

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 jewizard21 - 31 Dec 2024 05:55

The fact that your posting while in the urge shows that your winning this fight. Keep strong!!

I would definitely ask Hashem to help me through this.

Keep on Trucking, One Day At A Time!!

(If you want to chat message me)

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Re: finally posting!
Posted by Hashem Help Me - 31 Dec 2024 11:52

Courageous post buddy. Very normal to crave warmth and connection. You will b'ezras Hashem be proud when you come to your wedding day knowing there were no compromises with halacha.

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Re: finally posting!
Posted by smokey - 07 Jan 2025 19:56

Life is so frustrating.

I don't know what to do, how to stay strong, I'm having such strong cravings for women, I don't know what to do, I'm trying to exercise but I have zero motivation to work hard, and put in work

t's super challenging to live a productive life with ADHD, diabetes and as a engaged guy with so much to do and such a lack of a schedule simultaneously

I hate the way life is right now, I know it will get better bezh, but riding the wave is super painful.

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Re: finally posting!

Posted by Hashem Help Me - 08 Jan 2025 00:28

HUG!!! For comments, see PM.

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Re: finally posting!

Posted by smokey - 09 Jan 2025 01:53

Life can be frustrating, and sometimes I can be in a lot of pain

Because life's not perfect and we can't always see God's plan amidst the rain

My brain is filled with so many emotions and desires

I wish it came with a manual, to teach us how we're wired

But instructions it came with, and it's called life

You've got to figure it out sometimes it's easy and sometimes with strife

There are a ton of resources from mentors and friends

The library is filled with books, and theres so much inspiration to lend

But nobody can go in your mind

The deep spirit that you feel inside

Only you can feel, process, and find

So this creates a challenge to share what you feel

How can you talk it over if you aren't sure what's real

It's a struggle and a battle because we are limited with speech

We can only articulate what we know, And what's within our vocabularies reach

But If we're not sure what's going on inside

There's so much room for strong emotions to hide

And they can't be expressed or receive any support

Because they are hiding deep inside our guarded fort

From a young age we set boundaries not to let anyone get to close,

Because then we are vulnerable and open to getting hurt the most

So we protect ourselves by not letting down our guard

We set up a big fence Not letting anyone getting in, past our front yard

We let so many emotions and traumas build up, you can almost drown

But we put in a perfect picture so nobody else will frown

Is it blessing or a curse that we don't feel what we are hiding

I'm not sure but it's so sad that we live outside our house, blocked by the siding

This whole path in life comes to a halt

When the young male develops and he starts noticing his faults

Strong sexual desires that can't be suppressed

Why is porn masturbation his outlets, when they keep getting him into a bigger mess

Hours of lectures and mussar just leave him feeling even more depressed

What should he do? This is causing him so much stress

So God with his smart wisdom sends him clarity

There's only one way to battle this journey

Getting in touch with you true inner self

Is there any way to stop living life like an elf

To control your desires you must know where they're coming from

And it's not because you're a lazy bum

It's because of the uncomfortable emotions that nobody ever told you about

But now your precious hormones in you are starting to shout

Doing the work. Maybe the only way to break free

But that will come with a reward of victory

You can finally be at peace and connect your heart and mind

Hashem intended that to happen But you had to go on this journey So it can coincide

So when you're feeling so much pain from your struggle of desire

Remember how much it can help you It can teach you about your inner wires

And the manual to life comes from the falls you go through

So make sure to fully live them and embrace it's virtues

Open up the Torah and make it come alive

Hashem doesn't want you go through the motions, he wants you to thrive

Torah has to be Toras chaim, feeding and igniting your soul,

Even though it can be so hard, at least have that as your main goal

so open up your heart and start feeling whats going on

and keep grinding through life because your killing this marathon

take a deep breath let it all come through,

and remember your a precious Neshama-Hashem loves you!

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Re: finally posting!

Posted by chaimoigen - 09 Jan 2025 04:25

Wow! Such clarity and depth!

May HKBH help us all tap in to the deepest truest parts of ourselves and learn to see what real **living** is about!!

Admiringly,

Chaim Oigen

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Re: finally posting!
Posted by parev - 13 Jan 2025 02:46

my dear good friend Hachasan Smokey!

i am just seeing this now

- thanks for the chats

Rooting 4 u

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Re: finally posting!
Posted by smokey - 15 Jan 2025 02:21

I just got stuck online in my room after i had a great day and i masturbated to looking at romance scenes from a movie, practically porn, im pretty frustrated

its ok ill get through this

its crazy how much power our hormones have to influence us

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Re: finally posting!
Posted by parev - 15 Jan 2025 06:52

its normal

you're a chosson

just keep on going!

rooting 4 u

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Re: finally posting!

Posted by smokey - 16 Jan 2025 20:31

@Parev Thanks for the support I appreciate it and I feel your love from 6,000 miles away!

I feel so guilty because I wasted and abused precious hormones and energy which is supposed to be channeled for someone special in my life bez'h soon, down the drain just because of my lust and desires, it also feeds into and builds up the warped mindset that we see in the world that intimacy is to gratify and pleasure our desires instead of using it on such a deep and profound level to connect and enhance a relationship.

