

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 yud909 - 22 Nov 2022 14:29

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[excellence wrote on 22 Nov 2022 09:43:](#)

Dear @yud909,

I think we should now change the name of this thread to "At a high point right now...."

Kol Hakavod, Keep on going!!

Love the idea as BH I definitely feel like I'm at high point right right now and bezras Hashem higher and higher. I'm not going to change the name of the thread (don't even know if you can) as I want it to be a reminder to me how I feel when I fall and hopefully that will keep me on the right track.

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Re: At a low point right now...  
Posted by yud909 - 24 Nov 2022 17:44

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BH still going strong on day 21.

Little nervous about today being there's no real work but so far so good and trying to keep myself occupied.

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Re: At a low point right now...  
Posted by yud909 - 24 Nov 2022 18:11

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Actually to be honest, I'm struggling a bit right now. Haven't actually done anything but I'm in my bed on my laptop, not a great place to be when having some urges and no one will be home for another few hours. I gotta get off my bed and go do something....

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Re: At a low point right now...  
Posted by yud909 - 25 Nov 2022 18:31

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B'H I got through the day unscathed. Looking forward to going to Shabbos kodesh **with 22 days clean**. My short term goal is 30 days and my little longer goal is to get to Chanuka without being nichshol again, How good would that feel.

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Re: At a low point right now...  
Posted by Geshmak! - 25 Nov 2022 18:43

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[yud909 wrote on 25 Nov 2022 18:31:](#)

B'H I got through the day unscathed. Looking forward to going to Shabbos kodesh **with 22 days clean**. My short term goal is 30 days and my little longer goal is to get to Chanuka without being nichshol again, How good would that feel.

How's good would that feel??? Bhy it's gonna feel amazing uplifting exciting and last but not least it's gonna feel geshmak!!

you'll go in to chanukah like a makaby that won over the USA culture ( way worse than the Greeks) you be able to spend time with family friends with a clean relaxed head ! Bhy!

you'll tell us than how it felt...

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Re: At a low point right now...  
Posted by Human being - 25 Nov 2022 19:54

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odaaat

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Re: At a low point right now...  
Posted by yud909 - 29 Nov 2022 15:40

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Good morning  
just checking in with **26 clean days**  
loving it

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Re: At a low point right now...  
Posted by Geshmak! - 29 Nov 2022 17:49

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[yud909 wrote on 29 Nov 2022 15:40:](#)

Good morning  
just checking in with **26 clean days**  
loving it  
  
You know what's the ??? of 26,right???

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Re: At a low point right now...  
Posted by yud909 - 03 Dec 2022 23:46

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Just coming out of Shabbos, celebrating my 30th clean day.  
Amazing feeling.

Thinking about booking tickets to E"Y to celebrate 90th day (bezras Hashem) by the Kosel, just

a little nervous what happens if I don't make it? Like want it to be a incentive to get there but sort of have to book these thigs now if I want the cheap tickets.. lol good problems to have I know...

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Re: At a low point right now...  
Posted by Vehkam - 04 Dec 2022 00:05

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mazel tov on the 30. iyh to 90 and beyond.

i can't really answer on your dilemma, but i would advise that you do whatever you believe is the healthiest for you in your struggle. Try not to be swayed by the savings of a few hundred dollars (i assume that is the whole difference).

best wishes and can't wait to hear about your trip!

vehkam

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Re: At a low point right now...  
Posted by Human being - 04 Dec 2022 05:24

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Keep in mind that if you book then fall, you may be so upset, that you will spiral downward.

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Re: At a low point right now...  
Posted by Hashem Help Me - 04 Dec 2022 14:52

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Mazel Tov on 30. Kein yirbu!

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Re: At a low point right now...  
Posted by Eerie - 04 Dec 2022 22:16

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Hi yud909! I just want to tell you that you are a huge part of my success, of my inspiration. You changed my view of myself. Very grateful! Like very very very. And so happy to see that you are on the way up! Keep trucking!

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Re: At a low point right now...  
Posted by yud909 - 11 Dec 2022 18:09

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Hi All

Just checking in with **38 clean** days.

Baruch HaShem

Thank You HaShem

Haven't been posting much as I've been busy, which is a good thing. There is one thing which I'm curious to hear everyone's opinion on.

I don't believe I've mentioned this earlier but I do watch movies, netflix etc. Very often at night for just 30 minutes to an hour to unwind but sometimes like on a long Motzei Shabbos ill watch for several hours. I try to stick to relatively clean stuff but that's obviously not so realistic. I was mekabel yesterday to not watch anything until after Chanukah. Which bezras Hashem I'll be able to stick to without too many issues. My dilemma is going forward after that. On one hand movies are often a trigger, even if not right away but they slowly plant the seed in my little head so they should seemingly be avoided at all costs. On the other hand I find that boredom is a much larger trigger for me and when I'm able to occupy myself with a relatively clean (relative to porn that it is, I'm well aware that a good ben Torah shouldn't watch 92% of what I watch) outlet, it's helpful. As I said, I'm going to try it for the next 2 weeks and then take it from there. I don't think I'm ready to quit them completely yet but maybe just watch less and see how it goes.

Any words of wisdom?

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