

In Need of Chizuk

Posted by Yosefhomevakesh - 22 Feb 2022 01:33

Hi everyone.

I am a bochur who has been struggling with motzi zera l'vatata for roughly the past 8 years.

In the beginning I barely knew what I was doing, and I would do it once or twice a day. I didn't realize that it was destroying me. My drive and enjoyment in life. My energy. It would take them all. My thinking became cloudy and I couldn't focus on life or learning properly. I would always be tired and sleep till late in the day.

Back then I would be m"zl while thinking about any women that I saw in the street. In fact there were many times I would just sit by the window waiting for a women to pass by so that I can fantasize about her. Eventually I came across pornography, and even though I've never had more than occasional access to it, I got pretty hooked on it when it was available, and would crave it when it wasn't. I would also be m"zl while thinking about what I've seen online even when I didn't have any access.

Over the past 8 years, I feel like I've given the fight to stop all that I've got. I've spoken to many of my Rebbeim about it asking them for help. I made charts for myself. I made one of my Rebbeim my accountability partner. I tried exercise and cold shower. I gave tzedakah. I davened. I cried. I tried my hardest to throw myself into learning. But still nothing seemed to work.

At this point, I still have occasional access to unfiltered internet and it's just as hard to resist the urge to watch "just one video". But I've b"h been having a much easier time looking away from improper sights. I'm "only" being m"zl on average once a week which is also b"h a big improvement from what I used to be doing.

Even though Hashem has given me tremendous siyata d'yishmaya to improve a lot over the years, I still can't completely shake the yetzer off. I feel like I've tried everything I could but for some unknown reason it was only enough to get me till this, hopefully, last stage. I very very often cry myself to sleep begging Hashem to help me kick this addiction away once and for all. I simply can't take this anymore! There are times where I feel like I would rather die than continue to be struggling with this. I had to leave my yeshiva because I was so depressed about this that I stopped showing up to davening and sedorim. Now I'm in a yeshiva where b"h I started

showing up again but I have a very hard time fitting in for many reasons.

I see no possible end in sight, and don't know where to turn. B"h I just found out about GYE and was able to get a modified version of the app to work on my flipphone. I just signed up for the 90 day challenge and I really feel that if y'all here can give me some chizuk, with Hashems' help, it can give me the final boost that I need in order to win over this yetzer hara.

Please, if anyone has any sorta chizuk that they think would be beneficial for me to hear at my stage, please share.

Thank you GYE and y'all who are out there to help!

Yosefhamevakesh

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Re: In Need of Chizuk
Posted by Hashem Help Me - 25 Feb 2022 11:50

How about reaching out and speaking with someone?

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Re: In Need of Chizuk
Posted by Yosefhamevakesh - 25 Feb 2022 21:39

[Hashem Help Me wrote on 25 Feb 2022 11:50:](#)

How about reaching out and speaking with someone?

Right now I don't have a Rebbe or anyone that I speak with about these things. I would like to get someone from gye to connect with soon but I'm not sure really how to navigate that.

Either way bh I was able to stay clean last night, and hopefully gonna finish up the rest of day 5 and go for day 6! G'shabbos y'all!!

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Re: In Need of Chizuk
Posted by Yosefhamevakesh - 27 Feb 2022 04:10

6 days clean so far bh and now onto day 7! I usually find that I have stronger than normal urges on day 7. Many of my previous falls were on the 7th day. I'm not in a particularly fighting mood now but I'm gonna give it the best I've got. With Hashems' help I'll get through.

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Re: In Need of Chizuk
Posted by Yosefhamevakesh - 28 Feb 2022 04:53

7 days clean bh!! Let's go 8th day!

I'm still in the early days of my 90 day quest and in a way these days are the hardest (I believe that I've read that this while skimming through the forums). But I also feel like these days aren't that hard because I've done many week streaks before and I don't feel like I'm pushing my limits that much at this point. Just a thought..... Either way it definitely helps me to know that I have y'all looking out for me. It kinda gives me a feeling of responsibility that I gotta put it out here for everyone to see and feel bad for me if I fall (if only I felt that achrayus to Hashem, but I guess that takes much more work to attain). So thank you everyone for being here for all of us!!

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Re: In Need of Chizuk
Posted by Hashem Help Me - 28 Feb 2022 12:12

Tough times that come at specific intervals are usually a type of withdrawal. Get past them b'ezras Hashem and they fade a lot. Do not panic when an "overwhelming" urge hits. It is really fake.

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Re: In Need of Chizuk

Posted by Gevura Shebyesod - 28 Feb 2022 19:56

[Yosefhamevakesh wrote on 28 Feb 2022 04:53:](#)

7 days clean bh!! Let's go 8th day!

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Re: In Need of Chizuk

Posted by Yosefhamevakesh - 28 Feb 2022 21:38

And I had a fall.....

I guess I got too happy that I got past a week that I let down my guard. When I got a big urge I just gave in and watched some porn and masturbated.

