

This time for real

Posted by ainshumyeiush - 15 Sep 2023 07:18

I've been 'signed up' with gye for a while now (since covid), but i haven't really used the site. Now I've reached a place where I'm ready to jump in and kick this addiction for good.

I got the gye app and started reading, starting the f2f program and the 90 day challenge. Now I'm posting here.

I've struggled with p&m for about 6/7 years now. At first it was p when I was home and m when I was in yeshiva. I did have a smartphone for a few months in mesivta, but I got rid of it when I thought I was going to get caught.

then I got a new ('kosher') phone and found a loophole. And it was p&m daily for many years. [the loophole was literally just for p I wasn't able to access gye or anything else]

I got in touch with a partner through gye and got the loophole taken care of. For about 8 months it was only m and every time I went home I would 'catch up'. Then I found a new loophole and back to square one.

now I've been in Israel for a while and don't have that loophole, but I still desperately needed my fix. So I found a new loophole/backdoor.

now that I'm getting ready to go back to America I realized what a mess I've been making out of my life (finally see how p&m were at the root of getting kicked out of a few yeshivas, not 'overbearing rabbis who were out to get me')

I got back in touch with my partner, I spoke to my father, blocked all the loopholes/backdoors and I downloaded the gye app. I'm going home for Bein Hazmanim soon and looking forward to the first one in years without YouTube, movies, forums and porn.

I started talking with hashemhelpme and look forward to being part of the gye community.

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Re: This time for real

Posted by adam2014 - 21 Nov 2023 10:38

Quick update... I smashed the hell out of the phone and then put it into the crusher at work.. It is gone!

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Re: This time for real

Posted by chancy - 21 Nov 2023 15:37

[adam2014 wrote on 21 Nov 2023 10:38:](#)

Quick update... I smashed the hell out of the phone and then put it into the crusher at work.. It is gone!

Love it! oh the power you have!

Oh the rush that you felt then!

With Hashems help we cant lose.

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Re: This time for real

Posted by iwant2begood - 22 Nov 2023 21:31

Hi, ainshumyeiush.

I recently logged back into GYE and noticed your forum, from what I read, it seems that I was in a very similar situation 8 Years Ago. I struggled with P/M for 7 years as a bochur, and went to learn in Israel with hopes that I it will be easier to stay clean there (It didn't work.)

I have been through the full yeshiva system, and know what a living hell it was to deal with this struggle.

Through tremendous amount of work (Therapy, 12 Steps Etc.) I am going to celebrate 8 Years of sobriety, with a wife and 2 beautiful children. I would love love to connect with you over the phone/email.

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Re: This time for real

Posted by Hashem Help Me - 23 Nov 2023 02:41

[adam2014 wrote on 21 Nov 2023 10:38:](#)

Quick update... I smashed the hell out of the phone and then put it into the crusher at work.. It is gone!

You brought a very valuable korban. Ask Hashem for something big - a refua for someone, chilfren, a shiduch, parnassa, etc. Rav mendel Rimanover says that when one goes against his nature with mesirus nefesh, he can ask Hashem to go against His Nature (kavayachol)....

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Re: This time for real
Posted by bright - 23 Nov 2023 03:32

Ive tried that. Never worked for me. But many others have found it has and found it increased their positivity:)

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Re: This time for real
Posted by ainshumyeiush - 24 Nov 2023 20:42

Ive been away for a little bit, due to good reasons, but i had some falls when i was home. But worse than that, i haven't stayed focused. I missed a lot of reading the battle of the generation daily, and i haven't been in touch with guys over here as much. Now the old "what's so bad about porn" mindset is creeping back in. The old just cruising through life. I only realized this today that Ive been back sliding to a bad place. I have to stay focused on growth and keep moving up.

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Re: This time for real
Posted by bright - 26 Nov 2023 01:55

Maybe give someone a call....

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Re: This time for real

Posted by funbuchur - 26 Nov 2023 05:17

Rooting for you!

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Re: This time for real

Posted by chaimoigen - 28 Nov 2023 14:03

Hey, how are you doing?

Thinking about you. Hoping you're ok.

And even if you're not, it's better with friends...

Stay in touch, brother.

Chaim

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Re: This time for real

Posted by ainshumyeiush - 28 Nov 2023 17:39

Im still here, just been a little busy and haven't had the time or patience to post. Still keeping in touch with some people over the phone/texting

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Re: This time for real

Posted by ainshumyeiush - 29 Nov 2023 05:21

Bit by bit i tear of the scabs upon my heart, but the scabs have scabs beneath them. And as the layers peel off, my heart begins to feel anew. But im unused to the sensation and it hurts at times. Porn was not my problem, it was my solution for life's discomfort. And now i must deal with them head on. So Ive been hurt by someone, instead of just turning to the calming balm of the online drugs, i feel the pain. I have found the ability to forgive him, and writing this here is helping to clear myself of and residue of resentment. But the sensation of sensation is still new and i don't feel comfortable with it yet. I was numb for a little while, and avoided posting here, but now i feel again, albeit in a negative manner, but its better than not feeling at all. Its funny how the popular perception of "real men" is someone tough and unemotional, but in reality we are all effected by our emotions, and if we acknowledge them, we can control them, but if we ignore them we are controlled by them.

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Re: This time for real

Posted by chaimoigen - 29 Nov 2023 17:53

Such powerful and painful words.... your honesty and self-awareness is special.

The truth in these words, or similar, never fails to make an impact on me:

Porn was not my problem, it was my solution for life's discomfort.

So many guys here have said this in different ways, on and offline. So many of us are lonely, burning souls, often sensitive and struggling.

We fell in to using the wrong tools. Coming here, we are thankfully learning to live and feel, to **act** instead of **react**, to acknowledge pain and discomfort and actually deal with it instead of be controlled by it....

I relate to and appreciate what you have written. Keep posting please!

There will be imyH be new, smooth, healthy growth on your heart after replacing the scabs, with Siyata Dishmaya... I think you'll get there and help many others ...

Thanks,

Chaim

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Re: This time for real

Posted by youknowwho - 29 Nov 2023 18:14

Dear ainshumyeiush,

There's so much wisdom in each line of your post that is a lesson to us all.

I totally relate to what you've written. Even not knowing what the scabs are, I can still hope and pray for you...Hashem should help you find solace, peace and clarity!

Please keep on being the **beacon of inspiration** you are to so many here!

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Re: This time for real

Posted by chaimoigen - 01 Dec 2023 16:42

Good shabbos my friend

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