

I just discovered GYE

Posted by Avrohom - 10 Oct 2021 22:32

Hi, it's my first time posting

I decided to check out GYE a little over a week ago, and I wish I had known about this years ago! I thought I knew about the options to help someone in my situation, and I thought there was little chance for me to really change. Here's my story and some thoughts I've gathered from GYE so far

I'm in my 30's, married to a wonderful, supportive wife, a beautiful Mishpacha, and I've struggled with masturbation since around age 15. Though I had over a year clean when I was a Bachur in Yeshiva, by speaking with my Rosh Yeshiva daily, eventually that became weekly, and when I thought I didn't need it anymore, that stopped and the issues returned. As many have stated already, though I thought it would end after getting married, it didn't.

For the most part, I've always been fighting and never gave up. I, Boruch Hashem never turned to real pornography, and my acting out was limited to the little I could find to stimulate myself - books, thoughts of women I saw, Youtube (I only had internet access after I got married). For the most part, I was strong enough Shelo Bshaas Maaseh to create good barriers and limit what I could get caught up with. (no smartphone, password protected computer at home - which worked most of the time). In more recent years, I started looking for women to seek out, flirt with, with the hope? fantasy? that it could go somewhere. Though it almost never amounted to anything more than looking, maybe a few words exchanged, I was often walking around with an urge to act out with no strategy to deal with it. I went to a therapist at some point for a couple of years, but he was focused on understanding the cause of acting out (shame etc.) so while I did get a better understanding of myself it didn't help any of the behaviors - he gave me no strategies for working on them, and I was left with the impression that other than enrolling myself in a 12 step program or the like, the only thing I can do is continuing to fight on my own - using the basic strategies of cheshbon hanefesh, mussar, Knas systems, and never giving up the fight.

I had seen ads for GYE, but I never viewed myself as "drowning in shmutz" and didn't think there was anything out there other than more therapists and 12 step programs. Like I said, I never turned to hard core pornography, and I've lived with the battle of both success and failure in fighting my Yetzer Hora. (Parenthetically, I never really viewed myself as a Rasha or terrible person. I felt that though the things I'd done may have been the worst Aveiros in my life, my successes and work I'd done to fight were likely the greatest things I had done, and who knows whether I came out ahead.) I had discussed my struggles with my wife, and she has been very understanding and supportive. Though I never really shared details, I was committed to being honest, and shared with her whether "things" were going well or not. The scariest thing for me

was the possibility of having an affair and wrecking my marriage and my life, but other than the fact that I was constantly looking for that, I hadn't really gotten too close. A few years ago I reached out to another Rebbe (who I thought was knowledgeable in the Sugya) asking for a reference for a therapist, and he said he didn't really know anyone, and perhaps it's simply a Nisayon that all men deal with and it is what it is. (Granted, I didn't disclose to him the full extent of my problem). So I thought this was just something I would have to live with.

As far as 12 step programs, I thought that would require me to expose myself to possibly meeting someone I knew (I have a position of some prominence locally, which makes it more worrisome to possibly bump into someone). Additionally, I always felt I can "basically contain it", and my limited knowledge of 12 steps is that it requires a kind-of total life overhaul, which I didn't feel I needed or wanted.

If you're still reading - thank you!

Then I discovered GYE - and it seems from the short time that I'm here that there are so many other strategies available to use, the forum, partners and mentors to connect with and gather Chizuk from, and other methods such as SMART recovery.

I'm looking for information or Chizuk from - anyone - and what I think would be particularly helpful is someone who has had experience with something like "seeking out women" etc. and anyone who can be helpful with the SMART recovery program.

Thanks for listening!

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Re: I just discovered GYE
Posted by Avrohom - 22 Mar 2023 03:28

1)7/10

2)Yes

3)not yet (exercise seems to be the hardest part so far - difficult to fit in my schedule)

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Re: I just discovered GYE
Posted by Avrohom - 23 Mar 2023 04:27

1)8/10

2) yes

3) nope

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Re: I just discovered GYE
Posted by Hashem Help Me - 03 May 2023 21:43

Update?

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Re: I just discovered GYE
Posted by Avrohom - 17 Aug 2023 13:22

HHM, thanks for always being there for me.

Just started a new 90 day focus a couple days ago.

Doing great overall, with the occasional dip, that I, usually, no more accurately just sometimes, reach out to a Chaver to pick myself up - I'll be in touch.

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Re: I just discovered GYE
Posted by Avrohom - 04 Dec 2024 22:14

Hi all, I had a fall a few days ago and need some accountability to pull up. I'm making a Kabbala BI"n to have 30 days of:

1. no touching-arousal
2. no searching for inappropriate content
3. go through 2 f2f classes a week (I've always wanted to go through it, I've only done a little)
4. Reach out to a friend this week.

