

Old days

Posted by iwish001 - 18 Apr 2023 21:24

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Hi to everyone!

Thank you for the opportunity to share and for all the insights from other members.

I grew up in a secular environment where many of issues discussed here were considered normal and something was wrong with you if you were thinking differently.

Being brought up in a conservative (non-jewish) family, healthy values were instilled in me but under the pressure of environment I gave in, although much later than my peers.

I can remember the time when I had disgust toward these things and when I was proud being that way. It's only after long time being a minority, after being made fun of and challenged, that I started thinking that something was wrong with me. Then I started to conform and change.

Also, "normal" movies, tv, internet and other content I was exposed to growing up, did their part in lowering my barriers.

When I was younger and confronted with these situations (stuff shown by peers, seeing stuff on tv, in newspapers, on internet) I really had a disgust for it. My thought was always that it was someone's daughter I'm looking at, someone's daughter that's being commented on and that she's also Hashem's daughter after all. I also had the fear of Hashem and sense of shame when finding myself in these situations.

For everyone who thought like this, who was like this:

When did you start to change and what do you think was the underlying reason for it?

Did you have any success with getting back to the old state of disgust and repulsivness?

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Re: Old days

Posted by dim12 - 18 Apr 2023 21:32

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I can provide general advice.

It's important to remember that it's natural to feel pressure to conform to societal norms, and it can be difficult to resist. However, it's important to stay true to yourself and your values.

One possible reason behind changing one's beliefs could be the desire to fit in or be accepted by peers. If you've been having second thoughts about your actions and want to return to your previous mindset, a good starting point would be to reflect on your values and why they're important to you. It may also be helpful to seek out like-minded individuals or communities who share your beliefs. Remember, it's never too late to rediscover and realign yourself with your values.

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Re: Old days

Posted by I WILL - 18 Apr 2023 21:44

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It's pretty awesome that you felt disgust even when you were surrounded by an alternate culture. For me, reminding myself how preciouses and deep a neshama is helps with these this. In general, the struggle to return to purity is full of deep yearning. Maybe you can try and capture some of those emotions to fuel you? I hope this helps. Hatzlacha, and continue to be a beast!

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Re: Old days

Posted by Eerie - 18 Apr 2023 22:59

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I wish I had an answer, but I will say that you sound amazing! Keep searching for the way to get

even higher!

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Re: Old days

Posted by iwish001 - 19 Apr 2023 19:24

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Thank you all for the warm welcome.

I'm currently in a state where I relapse every few months (p&m). It always happens after feeling down for few days, for various reasons. I'm just beginning the GYE program and I'm sure there are many strategies to help me deal with this.

Since the last relapse I started to really compare myself today with myself from the time when acting on these things would be unthinkable.

And just from this short time of retrospection, I can testify that in times I started with this behaviour my beliefs were also changing. Influenced by environment, or by my own teenage ignorance, I was becoming more and more secular and all the open-mindedness and "it's all natural" viewpoints were becoming acceptable to me.

Before that, I felt like someone was behind me...my family, Hashem..and I felt like there were ideals that should be protected. But as I was lowering my guard and was changing my beliefs, my urge to go toward this side was increasing.

It felt like I was becoming more and more spectator in life who was letting anything and everything to influence me, rather than controlling and directing my own life.

When looking from a secular standpoint I can't defend my worries about relapsing every few months and feeling tremendous guilt about it. I would be considered crazy.

The only reason why I feel like this is because I believe in Hashem.

But still, when going back to my previous paragraph, I'm curious about how much all of this has to do with the strength of that belief in Hashem. For sure I can say that my belief in my younger

years, when I felt disgust toward these things, was pure, energetic and felt more alive...comparing to the one today which feels more calculated, theoretical and "somewhere outside".

Please feel free to throw your input and experiences. I'm keen to look at this problem from this perspective more than from the physical dependence and natural urge angle. I might be wrong of course.

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