

I cannot believe I am here

Posted by remaininganonymous26 - 12 Jul 2023 01:06

I am writing this with tears in my eyes. I do not know where to start, and frankly, my English is not the greatest. I am having trouble believing that I am here- I would never post something so personal on a public forum (and what is a good guy like me doing on GYE?)- but I believe this is for my best so here it goes!

I guess I would like to share my story and hear if anyone has any advice. Sorry for the long post

I was always a curious person since I was young. I remember beginning my journey with p and m, which began probably 12 years ago. Although I have never watched pornography, I have always struggled with reading sexually charged literature. I guess I justify that it is not really pornography...but it slowly developed into an addiction. Over time, it came to the point when I have been searching the internet and looking at not tznius things. I still do not watch pornography, but I believe I have a lust addiction, specifically to reading sexually charged material and purposely going on websites with not tznius pictures on them. I see my lusting progressing, and I am terrified that real pornography is the next step, and I am jumping into GYE now to stop the behavior before it gets worse. I have tried to stop for about a year and a half already, and once did 90 days free of lust but I fell a few days later. This summer I decided I am going to really begin to stop it once and for all! I have extra time, and I hope to successfully complete the Flight to Freedom program and develop a solid flight plan to begin my journey to kedusha. I was mikabel that even if I die as an addict, after 120 I will look at Hashem and say I did not die without giving it the best fight I have! And I hope Hashem is reading this post, knowing how hard it is for me to write, and crying tears of love and yearning for my neshoma.

This struggle for so long has gotten to me, and any chizuk or advice is appreciated.

Just a question for the forum- I noticed that my two triggers are stress and boredom. When I am bored I randomly search things online, which usually leads to seeing inappropriate photos or videos. Sometimes the online searching is without conscious awareness (if you get what I mean). Does anyone have a strategy for how to stop this searching before it takes a turn for the worst?

Thank you tzadikim! I am jealous of each and every one of you and I hope one day to look at future GYE participants and say you can do it too because I did it!

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Re: I cannot believe I am here
Posted by chaimoigen - 14 Feb 2024 16:43

Chazak Viamatz!'

Sorry to hear about the stressful situation. Here's an arm around the shoulders. You can do it!!

Look! You have come a very long way on the road clean. What an incredible accomplishment !

I think it's ok to tell yourself that there is no concept of a cumulative buildup. The Yetzer Hora tries to make us believe that the buildup of pressure and difficulty in holding back accumulates.

So he tells us: "Hey, it's harder to withstand after 40 days, after 50 it's even harder, and my gosh after 75 days clean how are you possibly still holding on by your fingernails!"

In most cases it's a false fantasy. Each day is its own battle. Each day has its fresh challenge, and the ability to be victorious, with Siyata Dishmaya. The accumulated days behind you do nothing but prove that you can win repeatedly, with Hashem's help. So there's nothing to stop you from victory today. And then repeat.

I find it also helps to be focused on the positive benefits you enjoy while being clean. Not only how much you want to not fall. Offense, not defense!!

Keep going. Keep climbing! You are greater , and more capable than you think!!

Warmly,

Chaim

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Re: I cannot believe I am here
Posted by eerie - 14 Feb 2024 17:50

Hey, sounds like you are doing great! If I may offer, you wrote you would like to 'watch away the stress', in which you are correct that watching can release some of the stress. But remember that other things can, too! How about calling a friend and shmoozing? How about speed walking? How about watching a Jewish inspirational video (like those made by project inspire)?

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Re: I cannot believe I am here
Posted by remaininganonymous26 - 07 Mar 2024 00:36

I have not posted in a really long time so I feel like I should give an update. BH I am doing great! Found myself slipping at one time, so I took an extended Taphsik and I have been great ever since. I was wondering if anyone had any suggestions of how to wean myself off making these shvuos. They really help me, but I wish I could do it without them. Any ideas?

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Re: I cannot believe I am here
My friend, we are waiting to hear your updates
Posted by proudyoungman - 07 Mar 2024 00:48

Have you tried speaking to any of the wonderful people here on GYE? For me, speaking to people was the first real step towards a wholesome life without these behaviors.

(Try HHM, Eerie, Chaimoigen, IWLR to start...)

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Re: I cannot believe I am here

Posted by yitzchokm - 07 Mar 2024 00:54

You mentioned boredom and stress as your triggers. Have you found appropriate responses for them in the toolbox or are you merely suppressing your stress and boredom by using the Taphsic method? Are you reading The Battle of the Generation regularly? The book should give you the incentive to want to win this battle, possibly without needing to resort to the Taphsic method.

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Re: I cannot believe I am here

Posted by remaininganonymous26 - 27 Mar 2024 13:34

I had a major fall the other day. I was bored and stressed, and I saw it coming, but I didn't want to take a taphsic because I felt it was important to practice fighting the urge rather than just pushing it away with a taphsic.

I'm not sure what to think. BH I made it to over 100 days, and I accomplished so much in that time. Also, I was able to pick myself up after the fall and keep on fighting. I am trying to improve my filter (but you cant filter an addiction...) and more importantly working on myself to make sure that this does not happen again.

But at the end of the day, this was a fall after a long period in the clear and it's upsetting. The yetzer hora tells me all sorts of things- I'm a bad person, I will never fix this, just give up. Trying to stay positive, hoping you guys have some advice or words of encouragement.

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Re: I cannot believe I am here

Posted by Heeling - 27 Mar 2024 13:55

Oy! Gevald. That hurts. I feel for you, my friend.

