

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 - 07 Oct 2024 01:41

???? ??' ?? ??? ?? ?????? ?????

I'm in the airport now, flying out in 3 hours bezh to the holy land I spent over 25 hours traveling each way to Uman, there were times I was so vulnerable, and even in Uman there were times I felt really lonely, I could have spent tonight in clubs in Krakow, but Baruch Hashem I pulled

through and didn't have one fall throughout my whole journey!!

The yad hashem that was with me throughout my whole trip that's not even over yet was incredible

The data I'm taking out is like this, Travel itself is not what makes you so vulnerable that causes you to fall, it's travel without planning before is what makes you vulnerable,

understanding before you travel that you will potentially be in be in vulnerable situations, and what am going to do about it when it comes up, this is not just about travel, having a game plan for what am I going to do when I feel lonely, have uncomfortable emotions, or need a breather can be all the difference in this battle,

It's being in touch and honest with yourself. What do I need to shteig and to be able to thrive? it's about giving yourself what you need and having realistic expectations of yourself. This is how I was able to fight so strong in this battle.

Overcoming this battle one moment at a time!!!

Celebrating 34 days clean Baruch Hashem!!

Smokey

=====
=====

Re: finally posting!
Posted by yiftach - 07 Oct 2024 01:45

Does that mean Rosh Hashanah was day 30???

WOW!!! What a korban to be makriv, and to be ????? ????? ?????!!!

Safe travels!

- Yiftach'l

=====
=====

Re: finally posting!

Posted by proudyungerman - 08 Oct 2024 01:46

[smokey wrote on 07 Oct 2024 01:41:](#)

???? ??' ?? ??? ?? ????? ????

I'm in the airport now, flying out in 3 hours bezh to the holy land I spent over 25 hours traveling each way to Uman, there were times I was so vulnerable, and even in Uman there were times I felt really lonely, I could have spent tonight in clubs in Krakow, but Baruch Hashem I pulled through and didn't have one fall throughout my whole journey!!

The yad hashem that was with me throughout my whole trip that's not even over yet was incredible

The data I'm taking out is like this, Travel itself is not what makes you so vulnerable that causes you to fall, it's travel without planning before is what makes you vulnerable,

understanding before you travel that you will potentially be in be in vulnerable situations, and what am going to do about it when it comes up, this is not just about travel, having a game plan for what am I going to do when I feel lonely, have uncomfortable emotions, or need a breather can be all the difference in this battle,

It's being in touch and honest with yourself. What do I need to shteig and to be able to thrive? it's about giving yourself what you need and having realistic expectations of yourself. This is how I was able to fight so strong in this battle.

Overcoming this battle one moment at a time!!!

Celebrating 34 days clean Baruch Hashem!!

Smokey

This knowledge is gold!!

You now know where the real battlefield is.

Going forward will be immeasurably easier to fight the right fight. Now you know your foe.

FIGHT ON, BABY!

With the right vigilance, you got this.

KOMT!

=====
=====

Re: finally posting!

Posted by smokey - 22 Oct 2024 01:02

Thanks so much for the support!

I'm flying out soon back to America soon

I'm feeling so vulnerable, and I have to stay up until my flight

I need support, I'm not sure how I'm going to do this I really want to act out

=====
=====

Re: finally posting!
Posted by eiyantov - 22 Oct 2024 01:40

A. We are all cheering you on and can't wait to hear that you made it!

=====
=====

Re: finally posting!
Posted by parev - 27 Oct 2024 05:40

=====
=====

Re: finally posting!
Posted by smokey - 27 Oct 2024 15:48

Baruch hashem I made it back safely with no falls, I had strong urges, but I was aware of them and realized acting out is not the solution.

I'm proud to celebrate 54 days clean with day 50 being on hoshana raba!! Big zchusim!

I'm also really proud to celebrate my 1st elul zman clean in 7 years!!

I'm super proud of myself and if I look at the data, the main thing that changed now how I was able to stay so healthy was because of me posting on the forum and the support I got from the fellow gye chevra, so thanks so much for that, it's incredible how much my life has changed now I that I'm not running to act out whenever I have uncomfortable moments, and I'm able to feel the urges inside of me, and not beat myself up for having these urges rather I can process and accept them, and understand there are beautiful components of my life and part of me being a healthy human male

I love life!

@Parev I'll miss you to in the fellow streets of bais yisroel but I definitely hope to still be in touch!!

I'm going out of town for 2-3 days, I'm going to be alone so I'm texting here for accountability.

Love you all and hope to everyone is recovering from there 3rd 3 day yom tov

Smokey

=====
=====

Re: finally posting!

Posted by BenHashemBH - 04 Nov 2024 16:35

Shalom Brother,

How are you going?

=====
=====

====

Re: finally posting!

Posted by smokey - 05 Nov 2024 07:16

Hey!

Thanks for checking in

Bh I'm doing amazing!

I'm actually uncovering that yesterday and tonight right before I'm going to sleep like 1am ish I'm having pretty big urges to masturbate

I'm trying to uncover why

I didn't see any triggering content and I don't feel like I'm have a build up of uncomfortable and negative emotions

That just means I need to dig a deeper

Out with going with the flow

And time to bring in a pen and paper or maybe a mediation to try to uncover what's really going on inside of me.

I'm ready to try to get a bit closer to myself even though there's a big orange sign that says "hard work ahead"

Because I know it's the only way forward and the results are so beautiful and satisfying

How crazy is it that the furthest distance on Earth is between the mind and the heart, it's frustrating that emotions have to be so complex, but I guess that's what makes us human, and that's what's so beautiful to be a true and proud Eved Hashem in this world, even though there can be so much confusion.