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Re: I just discovered GYE

Posted by avrohom - 14 Jan 2025 22:38

I want to share some incredible Chizuk I got a little while ago from Rabbi Moshe Gruenstein's [Torah Schmooze](#) from a few weeks ago:

I would like to share with you a Kli Yakar on this week's parsha (Chayei Sora) that's a game changing vort. But first, by way of introduction let me begin by saying: Let's face it. We all make mistakes in life. That's part of being human. Hashem purposely made us imperfect, and therefore, He created us with all kinds of personality defects. There are myriad negative traits that reside within all of us – anger, laziness, jealousy, illicit desires, etc. You name it, we've got it – some more, some less – but we all have it. And we were sent down to this earth for whatever amount of time Hashem has allotted to us so we can work on fixing ourselves. That's the purpose of our existence. But the yetzer hara is very smart and he knows our Achilles heel. He knows the exact "buttons to push" to bring us down. And his number one weapon, his modus operandi, is to influence us to give up – yiush – to lose hope. He is constantly telling us, "Look, you're wasting your time. You've done this wrong and that wrong, and if people really knew who you are, no one would even look at you. Who are you trying to kid!? And besides, you've tried a number of times to climb out of your personal quagmire, but you have failed time and time again! Forget it!" Continues the Satan, "And even if you do change, you are still carrying so much baggage that you'll have to tip ten skycaps to carry it all!" But you should know that the yetzer hara is full of baloney, and he is an outright liar. Because I'm here to tell you – actually correction, the Kli Yakar is here to tell you, which means Chazal are here to tell you – that your mistakes and your imperfections are actually your greatest asset. So, after that not-so-brief introduction we now begin with our dvar Torah.

In parshas Chayei Sarah (25:1), the pasuk tells us that Avraham married a woman called Keturah, who, according to Rashi and many others was none other than Hagar. Avraham remarried her because in the previous parsha when he sent Hagar out of the house with Yishmael, he had actually divorced her. And now, Avraham is taking her back. So, if this woman is actually Hagar, why is she being called Keturah? Says Rashi, that this is to teach you that her deeds were as pleasant and sweet as the ketores. If that's the case, asks the Kli Yakar, then why are we suddenly calling her Keturah now? Why didn't we give her that name before? And not only that, doesn't this contradict what Rashi told us in parshas Vayeira (21:14) where he

says that Hagar went back to worshipping idols? So how could Avraham marry such a person and how could her deeds be beautiful?

The answer is that she did teshuvah and the Torah wants to publicize the fact that she repented. That's why at this time it specifically calls her Keturah – that she is like the ketores. Now what's Hagar's connection to ketores? Says the Kli Yakar: Just like the ketores contained one spice out of the 11 – called the chelbona – which by itself had a putrid odor, but which when mixed with the other 10 spices was transformed into a sweet-smelling spice, so too, when a baal teshuvah who has many transgressions repents, all those sins are transformed into merits – into mitzvos. Did you hear what I just said? This means that every time this person ate a kezayis of pig in his previous life, now, in his teshuvah life it becomes as if he ate a kezayis of the korban Pesach! And each time you gave an illicit look to something you should not have seen now becomes as if you had instead looked at a Sefer Torah. And the list goes on. Now why in the world should it work this way? I believe the logic is because it was those very transgressions that prompted you to reassess your value system and your life which therefore motivated you to transform yourself for the better, and to become a baal teshuvah. And Chazal tell us that in the place where a baal teshuvah stands, not even a tzaddik gamur can stand (Berachos 34b). Now, of course, no one is saying, "Oh, so it's actually a good thing to sin because if you do teshuvah it becomes your ticket to greatness." That's ridiculous. It's certainly better not to sin. But what we are saying is that you shouldn't let the yetzer hara bring you down by constantly focusing on your mistakes. Tell him, "You'll see, yetzer hara, you know all those sins you're pointing out to me that I have done? I've got news for you, you'll be sorry you ever seduced me to do them in the first place, because all those transgressions are about to become beautiful mitzvos!"

What a G-d we have who gives us such a gift, for His love and compassion for us are beyond belief! The One above is our biggest fan. He's rooting for us to win, because He knows we can. And the Borei Olam can't wait to see us hit the jackpot when we turn all our aveiros into mitzvos, which will bring us a coveted first-class ticket in this world and the next.

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Re: I just discovered GYE
Posted by althemirrer - 14 Jan 2025 22:46

Amazing such chizzuk! and to think that your (user)name is avrohom, so who's better qualified to understand this, thank you, keep on sharing and hatzlocha on your journey!

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