is the struggle of every male in life.

You have strengths and weaknesses like everyone else. I think one can talk about his struggle about ADHD and it's real but I don't think making a thread as if this is almost a different level struggle is true

(This may be my inner critic and years of invalidation of my struggle to focus in yeshiva-keeping the trauma going, I'm totally open to what you guys think)

Much love

Smoking hot passion to fight the struggles in life!

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Re: finally posting!

Posted by tzaddikvikam13 - 30 Aug 2024 05:54

Hey heyThis is my safe place to vent and honestly I'm going to take advantage of it right nowI'm pretty frustrated and stressed out and I'm going to highlight that.For context I'm a type 1 diabetic and I have celiac disease meaning I have to eat gluten free, and I struggle tremendously with ADHD, keeping up with being consistent, and doing the things I know are so important for my life but take so much effort (I know everyone struggles with this-you don't have anything special, I don't care I'm here to vent!)

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Re: finally posting!

Posted by tzaddikvikam13 - 30 Aug 2024 08:33

[smokey wrote on 21 Aug 2024 03:25:](#)

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Re: finally posting!

Posted by hopefulswan89 - 01 Sep 2024 14:53

[tzaddikvikam13 wrote on 28 Aug 2024 03:52:](#)

For context I'm a type 1 diabetic and I have celiac disease meaning I have to eat gluten free, and I struggle tremendously with ADHD

Also have adhd & celiac, always wondered whats harder to live with, adhd or diabetes?

Did you try amudim or refuah. Maybe they can refer you to a good Dr.

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Re: finally posting!

Posted by hopefulswan89 - 01 Sep 2024 14:54

[tzaddikvikam13 wrote on 30 Aug 2024 08:33:](#)

[smokey wrote on 21 Aug 2024 03:25:](#)

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A good therapist could help with adhd

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Re: finally posting!

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You have strengths and weaknesses like everyone else. I think one can talk about his struggle about ADHD and it's real but I don't think making a thread as if this is almost a different level struggle is true

(This may be my inner critic and years of invalidation of my struggle to focus in yeshiva-keeping the trauma going, I'm totally open to what you guys think)

Much love

Smoking hot passion to fight the struggles in life!

ADHD is real and can be addressed with proper support.

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Re: finally posting!

Posted by tzaddikvikam13 - 01 Sep 2024 16:28

Looks like we started a thread on ADHD on smokey's thread.

Because smokey mentioned that he has ADHD, and I said that I also do, and everyone had to comment on it.

Hey, donuts, anyone?

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Re: finally posting!

Posted by smokey - 01 Sep 2024 20:32

[tzaddikvikam13 wrote on 01 Sep 2024 16:28:](#)

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Because smokey mentioned that he has ADHD, and I said that I also do, and everyone had to comment on it.

Hey, donuts, anyone?

lol!!!!!!!!!!!!!!!!!!!!!!

@tzaddikvikam13 you are so right, and i love how you responded to my post about putting down ADHD, with a earlier post by me quoting my struggle with it

I agree ADHD is real, i guess after years of people telling me "everyone has ADHD" "how do you know you have this if your so capable" and "how come no-one ever realized this" (i got helped for the first time at age 20-21) subconsciously i started to believe it, even though i did so much work to fully accept myself with my full limitations and imperfections, im having this crazy chop right now, i would never tell someone i "suffer" from ADHD the same way i would talk about diabetes, its almost as if i believe with ADHD you can just "get over it" or "just try a little harder" it obviously stems from a deep insecurity and its also probably connected to my struggle with people pleasing, because i don't want top feel like i'm more special then anyone else, regardless its incredible awareness and data for me. I appreciate you bringing this up and the support from everyone who commented!!

looking forward to living life more honest, authentic, real and in touch with myself,

smokeyyyyyyyyyyyyyyy

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Re: finally posting!

Posted by smokey - 01 Sep 2024 20:35

im posting here for accountability, im feeling really vulnerable now, im dying to talk to girls or at least watch porn. Remember S.T.A.R.

Stop. Take a few deep breaths. Ask yourself what do i really want to do. and Respond in a honest way to your urges and question

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Re: finally posting!

Posted by stopsurvivingstartliving - 01 Sep 2024 20:38

I can totally relate to such feelings! Maybe call a friend either gye related or a friend you haven't spoken to in a while and catch up. Wish you tons of luck, and very brave of you to post this and not just fall!

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Re: finally posting!

Posted by smokey - 01 Sep 2024 21:14

[smokey wrote on 01 Sep 2024 20:35:](#)

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Urge got downgraded from a 7 to a 2,

the dopamine rises super fast and tries to block your prefrontal cortex, harnessing the power of your emotions and desires to make you think this is what you really want, but alas I have gye to help me connect to my true deepest desires and take back control (think Calvin and Hobbs comic/drama) What do I really want? What type of marriage do I want to create? But type of father do i want to be to my children bezh?

It's okay to have uncomfortable emotions, just try to fully feel then without judging yourself, ask yourself, what do I need to give myself right now, that's behind this urge.

It's crazy how much emotional awareness our urges and triggers can give us if we truly tap into them

GYE-helping me connect to the real me, while overcoming the challenges of desire -Yes
Sireeeee!!

I appreciate the support from everyone!

I'm going to make it through this, and so will you!

In this journey TOGETHER!

Smokey

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Re: finally posting!

Posted by tzaddikvikam13 - 02 Sep 2024 04:06

hey smokey, you here?

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