

i'm finally posting

Posted by Horizon - 30 Mar 2023 20:24

i wroth this up yesterday but for some reason it didn't post. sitting down to rewrite it now.

hi everyone! my name is horizon i'm a 23 yo yeshiva bochur. i created my account about a year ago, but haven't been active until about a week ago. in the little time i'm here iv'e met some wonderful chevra, and was encouraged to write about myself. i hope it will takeh help me, specifically w meeting and connecting with the chevra. although my 'story' is as cookie cutter typical as they get, i'm still sharing. partially to unload, but mainly to make connections with . here we go...

i grew up in a typical frum yeshivish home. my father is a respected rebbi, and my mother teaches in the local school. although my parents are good people, i never connected w them or felt understood. emotions were also pretty much nonexistent in our home. my father is very reserved and cold, and my mother was always a hard woker, and expected the same from us. (recently my siblings and i started discussing how this affected us. bh i have a pretty nice relationship w my siblings)

from quite a young age (probably like 10) i had a sexual rush. but i'd rather not elaborate on that. when i was 13 years old i went off to an out of town yeshiva ketana. although it was a nice yeshiva, and the chevra were nice, i had a hard time fitting in cuz i was a year younger then the class. i kinda felt like i don't belong and also had to prove myself. i was also embarrassed to share my age with orhers. it was a tough matzav.

others. so if you came for chidushim, i'm sorry to let you down. during the first year in yeshiva i started to become a very 'erinste bochur'. taking davening seriously, waking up early to learn, i would get upset when guys were sitting around and chilling or talking loшон hara... you get the pic. it was kind of a distraction from social life which i wasn't very good at.

the next year i went the other direction. i started sleeping in, chavering zich with the more chilled guys in yeshiva, and being in beis medrash less.

one day i came across a store not far from yeshiva that sold (drumroll please) adult magazines. i took one. (i don't want to say stole). i was utterly shocked by what i saw. i was a naive sheltered boy, who didn't dream there was such a thing as women exposing themselves. i didn't either know about sex. that magazine really changed me (one of my rebbeim at the time pointed out that he sees i changed). it was at that point that a started to m* (i hate the word, so a * will

have to suffice). over the next two years i only took another two or three magazines, and occasionally when i'd be home i'd watch porn.

when i was 17 i went to eretz yisroel for the summer. seeing the attitude they have in israel towards the internet had a big effect on me, and it caused me to make strong gedarim for myself. i was clean from porn and m* for 3 years (!)

after that the YH creapt in in the most ingenious of ways. i decided to be a ka'nu'ee and check to make sure our family's computer was kosher. it was not.

about a year ago i came across gye, and was convinced it was the end of my struggles. i now had a place to keep myself in track by using the success tracker and i'll live happily ever after. i was clean for 8 days.

i recently gave up my access to porn, and now have a phone that is really restricted (no really). bh it was a HUGE gamechanger. iv'e wanted to do it for the longest time but it was very hard. and that first night without it was very, hard. but surprisingly in the days since i was very much ok and didn't feel like i'm missing much. (although i'll admit that it gets annoying sometimes heving restricted access).

i'm gonna try for the future to be more involved in this community, and hopefully i'll meet some nice chevra:)

wishing everyone continued hatzlacha in everything,

horizon

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Re: i'm finally posting
Posted by Eerie - 28 Apr 2023 22:22

That's gevaldig! Keep it up, may there be many more like you:)

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Re: i'm finally posting

Posted by Horizon - 30 Apr 2023 05:17

[iLoveHashem247 wrote on 28 Apr 2023 11:36:](#)

How can we make this more of a thing?

Also, what phone did you switch to?

the way i did it was gradually. i got a new phone and gave my old one to a friend to keep for me for a week as a trial to see if i can do without it, and bh it went pretty smoothly from there.

i switched to a company called safetelecom.

for those who are unfamiliar, they take a google pixel, and reprogram it so it doesn't have a browser, and they have their own appstore where you can only get apps that were approved by them.

some of the phone's pros and cons:

pros:

- its very safe, (there's no access websites, even through links in emails etc. and its also impossible to remove the filter/get access for a limited time.)
- the program is compatible with the phone, so it doesn't slow it down or kill the battery.

cons:

- its expensive (i know, so is kosher meat)
- it gets annoying having restricted access. (right, the meat referance applies here as well).

