

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.

=====

=====

Re: This time for real

Posted by bright - 04 Jan 2024 00:15

I disagree. LG, life's good.

=====

=====

Re: This time for real

Posted by youknowwho - 04 Jan 2024 02:53

[foolie wrote on 03 Jan 2024 23:51:](#)

There is no question that the same monotonous routine wears on one and that you come to point where you feel like it would be better to be kicked in the head then to experience this monotony for another second. That said the only way to shake up your routine is for you to shake up your routine, for example randomly taking seder off and taking an eight mile walk while listening to music obviously if you have a chavrusa it would be a good idea to let him know ahead of time and maybe if you like him enough convince him to come with you. You're a creative fellow you got this. Life sucks then you die, **but sometimes there is a ray of sunshine through all the suckiness**

I thought I had gotten my fill of sour grapes on ASY's thread today, but...you blew it at the end.

Oh well.

?IIWII.

=====

=====

Re: This time for real

Posted by chaimoigen - 04 Jan 2024 02:58

Nothing like a full day Levaya experience with 4:10+ hours of Hespeidim to provide a welcome change to the monotony of it all.....

.... or maybe not.

=====

=====

Re: This time for real

Posted by ainshumyeiush - 04 Jan 2024 03:26

[chaimoigen wrote on 04 Jan 2024 02:58:](#)

Nothing like a full day Levaya experience with 4:10+ hours of Hespeidim to provide a welcome change to the monotony of it all.....

.... or maybe not.

mostly in Yiddish, not the native language of us Alaskans....

=====

Re: This time for real

Posted by Hashem Help Me - 04 Jan 2024 04:55

May Hashem help break your monotony by sending you your shiduch asap, and who knows, maybe she speaks Yiddish with an Alaskan accent?

=====

Re: This time for real

Posted by ainshumyeiush - 05 Jan 2024 07:03

Today was a very emotionally draining day, already by lunch i was feeling down, speaking with hehochma the illustrious non-porn-watcher helped, but second seder set me back to square one. I was feeling knocked out and thought that a fall was inevitable, especially because i had multiple hours free. I needed something to keep me busy. My roommates had all either left or where leaving soon to go back home for shabbos, compounding the feeling of being alone. And then the idea to just write on here was placed in my mind. