

My journey

Posted by Jeff098 - 01 Aug 2023 02:32

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Hello to all that GD has given these challenges of P&M,

I just wanted to share the challenges and tests GD has given me in this world to make aware and comfort others who have this challenge as well.

I was around 11/12 years old. After watching a movie went to take a shower and noticed a started getting aroused, that's first time I ever M. from there things spiraled downward. I started looking at clothing brochures which led to YouTube which led to porn to cams etc etc...

I tried so hard to stop, but obviously couldn't control myself especially Bec evrything was so accessible. When I finished High school I decided to go to yeshiva. I didn't necciseraly go to yeshiva to learn I went so I can stop P&M. I wad able to stop porn for quite some time but not masturbation. Btw I don't think ive been 2 weeks clean from masturbation since I started and I'm now 23... you can imagine how many dark days ive had....

Came back from yeshivah and still had this problem... I've done worse things that I'm to ashamed to share...

?I have asked GD many times to not return my soul in the morning, this test is to hard for me... its constant with barly any breaks....

I came to a point where I just am accepting who I am in order to stop feeling depressed. but by doing so I'm loosing a lot of my connection to religion. I feel like no matter what I do it doesn't help so what's the point??

I stopped praying with minyan then stopped praying all together which led to other things... that's where I am right now in my life..

?Im I supposed to suffer like this my entire life??? is there a light at the end of the tunnel???  
how will I ever get there????

I just wanna be a good person and to the right things... when I was bar mitzvah I said that's it I'm  
a man now I'm gonna take control over this. ive tried so many times but look at me now...

this is my disability, weakness, my hell. If this is life I'm scared what hell is going to look like...

GD if you love me and everyone here Please help us out...

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Re: My journey

Posted by DavidT - 03 Aug 2023 13:54

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### **The Gemara in Kidushin 81/a tells a story:**

*Some women who had been taken captive were redeemed and brought to Nehardai. They were kept in the attic of Rav Amram the Chasid and the ladder was removed. At night, a beam of light reflected off one of the women, revealing her beauty. Rav Amram was seized with lust and he moved the ladder (which normally needs 10 people to move it) to ascend. As he was halfway up, he screamed "**There is a fire in Rav Amram's house!**" and the Rabanan flocked to his house. After they saw that there was no fire they said to him "You embarrassed us (with your behavior)!", answered Rav Amram: "It is better to suffer embarrassment in this world than in the next". Rav Amram put an oath on his evil inclination forcing it to leave him, and a pillar of fire left him.*

**Now that's an inspiring story! There's so much we can learn from it.**

**Perhaps the *most* important lesson we can learn from this story is the power of letting other people know about your struggles.**

One of the deepest problems with the addiction, is the aspect of secrecy that surrounds it. As long as a person says to themselves "no one knows anyway", it is very hard to even begin the journey to recovery. We need to open up to someone and tell them about our struggles. We

need to shout "**There's a fire!! a fire in my heart!! help me put it out!**" ... Once people know, we can find the strength like Rav Amram did, to stop ourselves from falling even in the most difficult tests. The shame we feel in telling it over is a tremendous Kapparah on our past sins, and a strong prevention against future sins. And remember, it is much better to suffer embarrassment in this world than in the next.

And that is why group support is so important. Firstly, in group support we receive the support from others that we so desperately need. Secondly, we get to see how there are others even worse off than we are, and we can actually give *them* support (which in turn, strengthens us). And thirdly, we get to see how people, who were exactly in our situation - or even worse, have achieved sobriety and are well on their way to recovery! These are all very important features of group support. **But perhaps the *most* important aspect of group support is that by opening up to others and staying in touch with them while we heal, we begin to finally feel accountability! An addict must internalize this truth, that it is the secrecy and hiding and lying that we've been doing for years that makes it so hard for us to begin the journey to recovery.**

If you can't join the group (or even if you can), it is also very helpful to have someone close to you - or someone you respect, that you will be totally open with about this on a steady basis . No secrets, only the real truth. This is a very powerful tool - and a *necessary* one - for anyone serious about breaking free. The holy Sefer Noam Elimelech also speaks about what a powerful tool it is in breaking the strength of the Yetzer Hara if someone has a close friend that they tell about their struggles with the Yetzer Hara.

May Hashem be with us all on our journey!

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Re: My journey

Posted by richtig - 03 Aug 2023 14:16

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[Jeff098 wrote on 02 Aug 2023 23:00:](#)

Hi all,

firstly Id like to thank you all for you support and encouragement. I never would have thought

that support would go such a long way.

Day 2 is almost complete. id like to share my day and hope you have any tips for me.

?I ride the subway every day to work. it's a long ride. this is usually the part of the day for most of my tests.

there are lots of people dressed immodestly, like I would say scantily dressed.

the way to work I learned almost the whole way there. I glanced a few times around Bec I had desires.

on the way back it was super packed. and I was sitting down. I wasn't learning, I don't think I can in this environment.

?a women, even though had tons of room on the seat sat close to me and started leaning on me.... this happens a lot to me, I'm young, good looking and dress well...

it is the hardest thing for me to get up.... I'm not married and Ill be real, its kinda nice having a nice lady lean on me...

I know I have to give this up.....

?but I don't know if I want too.... And how too....

like what should I do???

I and many of us (all of us?) here can very much relate to your struggle with the young lady. To echo Heeling, keep coming here and shedding the feelings around it honestly. Just say what you felt etc. It can help release the pressure and frustration, and you will receive support.

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Re: My journey

Posted by chaimoigen - 03 Aug 2023 14:24

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Felling your pain, friend.

