

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.

=====  
=====

Re: At a low point right now...

Posted by Eerie - 30 Jan 2023 06:13

---

[yud909 wrote on 29 Jan 2023 22:52:](#)

3 more days to 90!!

Wheres the party?!?!?

hmmm... have to get there first....was starting to slip today, don't want to elaborate but BH caught myself and quickly came here.

thanks evryone for the messages... gives me chizuk

Gevaldig my friend! We will always have struggles, we have to see to it that our reactions are the ones that help us out. Idea #1- reach out and talk to someone about your emotions. You don't have to spell out all the details of your current nisayon, just talk about what's on your heart. Keep trucking, my holy friend!

=====

=====

Re: At a low point right now...

Posted by yud909 - 05 Feb 2023 02:40

---

A Gut Voch everyone

BH going strong on **day 94!**

Just a quick thought for anyone new to the fight, reading this. I'm telling you it gets easier with time. It doesn't go away, I get urges, I have triggers, I even got a random text message tonight from someone, but the battle definitely gets easier. For me (and I suspect most people) it's

something you get used to doing whenever you get triggered, are bored, sad, etc. But if you battle it out and just fight hard and keep yourself distracted and busy for a while you will rewire your brain eventually to not revert to these behaviors by default. I'm not looking to be all haughty and say I'm rewired and cured, I'm definitely not. I might even fall again at some point in the future, I constantly daven and hope that I don't, but I might. What is different for me is that it's not a default behavior, which is saying a lot considering that for the last 25+ years it has been.

I hope I didn't make an ayin hara by posting.

A Gut Voch! A Mazeldiga Voch! A Hatzlachadiga Voch!

=====

Re: At a low point right now...

Posted by Geshmak! - 05 Feb 2023 04:00

---

[yud909 wrote on 05 Feb 2023 02:40:](#)

A Gut Voch everyone

BH going strong on **day 94!**

Just a quick thought for anyone new to the fight, reading this. I'm telling you it gets easier with time. It doesn't go away, I get urges, I have triggers, I even got a random text message tonight from someone, but the battle definitely gets easier. For me (and I suspect most people) it's something you get used to doing whenever you get triggered, are bored, sad, etc. But if you battle it out and just fight hard and keep yourself distracted and busy for a while you will rewire your brain eventually to not revert to these behaviors by default. I'm not looking to be all haughty and say I'm rewired and cured, I'm definitely not. I might even fall again at some point in the future, I constantly daven and hope that I don't, but I might. What is different for me is that it's not a default behavior, which is saying a lot considering that for the last 25+ years it has been.

I hope I didn't make an ayin hara by posting.

A Gut Voch! A Mazeldiga Voch! A Hatzlachadiga Voch!

Dear yod 909!

I love this post! Thank you so much for posting it!!

and ??? on your beautiful ????

!??? ???

=====  
=====

Re: At a low point right now...

Posted by iLoveHashem247 - 05 Feb 2023 04:02

---

[yud909 wrote on 05 Feb 2023 02:40:](#)

A Gut Voch everyone

BH going strong on **day 94!**

Just a quick thought for anyone new to the fight, reading this. I'm telling you it gets easier with time. It doesn't go away, I get urges, I have triggers, I even got a random text message tonight from someone, but the battle definitely gets easier. For me (and I suspect most people) it's something you get used to doing whenever you get triggered, are bored, sad, etc. But if you battle it out and just fight hard and keep yourself distracted and busy for a while you will rewire your brain eventually to not revert to these behaviors by default. I'm not looking to be all haughty and say I'm rewired and cured, I'm definitely not. I might even fall again at some point in the future, I constantly daven and hope that I don't, but I might. What is different for me is that it's not a default behavior, which is saying a lot considering that for the last 25+ years it has been.

I hope I didn't make an ayin hara by posting.

A Gut Voch! A Mazeldiga Voch! A Hatzlachadiga Voch!

So true.

as a part of my "human-raising" campaign (see thread for more info - link in signature), I took on 30 days of resisting the urge to turn my neck when a distraction comes my way.

If you told me 137 days ago that I'd be actively working on this, I'd have scoffed.

It goes from being a constant battle to a siege against the yetzer. Whoever gives up last wins.

=====

Re: At a low point right now...

Posted by Eerie - 05 Feb 2023 05:04

---

[yud909 wrote on 05 Feb 2023 02:40:](#)

A Gut Voch everyone

BH going strong on **day 94!**

Just a quick thought for anyone new to the fight, reading this. I'm telling you it gets easier with time. It doesn't go away, I get urges, I have triggers, I even got a random text message tonight from someone, but the battle definitely gets easier. For me (and I suspect most people) it's something you get used to doing whenever you get triggered, are bored, sad, etc. But if you battle it out and just fight hard and keep yourself distracted and busy for a while you will rewire your brain eventually to not revert to these behaviors by default. I'm not looking to be all haughty and say I'm rewired and cured, I'm definitely not. I might even fall again at some point in the future, I constantly daven and hope that I don't, but I might. What is different for me is that it's not a default behavior, which is saying a lot considering that for the last 25+ years it has been.

