

At a low point right now...

Posted by yud909 - 06 Nov 2022 22:26

Hi All

I would like to share my story with the hope that it will keep me from falling yet again.

I've struggled with pornography and masturbation for as long as I can remember. I naively thought it would end as soon as I got married, it obviously did not. I was in kollel for many years and had my ups and downs, some good months some terrible months. When I went out to work, things pretty much remained the same with ups and downs, mainly with pornography sites but occasionally phone lines as well. I'm sure this sounds cliché but I'm a "regular good guy", what many people call yeshivish. I live in a great community, have a shaychus with my Rav, good friends, chavrusas, loving wife and kids etc. I daven with minyan and learn daily with multiple chavrusas etc.

A few years ago I worked out of town for a few days a week. My life has never been the same. I first visited a massage parlor, then had ladies come to my hotel room and the list goes on but at the risk of being a trigger for myself and others I'll stop there. I no longer work out of town but unfortunately once I was exposed to that, I found out all too easily how everything that's available over there is available at home as well.

Every Yom Kippur I do teshuva, real sincere Teshuva. I cry and beg Hashem for help to stop my addiction. Sometimes I make it past Sukkos other times I don't. But this Yom Kippur was different for me. I felt it was on a whole new level. I stumbled right before Rosh Hashana and I really felt this Yom Kippur with my kabolos and my resolve this would be the end. I made it through Sukkos and had an incredible Simchas Torah and thought maybe just maybe this time would be different.

Alas, it was not so and here I am. I've stumbled 3 times since Sukkos and while I'm not giving up, it is EXTREMELY DEPRESSING. Will this be my fate until the day I die (or get caught) ? A few good weeks and then a few weeks of depravity?

Today is Sunday, my last complete fall was on Thursday. Since then I went to the mikvah, had a beautiful Shabbos, davened, learnt etc, and today I was fighting the urges constantly and flirted with disaster but ultimately didn't succumb (probably would've if I didn't have filters on computer and phone).

I'm not sure what writing all this will accomplish, but I'm at a loss and looking for any chizuk and advice.

Would love to hear from anyone that has stumbled as low as I have and has been clean for long periods of time.

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Re: At a low point right now...

Posted by iLoveHashem247 - 26 Apr 2023 12:00

[yud909 wrote on 16 Apr 2023 11:29:](#)

Good Morning all

It's been a bit since my last post but BH that's because of Yom Tov and not feeling the need to come on here for the chizuk as I am BH **164 days clean** now. I had an amazing Yom Tov which is great as for in so many years past I either fell right before YT or on Chol Hamoed and lost any chizuk I might have received from the sedorim. One area which I'm still struggling with is watching movies. I've talked about in the past but unfortunately have still been watching and besides the complete waste of time (especially when I get into a show and binge it) I often see things that are at worst a trigger and at best just terrible images that a Yid shouldn't see (and subsequently think about them during shemone esrei). So I have once again been mekabel upon myself to not watch any TV shows, movies, short YouTubes... from now until Shavous. It may not sound like a huge kabbala but for me it really is. I'm hoping that if I can get through the rest of sefira without watching, I'll rewire my brain somewhat and it will get easier after that.

The struggle is real my brother

have you tried blocking those apps/domains with your filter?

when you don't even have the option, it clears your mind and you don't need to struggle constantly

only thing is that now if you're stressed or bored you have to actually work your way through those feelings which can take s some practice getting used to

hatzlacha!

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Re: At a low point right now...

Posted by iLoveHashem247 - 26 Apr 2023 12:02

[yud909 wrote on 23 Apr 2023 02:56:](#)

Ok 1 week down not watching movies. Over all it wasn't as difficult as I imagined it would've been other than one night when I got back from a grueling travelling day and needed to unwind but BH after a few minutes of resisting the urge to watch, I got busy with something else. Motzei Shabbosim is when I watch the most so hopefully now with Shabbos ending later it will be easier to occupy myself without reverting to Netflix.