The Yetzer has many traps and tools at his disposal, he's an ancient and experienced adversary. One of his trick is "All or nothing thinking". "I hate myself and if I do t change I'll die". Hashem is in charge of when we die. The Yetzer wants you to throw up your hands and say that you can't live with yourself. Because then **you won't change**.

We are each infected with an inclination to physicality, lust, etc. But we can learn to create space between urge and action, between desire and compulsion. Between feelings and self-identity. (May I recommend that you read some threads here. Try Vehkam's thread. Maybe "Some Stuff" here in the introduce yourself section. You'll see how incremental internal changes can work.

Your **need** to change is admirable and special. But you need to harness it by channeling it into productive channels. All or nothing usually doesn't work. Give yourself a break! It's gonna take some time. You can't make a tree grow overnight by watering it with a million gallons.

DavidT and others here can probably guide you to be able to hook up with a mentor or group.

The Sun is rising. It's going to be a beautiful day, but it takes a while until the sky gets bright, blue, and clear. It shall be, with Hashem's help. And slow hard work, day by day. That's why Hashem gives us the great gift a long lifetime- because it takes a while.

Hang tight, brother.

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Re: My journey

Posted by Captain - 03 Aug 2023 14:40

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[chaimoigen wrote on 03 Aug 2023 14:24:](#)

Try Vehkam's thread.

It's a real eye-opener. It's called Work in Progress, in the section On the Way to 90 Days.  
Currently in the second tab there.

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Re: My journey

Posted by redfaced - 03 Aug 2023 14:42

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[Jeff098 wrote on 03 Aug 2023 12:36:](#)

[redfaced wrote on 03 Aug 2023 12:34:](#)

[Jeff098 wrote on 03 Aug 2023 03:42:](#)

[Captain wrote on 03 Aug 2023 02:31:](#)

We admire your courage to take this big step.

Perhaps consider not making an actual neder but rather a strong commitment beli neder, because nedarim are serious stuff.

I need to make this neder. I'm so tired of my old self. I either want to fix myself or die..

Consider the tortoise & the Hare . It's the slow and steady progress that will get you to the finish line - which in your case means recovery.

Not acting out isn't necessarily recovery, if the internal changes didnt happen.

Keep on taking steps towards the goal and you will make it !!

Hatzlocha!!

What do you mean by internal changes? aren't we always gonna have desires?

Always have desires ? Probably.

Always want to act out on those desires ? The goal is NO

And its an attainable goal

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Re: My journey

Posted by Jeff098 - 03 Aug 2023 22:48

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Hi all,

day three is almost complete. today was a bit challenging. I don't know if this is considered a fall or a success, id love to hear your feedback.

all my devices are filterd. there's one device that is In my house that's not filtered Bec it doesn't belong to me. I had desires and started looking at P. after a couple of minutes I stopped and put the device down.

For me this is a huge thing, to start watching and stop put it down and walk away. I can't remember ever doing that.

I believe what caused me to put it down is Bec I promised to send an update daily and I would be so ashamed and embarrassed to write about my failure....

especially since hundreds have read this thread, how can I fail and let everyone down?? how can I let myself down?? my future?? My dreams??

im gonna fight like hell!!!!

im 23 and not getting any younger!!! its a bout time I take control of my life and steer it the way I want!!!!

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Re: My journey

Posted by redfaced - 03 Aug 2023 23:39

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[Jeff098 wrote on 03 Aug 2023 22:48:](#)

Hi all,



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I think its irrelevant if its considered a fall or a success, at the end of the day its all just a number and the only day that counts is today.

However what is relevant is, that **YOU ARE A SUCCESS!!** *An amazing success* .

You accomplished something that you never have before - & by doing that you showed yourself that you are in control.

You're in the drivers seat with no-one but yourself setting the destination.

You can do this . You already have

Keep on posting.

Hatzlocha!!!

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Re: My journey

Posted by Jeff098 - 04 Aug 2023 22:33

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Hi all,

?I fell last night... M three times....

im starting again, will strengthen myself this shabbos.

?good shabbos everyone!!

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Re: My journey

Posted by Heeling - 06 Aug 2023 02:58

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Git Voch,

Sorry to hear about your fall. How was shabbos?

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Re: My journey

Posted by Jeff098 - 06 Aug 2023 03:36

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git vouch!

?shabbos was great I didnt focus on my fall, I took the time to reflect on my week and think of what I can improve on

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Re: My journey

Posted by Jeff098 - 06 Aug 2023 03:54

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Hi all,

hope you had a great shabbos!

wishing everyone a successful week!

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Re: My journey

Posted by Heeling - 06 Aug 2023 04:10

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[Jeff098 wrote on 06 Aug 2023 03:36:](#)

git vouch!

?shabbos was great I didnt focus on my fall, I took the time to reflect on my week and think of what I can improve on

Like it!

Keep it up,

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Re: My journey

Posted by Jeff098 - 06 Aug 2023 14:56

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Hi all,

?I M twice last night... I don't know what to do...

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Re: My journey

Posted by yitzchokm - 06 Aug 2023 15:13

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Are you going through the flight to freedom program? Also, do you have a list of cues and solutions from the toolbox that you believe will work for each cue? I have a such a list that I printed. I review it twice a week so I remember them and I make adjustments to the list every week as I learn better what does and doesn't work for me. This idea is from the F2F program but I don't know whether you already reached that part of the course. There is much more to post that this and I am leaving it for other GYE members but I am asking these questions because they are some of the steps in recovery.

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