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Re: i'm finally posting

Posted by Horizon - 03 May 2023 18:31

10 days bh

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Re: i'm finally posting
Posted by 613msmmkm - 05 May 2023 00:40

Amazing story! I grew up traditional but became frum at 16 starting at 14 and my family changed as well not as much as me but shomer Shabbos. I use the words still "jerking off" not the M word either.

I rarely look at total nudes of women only of course never men do it's not porn at sll. However it's still wrong to stare at A woman's parts private or just her legs and drms snd shoulders. I am happily married and have a frum wife and frum son. My son socuslly and sexually is well adjusted. I am much older than you but don't want you give my she away. I dtill

sct young shrouded by women rarely get erections due to my age. Pl rrrf do pond back at your convenience. I also will not filter my phone or computer cause I do not want to block my work!

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Re: i'm finally posting
Posted by Horizon - 05 May 2023 01:43

hello im honored that your first post is addressed to me!

glad to hear things are going well for you and your family, hope you have continued hatzlacha.

i dont really relate to your situation being that you're at a different age and stage, but i urge you to consider: even if you feel that you're in a good place, please please for your son's sake have only safe devices at home. please don't take this lightly. better safe then sorry.

(forgive me if you're already there)

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Re: i'm finally posting
Posted by Horizon - 05 May 2023 18:09

today is pesach sheni.

its also day 1 for me.

oh well

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Re: i'm finally posting
Posted by monseyid41 - 05 May 2023 20:27

[Horizon wrote on 05 May 2023 18:09:](#)

today is pesach sheni.

its also day 1 for me.

oh well

Oy! So sorry to hear.

Maybe I can reframe this for you.

"Today is day 1 for me. But it's also Pesach Sheini. And the whole idea of Pesach Sheini is that Hashem wants us to have a second chance. So I'm starting over and with Hashem's help I will succeed!"

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Re: i'm finally posting
Posted by Eerie - 05 May 2023 22:32

Monseyyid, you blew me away with that!

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Re: i'm finally posting
Posted by Horizon - 07 May 2023 19:47

thanks guys.

monseyyid i like your perspective.

today is day 3

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Re: i'm finally posting
Posted by Horizon - 14 May 2023 17:46

hey guys, i haven't updated in a couple.

today is day 4.

i was doing pretty good but then had some bumps. overall doing better over the last couple months, so bh.

i recently started getting in touch w more of the chevra (albeit slowly), and it's a wonderful experience so far. to be able to shmooze with someone who's been there done that in a totally normal non judgmental understanding way, is a geshmake zach. like you aren't talking to someone who's giving you chizuk, you're just shmoozing w someone in a normal way. it feels comforting and empowering. thanks to those who reached out to me.

im gonna try updating more often.

hatzlacha

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Re: i'm finally posting
Posted by yitz23 - 15 May 2023 20:06

Way to go brother!!!!

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Re: i'm finally posting
Posted by Horizon - 16 May 2023 18:17

hey guys, **today is day 6 bh.**

i made a deal w one of the guys to stay clean for the week. i'm starting to feel less tempted to act out cuz i know its off limits. i shared w someone else that i made a deal w someone, and he decided to jump on the bandwagon. so now we're three.

It's a wonderful experience for me as well. ~~cheva~~ we're asking me what the deal is so i'll share: it's very simple. we gave each other our word that we'll be clean this week. i respect my word and thats enough. we discussed beforehand that we're ready for this and then went for it. we also check in w each other to see that all's good.

on another note i (finally) spoke to hhm yesterday. you're so kind for giving up time and energy to help others. thank you

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Re: i'm finally posting
Posted by Horizon - 18 May 2023 17:41

day 8

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Re: i'm finally posting
Posted by Horizon - 19 May 2023 16:29

a guten erev shabbos chevra!

bh today is day 9

i had a dream last night that i was nichshal, and i was very disturbed about having to 'start over'. bh i woke up and realized its just a dream (i know, funny dream). im excited to continue and keep growing (and trucking).

i wrote earlier that i had made a deal w someone to stay clean for the week. bh that worked well (for the two of us) and we're nearing the end of a successful week. while obviously there's no hocus pocus snap of the finger solution to being clean, the deal helped me tremendously at some weak moments, and i feel that if not for it i would have watched porn a couple times this week when i was in a mood.

having that in mind im a little nervous for the coming week when the deal is expired. i need something to push me through a *shvache* moment. im not talking about crazy strong urges, its more like the moments that im like screw it, just go for it. forget everything, let go, give in and jump into it.

if anyone relates and can offer some advice i'd appreciate it.

thanks guys,

hatzlacha

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