Sometimes there urges just won't go away and I feel like I might as well get over with it so I can start fresh cuz I'm anyways gonna fall in the end.

I know that this is faulty thinking due to the habit that I've created for myself and an urge doesn't necessarily mean that I'm gonna fall, but it's still hard to listen to the voice in my head telling me that when the urges hit. So I guess I'll try to keep this in mind more for the future and here goes day 1!

Just give it all you got!

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Re: In Need of Chizuk

Posted by Bilaam Harasha to Yosef Hatzaddik - 28 Feb 2022 22:36

What do you mean you let down your guard? I don't think that being happy itself is a lowering of one's guard, it's actually recommended to celebrate your victories and milestones, not only just to celebrate your accomplishments but also to develop good habits that associate your accomplishment with the reward as a part of the process of breaking free.

If it's possible, try to write down what you want to keep in mind or maybe record it on your phone if it has a voice recorder. There's actually a lesson in the new flight to freedom program where it guides you to make a cheshbon of what the benefits and negatives of this behavior are and I recommend you go check it out here: [Lesson Assignment \(guardyoureyes.org\)](http://guardyoureyes.org). It'll help if you do the preceding lessons and you are going to have to write it down and/or to record it with a voice recorder because at the time when an urge comes you'll see that most of what you wrote down or recorded is forgotten at times like that. Then you can reference that list or recording when an urge comes before you do anything else.

That's hopefully one way you can increase your guard, and something to increase your guard further is to do something about the device you watched p with if that's possible. Check my signature if you haven't already for some free solutions, there's also Google Family Link which I didn't list below, check that out also.

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Re: In Need of Chizuk
Posted by Vehkam - 28 Feb 2022 22:47

Also helps to prepare some distractions for when you recognize that urge starting...

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Re: In Need of Chizuk
Posted by DavidT - 01 Mar 2022 01:48

[Yosefhamevakesh wrote on 28 Feb 2022 21:38:](#)

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just gave in and watched some porn and masturbated.

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I know that this is faulty thinking due to the habit that I've created for myself and an urge doesn't necessarily mean that I'm gonna fall, but it's still hard to listen to the voice in my head telling me that when the urges hit. So I guess I'll try to keep this in mind more for the future and here goes day 1!

The first important step for winning this battle is to make a decision to STOP, **just for today**. The past is gone, and the future is not in our hands.

Deciding to stop does not mean that we won't ever fall again or that we'll succeed in staying stopped forever on our first try. However, it *does* mean that we are committed to trying.

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Re: In Need of Chizuk
Posted by Yosefhamevakesh - 06 Mar 2022 08:05

I've got a bit of a problem here. I have a flip phone without a browser and a modified version of the GYE app that works on flip phones. The thing is that I found a built in browser in the gye app where you basically gotta click a few things and you end up on the Google search homepage(I don't think a filter would help because it's not a regular browser that can be filtered). I just fell after watching some porn through that browser. I just emailed gye about it and hope they can do something about it. But in the meantime I don't know if I should just delete the gye app so that I don't have access to unfiltered internet or I should keep it because I need the boost that y'all give me. Please advise. I'm desperate, gye is my last hope (Hashem is, but gye is the last tool that I have) and now it looks like I gotta get rid of it. If anyone knows of a way to restrict part of the apps usage or have any other solution plz lemme know. Thanx.

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Re: In Need of Chizuk
Posted by Hashem Help Me - 06 Mar 2022 11:55

GYE is not your last hope buddy. You are a great fellow. Don't you see how the Satan wants to get you down? He is so desperate that he is using GYE to try and snare you. If they do jot

GYE - Guard Your Eyes

Generated: 9 April, 2025, 13:56

respond soon, then maybe delete it temporarily until they notify you that it is fixed. Meanwhile start rewiring your brain. Nobody is holding a gun to your head and forcing you to watch filth. It just seems like that. Hook up with an accountability partner (if you have not done so yet), do what it takes, and b'ezras Hashem you will get out of this.

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Re: In Need of Chizuk
Posted by lionking - 06 Mar 2022 14:10

Can you please email me your modified APK of the gye app? Did you install it yourself or someone did it for you?

I know about this issue, and have reported it years ago. I think GYE is working on new apps. I am not sure if there is a solution for a flip phone. I don't have one that I can test on. The flip phone I have is fully kosher.

p.s. Public service announcement, if you can install custom apps on a flip phone, it is not kosher. Only a custom ROM that locks down everything, like what TAG installs, can be considered OK. Using the same method to install GYE, can also be used to install a different browser or YouTube, etc...

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Re: In Need of Chizuk
Posted by bisyata dishmaya - 06 Mar 2022 23:59

I had the exact same issue fell twice today I decided to erase the app for the time being and just use GYE when I'm by my computer (which is filtered good BH) so I can definitely relate to that problem. BTW The GYE Chizuk app has no issue that I've realized.

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