Trying to get clarity and stay grounded amidst the uncertainty, or sometimes a chaotic war zone

peace out and love to you all

Soul Searching (and finding!!) Smokey

=====
=====

Re: finally posting!

Posted by smokey - 11 Nov 2024 21:51

Hodu lashem ki tov, for getting me to this place!

=====
=====

Re: finally posting!

Posted by BenHashemBH - 27 Nov 2024 13:38

[smokey wrote on 05 Nov 2024 07:16:](#)

Hey!

Thanks for checking in

Bh I'm doing amazing!

I'm actually uncovering that yesterday and tonight right before I'm going to sleep like 1am ish I'm having pretty big urges to masturbate

I'm trying to uncover why

I didn't see any triggering content and I don't feel like I'm have a build up of uncomfortable and negative emotions

That just means I need to dig a deeper

Out with going with the flow

And time to bring in a pen and paper or maybe a mediation to try to uncover what's really going on inside of me.

I'm ready to try to get a bit closer to myself even though there's a big orange sign that says "hard work ahead"

Because I know it's the only way forward and the results are so beautiful and satisfying

How crazy is it that the furthest distance on Earth is between the mind and the heart, it's frustrating that emotions have to be so complex, but I guess that's what makes us human, and that's what's so beautiful to be a true and proud Eved Hashem in this world, even though there can be so much confusion.

Trying to get clarity and stay grounded amidst the uncertainty, or sometimes a chaotic war zone

peace out and love to you all

Soul Searching (and finding!!) Smokey

Shalom Brother,

How goes the soul finding?

=====
=====

Re: finally posting!

Posted by smokey - 08 Dec 2024 23:15

Hey

Long time no speak there's a lot going on by me good and bad and I'm here to share

Bh I'm here celebrating 97 days clean, incredible and insane how I got here, and I couldn't have done without you guys lchaim to many more happy healthy and clean days

I also wanted to share that I got engaged! I didn't get a chance to share right away but it's a big zchus to be sharing the simcha with my fellow brothers over here.

On a other note life sucks right now, I don't have anything productive in my schedule I only settled in to yeshiva a month into the zman because I was "busy" so I don't have any chavrusos, and I need a productive job in the afternoon, I was supposed to be working with kids at a therapy clinic but they don't want me now if I cant commit to long term

We're getting married in Feb bezh which is really exciting, but we'll probably be in the states until after pesach, I'm honestly super frustrated and am not looking forward to the next 4 months if I don't have a productive schedule. I need structure. I thrive and live off it. Because of my abundance of energy and ADHD it's super hard for me to learn for even one minute without a chavrusa grounding me

I also dont feel comfortable in my yeshiva now when I show up 25 percent of the time, So I'm really not incentivized to show up

This also makes me super vulnerable in the area of kedusha.

It's crazy because I have so much talent and I love working with kids with so much energy to give over and I can't find anything for short term, I don't even know what God wants from me, I literally cannot wake up in the morning if I don't have something to wake up for. What on earth is my Avoida?? super super frustrating.

I was going to write a whole inspirational post on how blessed I am to have made it to 90 days and how I did it but I'm in no mood for that, so sorry, I'm just going to be honest and share that even though I'm 97 days clean, I'm feeling frustrated and not content with life, I'm in a lot of pain and I can barely appreciate how far I came because of the frustration and lack of productivity I have in my life right now.

It's sad but its the real truth, and sometimes it's painful to be real, but I can't see myself doing it any other way.

Thanks for listening.

Signing out

Struggling to succeed smokey

=====
=====

Re: finally posting!

Posted by smokey - 12 Dec 2024 04:42

Baruch hashem I'm doing so much better!!!

I got a chavrusa in the morning and I have some subbing jobs in the afternoon, and I'm trying to workout and hit the gym consistently

Honestly, just expressing my pain on the forum helped me out a lot so thanks for listening

And now I'm so proud to celebrate 100 days clean!!!

The data in my life clearly shows that the only way I was able to do this now, was because I started being active on the forum, Sharing my pain And struggles in a honest and vulnerable fashion allowed me to feel validated and supported for my struggles, so I thank you guys for allowing me to be me

I'm going in to my marriage bezh confident and aware that there will be challenges but "I got this" it may not be easy but I have the skills and support system to fight the battles I will encounter. I'm proud of the person I am now and am becoming to be, I went from Someone who went straight to hotlines and masturbation whenever I had emotional uncomfartability to someone whose able to ask themselves when a desire hits me, what's going on inside of me? What part of Smokey needs something and is not getting it?I still struggle obviously, but I'm able to be aware that my desires are usually not from a sexual drive and rather from uncomfortable

thoughts feelings and emotions.

I thought I needed support and love from a female and that's why I needed to call hotlines but really I needed to support and love myself. Accepting and validating myself for my struggles and doing a reality check with my unrealistic and high expectations has been huge for me, and allowed me to finally feel comfortable with myself.

Huge.

Thanks again to you guys And thank you hashem for helping me get to this place

Much peace and love from someone who never thought I would ever get here

Warmest regards,

Sweet and Smiling smokey

=====
=====

Re: finally posting!
Posted by stopsurvivingstartliving - 12 Dec 2024 12:32

So happy to hear you found a way to keep yourself productive and that your doing so good!

Beautiful post. I am in awe over how much you are in touch with yourself. Keep it up!

=====
=====