Baruch Hashem I'm doing ok, and even though in my last post I wrote that what I watched is like porn, (romance scenes in a movie) I don't think it's true and I should be less hard on myself, NOT that it's OK AT ALL but it's less intense and warped my brain on a lower level

I also have to congratulate myself even though I fell twice in the past 2 weeks after 4 months of being clean i did not call Hotlines once which was a huge challenge for me in the past, good work smokey!

But I'm really struggling it's so hard to balance my desires, our hormones are so powerful and as a vulnerable male I'm craving so much connection even in a non physical way and yes on a physical way too.

What the hell do I do with all this until I'm married and really even after I'm married on some level

My question is, what's the root of sexual desire? Is it more physical or spiritual

meaning will working out in the gym for 2 hours let out my sexual energy, or what about having a deep and meaningful conversation with a friend, will that let it out

And what about masturbating, I don't think anyone will feel good after but can it let out my desires on some level is that even tapping into a release of ones sexual energy? I know the gemara says the more one feeds it the more it builds up your desire, my question is what changes in marriage, are you feeding into your desires by using it in a healthy way?

I need data and guidance, I want to know how this system works. No body ever taught this to me and I'm really struggling to grasp how to manage this at this point in my life -(I know that having a productive schedule, with proper exercise and sleep helps a ton my question is what's the science behind this)

Best regards,

Smokey

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Re: finally posting!
Posted by upanddown - 16 Jan 2025 23:41

Smokey, you're amazing! I love your positive attitude and the way you congratulate yourself!

And you have some great questions.

????? ??? - ??? ??????

In your questions you're already hinting to the answers.

The following is the way I understand it:

Q. Is sexual desire physical or spiritual?

A. There are both elements to it. There are **natural**, physical **urges** that come and go. There's also an **emotional**, spiritual crave to **connect**.

Compare it to eating, you get a physical natural urge called "hunger". But if it was only about that natural urge then it would be OK to just have bread and water every day 3x a day, just like cows eat grass their entire life and I've never heard them complain about it. But no, us humans crave something delicious, something special, often even when we're not hungry, because our Neshomo craves that comfort and enjoyment. Same thing re sex. Our Neshomo wants to connect deeply.

Q. How does physical exercise at the gym effect sexual desires?

A. It helps for both parts, physical and emotional: Through exercising our body becomes physically tired, worn, exhausted and it reduces the **natural urges**. Besides for that it also creates a chemical called endorphin which boosts your mood and helps you to feel happy and energized. It supplements your other emotional needs.

Q. How can I cope with these desires until I'm married?

A. Believe it or not, the struggles do not get much easier after you're married! Marriage helps somewhat, but only if the purpose of marriage is to connect emotionally and to create a deep loving connection, not if it is to satisfy the natural urges or to feed any selfish fantasies.

In marriage there are almost 2 weeks every month when there is no sex. And after birth anywhere between 2-4 months! And if there are spotting issues? It can be over half a year! (All which happened to me!) From my personal experience, I had more falls during the Muttar days then during the Assur days!! Because when sex is tabu then you kind of manage to switch off and just ignore the urges. You can still connect on an emotional level but it's quite limited. But when you are allowed to have sex then you're mind is busy with sexual thoughts. Your urges become stronger. You may be disappointed with your wife for not making herself available or for not doing it the way you wish. It's a time when there can be big triggers.

Therefore it's crucial to find alternative ways to connect. Not fake ones. Real ones. Connect to friends. Connect to Hashem through Torah & Tefillah. These are **real** connections that are very much needed, also for married men.

Q. Does ?????? ??? ?????? ??? apply to married people?

A. Yes of course. A lot of sex will make your body need it more. However, if sex is done in the correct manner and only for the purpose of real connection, it won't effect you as much.

Q. Does masturbation release one's sexual energy?

A. **Physical** urge yes! (For a few minutes). **Emotional** need - No!

Again, this is the way I see it, I hope I've helped you somewhat... I know you wanted more of a scientifically based answer but truth is that not everything the scientists say is so accurate either...

Wishing you tons of Hatzlacha with all the preps!!

Stay strong,

UpAndDown

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Re: finally posting!
Posted by chaimoigen - 16 Jan 2025 23:45

[upanddown wrote on 16 Jan 2025 23:41:](#)

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Stay strong,

UpAndDown

This is gold!!!

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Re: finally posting!
Posted by smokey - 17 Jan 2025 02:02

[upanddown wrote on 16 Jan 2025 23:41:](#)

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Stay strong,

UpAndDown

@UpAndDownWow!!

Thank you so much I appreciate your compliment, and your response was written with so much love and clarity

Thank you for taking the time to genuinely and honestly answer all my questions, I felt so validated and I gained a lot of insight

I will definitely try to use this to help me be the best version of myself and keep fighting this battle

Much love and hatzlacha!

Smokey

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Re: finally posting!

Posted by smokey - 20 Jan 2025 01:08

Hey there, I'm posting here for accountability.

I spent the last 4 hours shopping and reading news online way to much time and now I'm feeling unproductive and a bit triggered

I shut off my laptop and now I the best thing for me would be to get back into a healthy mindset and work out but I'm so not motivated to

I'd way rather pound cookies which is terrible for blood sugar as a diabetic

Looking for support

Smokey

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