Don't listen to the YH, he's your friend just like Biden is Israel's friend.

You're not a bad person. This fall doesn't define you and it by no means deletes all the work and

clean days that you worked so hard on.

You're human and you were stressed and he got the better of you this time but how many times didn't he get you? It's okay. move on and continue plowing!

It's amazing that you can pick yourself up right away - it is so important after a fall to continue fighting and not letting the guard down.

My friend, be sure that the coming days, weeks, and maybe months will be a bit tougher than it was before the fall (I'm currently experiencing that) But please, my dear brother, don't give in, fight it tooth and nail. Walk around looking like a grouch, I don't care. There is only one thing that matters - no falling back into the YH's trap.

Identifying what led to that fall and trying the best to fix those issues is super important as well.

Rooting to you,

Wish you loads of hatzlacha,

Keep plowing!

and remember don't look back, because you're not going that way!

With Love,

Heeling,

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Re: I cannot believe I am here

Posted by eerie - 27 Mar 2024 18:44

[Heeling wrote on 27 Mar 2024 13:55:](#)

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Keep plowing!

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With Love,

Heeling,

Great post, my friend.

With love,

Eerie

Personally, I like trucking more than plowing.

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Re: I cannot believe I am here

Posted by Heeling - 27 Mar 2024 19:15

[eerie wrote on 27 Mar 2024 18:44:](#)

[Heeling wrote on 27 Mar 2024 13:55:](#)

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Keep plowing!

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With Love,

Heeling,

Great post, my friend.

With love,

Eerie

After doing some research, I think I'll change it to 'plow on'.

With love,

Heeling,

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Re: I cannot believe I am here

Posted by jackthejew - 27 Mar 2024 19:31

[eerie wrote on 27 Mar 2024 18:44:](#)

[Heeling wrote on 27 Mar 2024 13:55:](#)

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With Love,

Heeling,

Great post, my friend.

With love,

Eerie

Not much plowing this year...

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Personally, I like trucking more than plowing.
Re. I cannot believe I am here

Posted by Hashem Help Me - 29 Mar 2024 11:30

[remaininganonymous26 wrote on 27 Mar 2024 13:34:](#)

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I'm not sure what to think. BH I made it to over 100 days, and I accomplished so much in that time. Also, I was able to pick myself up after the fall and keep on fighting. I am trying to improve my filter (but you cant filter an addiction...) and more importantly working on myself to make sure that this does not happen again.

But at the end of the day, this was a fall after a long period in the clear and it's upsetting. The yetzer hora tells me all sorts of things- I'm a bad person, I will never fix this, just give up. Trying to stay positive, hoping you guys have some advice or words of encouragement.

A courageous fellow looked up at the summit and planned out his climb up the mountain. As each day progressed he accustomed himself to the challenges of the unpredictable terrain. After 100 days of climbing he lost his balance and slipped into a ditch. As he sat on the ditch's edge bandaging his wounds, he had an opportunity to enjoy the views and fresh air from this high altitude. "I guess i could give up and head down, but that would be foolish." So after resting a bit, he studied the area to determine what caused his slip and developed a plan for the next

time such a challenge arose, and headed on to day 101 of his climb.

Buddy, you are a hero. Determine what the triggers were, make a plan, and keep going.
Hatzlocha!

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Re: I cannot believe I am here
Posted by yitzchokm - 29 Mar 2024 12:10

What do you have in place of the Taphsic method? Are you doing the Flight to Freedom program? Are you reading The Battle of the Generation? Do you have a list of cues and appropriate responses from the toolbox? Are you reaching out to people? Did you download audio recordings?

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Re: I cannot believe I am here
Posted by remaininganonymous26 - 05 May 2024 23:22

This is a really hard post for me to write. But I think I need to write it to be honest, and for myself. I noticed myself getting into a tough spot in my journey, where BH I was successful, but I was not progressing. What was happening was I would make a neder not to watch inappropriate content, and for the duration of the neder I was successful. When the period of the neder was over, I noticed my tayvos stirring, and I took another neder. And this is how the cycle went. BH successful, but I was not getting anywhere.

So I did something which at the time I thought was correct, but looking back I could have planned better. I want to work on myself not to rely on the crutch of nedarim. I myself want to be a better person, who doesn't need to watch this garbage. So I stopped making nedarim and tried to fight the monster head on. And I failed miserably...

I should have reached out to you on the forum, I should have devised a plan in advance, but I was foolish...

And I noticed now when I fall, the content gets worse and worse...

I am down in the dumps, but urging myself don't give up. BH if you follow this thread I have had amazing hatzlacha over the past many months. I just sometimes question if it is ever possible to be fully clean. I won't give up (which is why I returned here) and I am back for words of

encouragement.

The hope I hold on to is even if I die as an addict, after 120 I can say I tried...

So learning from my mistakes, here is the plan: I hope to post every Sunday (even just a short thing- that I'm still in- no need to reply, but I love the encouragement each of you give!), and I'm gonna make a plan (better sources of entertainment, using tools from the flight-plan, fix holes in the filter etc.). I will still use the nedarim trick but only when absolutely necessary. Lets see how it goes, and I can tweak it as time goes on.

I hope their is still hope for me...please please words of chizzuk!!!

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Re: I cannot believe I am here

Posted by vehkam - 05 May 2024 23:33

[remaininganonymous26 wrote on 05 May 2024 23:22:](#)

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There is always hope. For someone that keeps getting back up to fight there is also tremendous admiration.

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