I hope I didn't make an ayin hara by posting.

A Gut Voch! A Mazeldiga Voch! A Hatzlachadiga Voch!

You are so right. We get used to the idea that certain situations lead us to act in certain ways. And we start falling without thinking or fighting, just because we've trained ourselves to act a certain way. But yes, we can retrain our behavior patterns, and our way of thinking. Yes, there will still be tests, but at least we'll be fighting. 94 days, WOW! Keep up the amazing work, my holy friend! And keep sharing your words of wisdom!

=====

=====

Re: At a low point right now...

Posted by yud909 - 15 Feb 2023 11:04

---

Good morning all,

I don't have much to say hence my lack of posts but Baruch HaShem still going strong on day 104.

have a great day everyone and keep up the good fight

=====

=====

Re: At a low point right now...

Posted by sleeepy - 15 Feb 2023 15:18

---

[yud909 wrote on 15 Feb 2023 11:04:](#)

Good morning all,

I don't have much to say hence my lack of posts but Baruch HaShem still going strong on day 104.

have a great day everyone and keep up the good fight

i never have much to say,but i still post away! kt!

=====

=====

Re: At a low point right now...

Posted by yud909 - 17 Feb 2023 21:48

---

Ahh the feeling of going into Shabbos with another week clean is amazing. Not like some high that I feel by Neillah but more of a relaxed and warm and fuzzy feeling of basking in the last **106 days** being clean and davening that Hashem gives me the strength to continue.

This week I did have what I felt was a major victory. I went on a business trip (with another person, so no potential to really stumble other than the standard daily shmiras enayim challenges) and unfortunately it was not too successful. I came home feeling like I wasted so much time and money with nothing to show for it. In the past after such a day, my go to escape was the computer (or worse). B'H my mind didn't even venture there. The day was a flop but I knew it wouldn't help to try and escape with something that would make me feel worse.

I'm very certain that my challenges are not behind me and I will have struggles for many years to come, but the fact that I didn't automatically go to that place in my head, makes me think

Have a great Shabbos!

=====

Re: At a low point right now...

Posted by excellence - 18 Feb 2023 22:43

---

Ur a Hero!! Just don't take this victory for granted. You must celebrate this victory somehow.

Looking forward to hearing from you how you celebrated!!

maybe this whole "90 days to rewire the brain" has some truth to it.

**Warning: Spoiler!**

=====  
=====

Re: At a low point right now...

Posted by yud909 - 19 Feb 2023 04:13

---

[excellence wrote on 18 Feb 2023 22:43:](#)

Ur a Hero!! Just don't take this victory for granted. You must celebrate this victory somehow.  
Looking forward to hearing from you how you celebrated!!

**Warning: Spoiler!**

really bad at celebrating, what do you do?

=====  
=====

Re: At a low point right now...

Posted by iLoveHashem247 - 19 Feb 2023 04:25

---



Ice cream, pizza party, scented candle and Epsom salt bath with a good book, painting or building something, doing something extra special for your wife to be a bigger giver, etc

=====

Re: At a low point right now...

Posted by Geshmak! - 19 Feb 2023 04:47

---

[yud909 wrote on 19 Feb 2023 04:13:](#)

[excellence wrote on 18 Feb 2023 22:43:](#)

Ur a Hero!! Just don't take this victory for granted. You must celebrate this victory somehow. Looking forward to hearing from you how you celebrated!!

**Warning: Spoiler!**

really bad at celebrating, what do you do?

I love to party!! Come over to me for M.M. !!

all jokes aside... I'm so happy for you that your holding here in your fight... I can't wait till I can post what you have. ??? ?????!!

=====  
=====

Re: At a low point right now...

Posted by Geshmak! - 19 Feb 2023 04:48

---

Time to switch your username to -yud 10 billion!

=====  
=====

Re: At a low point right now...

Posted by excellence - 19 Feb 2023 13:57

---

[yud909 wrote on 19 Feb 2023 04:13:](#)

[excellence wrote on 18 Feb 2023 22:43:](#)

Ur a Hero!! Just don't take this victory for granted. You must celebrate this victory somehow. Looking forward to hearing from you how you celebrated!!

**Warning: Spoiler!**

really bad at celebrating, what do you do?

I suppose there are many ideas, but suppose it needs to be something you wouldn't be doing anyway. You can buy yourself a nice treat, or I bought my wife something that I wouldn't of otherwise bought. You can do something nice to enhance your Sholom Bayis too!!

Maybe we ought to open a thread where everyone can share ways they have celebrated victories.....!!! Anyone?

=====

=====