

Not given up yet

Posted by Goldfish - 26 Dec 2021 14:13

Hi. I've been meaning to write for some time but I didn't have the courage. I'm 20 years old and essentially yeshivish. I am a lust addict. not necessarily porn, which I haven't seen for a few weeks already, but i masturbate and fantasise regularly. I've been involved since i was about 12. At first it was due to my mother leaving her unfiltered computer on, progressing to the library and internet cafes and onto owning a smartphone with a filter i learnt to get around and finally this laptop i have now. It now has netfree, which is genuinely kosher, but i've gone through many fazes. Throughout the period when i had a smartphone, any time i found a loophole i'd first use it for a few hours before getting sick enough to get the problem fixed. throughout the many years of the problem being my mother's computers she never picked up on the problem and i even remember her calling the acountabilty company for reporting things she'd never done, apparently not dreaming that anyone else would use her computer. Eventually, once i'd grown up enough to admit to other people, someone else told her to make sure never to leave devices unlocked. Although there has been a few slipups in the few months since i came home, it generally hasn't been a problem. this means i'm only left to deal with on a regular basis masturbation and fantasies. I hope to get a therapist at some point, which may help. I'm also losing weight and doing exercise a lot, which often puts me in a good mood. when i'm happy and my day is full i dont have much problems, but when one of my chavrusas cancel or i get bored for some other reason, i inevitably start fantasizing. As I have become very disconnected from my thoughts and emotions and have trouble living or reliving most events, my fantasies usually revolve around making stroyies in my head. I sometimes even write them down and immediately delete them, because the point of them is to actualize my lust, not for the contents of the story. I signed up many years ago to gye, but mostly used it in the wrong way, allowing myself to be triggered by almost anything. A few weeks ago I realised how amazing this beautiful website is and I've restarted the 90 day program and am getting a lot of chizzuk from the forum and all the holy people on it. I've written enough for now and would really appreciate any comments or chizzuk and can respond if you have question. thank you.

=====
=====

Re: Not given up yet

Posted by Goldfish - 15 Feb 2022 22:34

Boruch Hashem, had an amazing day today. I didn't even fantasize more than a few seconds never mind masturbate. I was also in a good mood despite working harder than usual. I davened at mincha quite a bit for hatzlocha in everything. It was Purim Koton after all. Kol Haposhet Yad Noshnim Lo....

=====
=====

Re: Not given up yet
Posted by sleepy - 16 Feb 2022 02:04

[Trouble wrote on 14 Feb 2022 18:47:](#)

so, on my recent trip to the mainland, i had planned to rendezvous with some folks of ill repute and engage in some inappropriate behavior. many of my confidants, upon hearing of this plan, told me, "you know, this doesn't need to happen, you can stop this," and my response was that it's a done deal - my mind and body are made up (perhaps this is the "need" that the rebbe shlit"a keeps warning us about?). and then one particular caring individual said to me, "you may be right, and that's the clear direction this snowball to hell is rolling, but there is always a miracle." my response was that miracles do not happen to me. i'd like to report that two miracles (in a sense) actually happened. one was that it was realized that the first encounter would be way too sketchy and risky and it should be called off (which i did), and the second encounter was cancelled on account of a sudden back pain that needed to be addressed by a chiropractor, and extreme bed rest was called for.

now, i'm not gonna tell you that i didn't make other plans, but i will say this: falling is never a foregone conclusion, and even if you're like me that you're not on a level to pray for a miracle, at the very least you should know that it may just happen (and knowing that can give you that extra nudge and steer you in the right direction).

reef bar, **outside** the menen hotel, back in nauru

did someone die **in** the hotel trouble Hacoheh?

=====
=====

Re: Not given up yet
Posted by Goldfish - 16 Feb 2022 19:01

I fell last night and masturbated. It was wierd. After almost 2 days of not allowing myself to get stimulated I wasn't even so in the mood. I was just craving it. So, despite telling myself all the pithy lines about not every arousal leading to ejaculation and how I could be like yosef hatzadik, I masturbated. Afterwards I went to maariv though, to make up for the feeling bad that i'd missed it due to laziness that had caused it to begin with. I already decided to try again shortly afterwards so i wrote today that I was clean since yesterday after the fall. I was wondering though, what is the actual definition of clean again for these purposes? Thank you everyone for

being there for me.

=====
=====

Re: Not given up yet
Posted by Goldfish - 20 Feb 2022 20:04

I got through motzi shabbos without masturbating. I'm quite proud of that. I accomplished this by staying out of the house and going to a shiur. I masturbated this morning though and I even saw about 5 minutes of porn when my mother popped downstairs for a bit. I also have little resolution so will likely masturbate again today. At least I got my highest streak in along time. B'ezras Hashem I'll get back on track. (If i can just convince myself that thats what I *really* want.)

=====
=====

Re: Not given up yet
Posted by Bilaam Harasha to Yosef Hatzaddik - 21 Feb 2022 20:58

Does your phone have a voice recorder? Maybe record yourself of how you feel after falling, and the verbalize the feelings and sort of make a message for your future self when a tempting situation arises? So you'll sort of be giving yourself chizuk, and you can take a vow that, so long as you remember this vow, before you m you will go and listen to the recording just once. Everyone gets terrible feelings after they fall and this is one way to use them constructively. Even though it may seem like it won't do much, you at the end of the day know yourself best and also the feelings you feel after you fall best.