BH 171 days clean, hard for me to believe.

Also try cancelling subscriptions and getting refunds

if you push hard for your money back, you won't revert to giving it up so easily in the future

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Re: At a low point right now...

Posted by yud909 - 30 Apr 2023 10:50

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Thats how many times I was nichshol in April last year. Actually, 5 is the times I know about because I paid for it and there's a record of it so it was probably more like 10 times.

And here I am a year later and closing in on 180 days bezras Hashem.

I recently read someone's post about how he was nichshol for a few days straight and was living in this deep dark world and it brought back so many memories of me being in the same position. Such an incredible feeling to feel that I'm free of that and will iyh continue to steer clear.

Thank you GYE community for being there and reading and commenting on my posts, it has been a tremendous source of chizuk.

oh also, another week down with no movies or tv shows. I still haven't committed to never . But at least for now my commitment until Shavous is going strong.

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Re: At a low point right now...
watching again. I really want to finish a season of a good show I left in the middle of
Posted by Eerie - 04 May 2023 16:48

WOW

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Re: At a low point right now...
Posted by yud909 - 22 May 2023 00:29

200 days

I have no words

Thank You HaShem

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Re: At a low point right now...
Posted by Grant400 - 22 May 2023 01:42

[yud909 wrote on 22 May 2023 00:29:](#)

200 days

I have no words

Thank You HaShem

Role model.

Amazing.

200 battles of Normandy. That you won.

Keep updating!

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Re: At a low point right now...
Posted by chaimoigen - 22 May 2023 03:31

Big Chizzuk. Really appreciate

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Re: At a low point right now...
Posted by Eerie - 22 May 2023 23:02

My friend, you are from my first inspirations, and your still one! I have the lesson you taught me with many people here. Keep shteiging and keep us in the loop!

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Re: At a low point right now...

Posted by iwillmanage - 23 May 2023 08:29

[yud909 wrote on 22 May 2023 00:29:](#)

200 days

I have no words

Thank You HaShem

Truly amazing beyond words.

I've been following your story since day one, and I just went through most of it again.

You're a massive inspiration, thank you!

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Re: At a low point right now...
Posted by Hashem Help Me - 23 May 2023 11:12

Mazel Tov on 200 buddy. Beautiful. If you have not done so yet, please start helping others. So many broken fellows out there - grown men crying and lost. We need you (and many others).

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Re: At a low point right now...
Posted by Yeshayahu 41:6 - 23 May 2023 14:26

I second HHM's words. Please have in mind those of us still left behind in the dust who can barely scrape by with a week straight of being clean. And in the next world, maybe wave to me from your spot in gan eden.

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Re: At a low point right now...
Posted by Eerie - 24 May 2023 17:47

My dear friend Yeshayahu, I don't know exactly how they give out spots in Gan Eden, but this I know that they count how much effort people put in, how hard they work to change themselves, how they kill themselves to stay clean, and yes, they care about slips and we have to do teshuva for that, but for every moment that we withhold, for every drop f hard work, there's a very, very special spot up there

Keep trucking!

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Re: At a low point right now...
Posted by yud909 - 06 Jun 2023 13:13

This morning was day 215, however it has now turned in to day zero.

Oy

I cant say I didn't see this coming, over the last week the taivah has been building up and I was not proactive in fighting.

I really hope this is a one time set back and I don't become discouraged after such a long clean streak.

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Re: At a low point right now...
Posted by richtig - 06 Jun 2023 13:29

[yud909 wrote on 06 Jun 2023 13:13:](#)

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It takes wonderful gevurah to come out and say it, especially right away- just to confront it and accept it- I have great respect. If I may say, coming back after a setback, not turning a lapse into a relapse, may be bigger than just adding days, because this shows how many layers of protection you have built, you are not ready to throw in the towel, you are ready to come back and do the work.

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