

At a low point right now...

Posted by yud909 - 06 Nov 2022 22:26

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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 chaimoigen - 06 Jun 2023 15:48

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Reb Yud -

You are a couragous Kadosh. Your 214 is a gleaming building for your Neshoma that hasn't been broken. A "lapse, not a relapse", as richtig so wisely wrote. Climb back into your palace, and keep showing us how to grow. The Aibeshter doesn't want Malachim to sing to him. He's got enough of them, and still comes down to hear Kedusha from

????? ???? ?????? ???

He want YOUR Shira, Mimamakim.

Youre a tzadik. Vikam!

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Re: At a low point right now...

Posted by Eerie - 06 Jun 2023 18:06

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My dear old friend, that's gevura. And it shows that you are fully in the game, you are not giving up any time soon. My friend, I owe you so much! I have shared your first post on my thread with so many people. And I'll paste it here

*The lack of respect you have for yourself is not particular to being a mechanech. I'm considered (at least I think I am lol) one of the "chashuve" members of my Shul. I take my avodas Hashem very seriously and impart that to my wife and children. I also have serious issues that crop up from time to time (unlike you, I believe I am most definitely addicted) that I am working very hard to overcome. I believe those issues don't define me. Even though this past year was probably my worst year in a long time, I don't have a accurate cheshbon but I probably fell over 50 times. So I had over 300 days that I wasn't doing those things. That's who I am. I am an eved Hashem. I am a good father. I am a good husband. I am koveia ittim to Torah. I come to davening on time and daven from beginning to end without talking and looking at my phone. The list goes on and on. I refuse to not respect myself and define my self based on the minority of my time spent doing deplorable actions.?*

My friend, you changed my perspective on myself drastically. And that's the way I see you, only so much more after 215 shining heilige beautiful days!

keep inspiring us, keep sharing with us, and I'll paste your last line now, only now it's me talking

you:

would love to shmooze in person if your interested.

Keep trucking!

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Re: At a low point right now...

Posted by yud909 - 07 Jun 2023 12:17

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Thank you all for the chizuk, it's appreciated.

### Day 1

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Re: At a low point right now...

Posted by yud909 - 08 Jun 2023 13:35

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The struggle is real.

I knew the days after a fall would be hard, I forgot how hard. It's almost as if I'm in the same place (in terms of constant thoughts popping into my head throughout the day) as I was 6 months ago.

### Day 2

#notGivingUp

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Re: At a low point right now...

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Posted by yitz23 - 08 Jun 2023 14:23

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[yud909 wrote on 08 Jun 2023 13:35:](#)

The struggle is real.

I knew the days after a fall would be hard, I forgot how hard. It's almost as if I'm in the same place (in terms of constant thoughts popping into my head throughout the day) as I was 6 months ago.

## Day 2

#notGivingUp

What can I say I love you yud.

Looking forward to following you as you get through this.

I've always thought that day 2 is the hardest. Day 1 is day 1, but on day 2 the pull is stronger and there is nothing really holding you back since it's not much of a streak.

I have a particular interest over here since I'm on a streak for pretty much the first time and I wonder what it will look like when (*if*) I fall.

Best of luck my friend.

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Re: At a low point right now...  
Posted by yud909 - 13 Jun 2023 11:11

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BH today is **day 7**

It has definitely been harder the past week than it was the last several months when my clean streak was in the triple digits and I had less taivos creeping into my head. That being said, it has not been brutal and BH I'm doing good.

I am missing the intensity of prayer to HaShem to save me from being nichshol. When I started my first clean streak that intensity was there for the first few months. I would've thought that would've naturally returned as I start my journey again yet it hasn't.

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Re: At a low point right now...  
Posted by chaimoigen - 13 Jun 2023 12:02

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A full week is an amazing accomplishment.

One of the Rebbe said, on his deathbed, that he can now see that the days in which he davened with deep intensity and feeling were not the best days. The slogging-forward, grey and dreary days, without much inspiration, when he davened and learned - he now can see that those were the best days.

We have no idea of the force and power in a listless, half-hearted Tefilla asking for help in standing up against Nisayon. ????? ???? ?

You keep going on. The whole world is standing, burning, soaring on your wings.....

Chazak !

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Re: At a low point right now...

Posted by Grant400 - 13 Jun 2023 12:42

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[yud909 wrote on 13 Jun 2023 11:11:](#)

BH today is **day 7**

I am missing the intensity of prayer to HaShem to save me from being nichshol. When I started my first clean streak that intensity was there for the first few months. I would've thought that would've naturally returned as I start my journey again yet it hasn't.

See Dov's recent post. He discusses something he has said many times (maybe regarding an addict, but can apply).

The teshuvah high can be part of the cycle of falling. We need highs. When we aren't getting it from acting out, we can get it from our amazing teshuvah and reconnection to Hashem. Then it gets boring, we seek another high, and fall again...

Maybe it's better to lay the foundation of your new growth without that burst of exciting reconnection. It can be more real and won't be built upon something that can/will pass.

Food for thought.

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Re: At a low point right now...

Posted by richtig - 13 Jun 2023 14:05

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I am petrified of getting to triple digits only to end up back at ground zero (though of course it really isn't, and I am not sure it is even keday to officially break the count if it will diminish resolve; it's just one slip, move on- I think that's what I would tell myself, don't get so hooked on the heilige streak).

To add to what the others have said, the highs are nice but they are mainly inspiration for when the going gets tough; they are not at all indefinite. To the contrary, the real work happens when we have our feet on the ground ?????? ?????? ??????... Getting addicted to highs is not limited to drugs or porn; it can be spiritual highs, as well. We cannot build on clouds, only on firm ground (hence my resistance to romanticizing here). I am into this topic and would be glad to discuss it further.

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Re: At a low point right now...  
Posted by iLoveHashem247 - 13 Jun 2023 15:51

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[chaimoigen wrote on 13 Jun 2023 12:02:](#)

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We have no idea of the force and power in a listless, half-hearted Tefilla asking for help in standing up against Nisayon. ?????? ??????

You keep going on. The whole world is standing, burning, soaring on your wings.....

Chazak !

This really resonates

the hardest days are potentially the ones with the greatest growth

cruisin' ain't growin' s as cords would probably say

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Re: At a low point right now...  
Posted by yud909 - 16 Jun 2023 20:55

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**Day 10**

Feeling down about something at work and a bit stressed out as well, in my former life, today would've been a typical day to act out and come in to Shabbos feeling dirty. B"H I'm not pursuing that path. Still feel down about work etc. but at least I'm not being nichshol because of it.

have a great Shabbos everyone

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Re: At a low point right now...  
Posted by chaimoigen - 18 Jun 2023 04:34

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I'm getting Chizuk from you , my friend. Hope that your Shabbos was ok.

Knowing you're keeping on moving forward even though you're pushing against the wind, even when feeling down is an inspiration Chazak Viamatz!

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Re: At a low point right now...  
Posted by yud909 - 25 Jun 2023 15:36

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**Day 18**

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Re: At a low point right now...  
Posted by yud909 - 25 Jun 2023 17:54

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Day 0

I feel terrible, was hoping that fall 18 days ago was a one time thing, apparently it wasn't.

I need to get back into it. This is hard.

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