=====
=====

Re: Not given up yet
Posted by Goldfish - 06 Mar 2022 22:04

Haven't posted in ages. Have spent the past weeks depressed. I went on my mother's computer a number of times. Ever since I realised that when she goes to get herself some food, she doesn't turn off her computer and that I can get away when I hear her coming without her ever noticing, I've been on a number of times. Every time I feel the urge to go on and briefly think to myself how good I would feel if I abstained and then go on. This is accompanied by regular overeating when I'm on a diet. All in all my lack of self control depresses me which makes me want to act out on every front and keeps me in bed almost till work, leaving me little time for shacharis, which depresses me even more. Hashem help.....

=====
=====

Re: Not given up yet
Posted by Shtarkandemotional - 06 Mar 2022 22:15

Hey! Thanks for updating Us! I'm sorry to hear about the recent weeks!

This is a very normal thing that goes on with many... the more you get clear on why you want to stop the less you'll feel tempted at times like those. The idea of falling at times when it's accessible comes from the lack of clarity of truly knowing how we'll feel and why we're stopping etc. which quickly spirals us down the drain! A good idea would be to start building your inner core! The goal is to be strong enough from within that whenever there is access you know with clarity and confidence that you don't wanna fall. Which will eventually make this battle a breeze. Good luck.

=====
=====

Re: Not given up yet
Posted by Goldfish - 06 Mar 2022 22:18

I know I don't want to. I just feel compulsively drawn to lust. and when i'm in that position i really do want it...

=====
=====

Re: Not given up yet
Posted by Shtarkandemotional - 06 Mar 2022 22:29

[Goldfish wrote on 06 Mar 2022 22:18:](#)

I know I don't want to. I just feel compulsively drawn to lust. and when i'm in that position i really do want it...

Unless there's a strong OCD disorder, We usually become compulsive about something we're not clear about, or about something that has pros and cons. So we enter the "uncertain mode" "Should I?" "Should I not?" If we strengthen ourselves in advance and stress on the clarity in

our mind of the cons of lust and how the pros aren't really pros.. the less compulsive we're gonna end up. Of course if you don't train your mind in advance then remembering some cons and pros during such a time won't do much. It may save you a few times yet the compulsive behavior is still there and the tiring back n forths will really tire one out.

=====
=====

Re: Not given up yet
Posted by Shtarkandemotional - 06 Mar 2022 22:30

[Goldfish wrote on 06 Mar 2022 22:18:](#)

I know I don't want to. I just feel compulsively drawn to lust. and when i'm in that position i really do want it...

Check out the new self-talk program which helps with exactly these issues.

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/378128-Captain-Shtarkemotionals-Secret90Day-Challenge

=====
=====

Re: Not given up yet
Posted by Shtarkandemotional - 06 Mar 2022 22:32

[Bilaam Harasha to Yosef Hatzaddik wrote on 21 Feb 2022 20:58:](#)

Does your phone have a voice recorder? Maybe record yourself of how you feel after falling, and the verbalize the feelings and sort of make a message for your future self when a tempting situation arises? So you'll sort of be giving yourself chizuk, and you can take a vow that, so long as you remember this vow, before you m you will go and listen to the recording just once. Everyone gets terrible feelings after they fall and this is one way to use them constructively. Even though it may seem like it won't do much, you at the end of the day know yourself best and also the feelings you feel after you fall best.

Incredible idea. Thank YOU!

=====
=====

====

Re: Not given up yet
Posted by Bilaam Harasha to Yosef Hatzaddik - 06 Mar 2022 23:10

Would your mom be interested in getting an accountability service on her computer? You don't necessarily need to get webchaver for that, if your computer runs on windows then you can use microsoft family safety for their accountability features without having to use their filter system.

I guess it may seem like it will be embarrassing if you ask your mom for this but if you have already told her about your struggle in general, she'll understand. I had trouble with using my mom's phone to look at p after my devices were filtered but eventually I asked her to put filters on her phone and she was fine with it. I basically told her that when someone is addicted to something, like drugs, they will stoop to such low levels like stealing from their own parents in order to get the drug, so I want to avoid doing anything like this with her device.

I do think webchaver would be great for you if you do end up doing this, and if you didn't already know look into the link in my signature of how to get it for free through venishmartem.com. I think the KBA program will help tremendously, look into it through the link below. You should also couple it with microsoft family safety or apple screentime (depending on the type of computer you have) because they offer many more accountability features, especially microsoft family safety. Let me know if your interested in this below and I'll give you some advice to get rid of some loopholes that you're going to have to plug up to use them effectively. It's a simple process to set them up and to get rid of the loopholes also. Sorry if I'm being repetitive but this does seem like the best solution for you.

=====
====

Re: Not given up yet
Posted by Human being - 11 Mar 2022 10:09

Have you ever thought about therapy?

=====
====

Re: Not given up yet
Posted by Goldfish - 06 May 2022 14:29

Hi, I'm back after a 47 day media-silence. I've had many many falls and very rare purity. I don't know if I'll succeed and I have no strategy which means I'll definitely fall again, but I want to be here, to show I'm still in. I still believe that some day something could change in me and with Hashem's help I can get out of the darkness but I have no clue how. I tried getting a therapist and b'ezras hashem it will still happen but for now i haven't been successful. I don't feel hopeful because my brain is switched off from feeling anything. I just know that I'm a yid and I need to care about kedusha. Have a good shabbos.

=====
=====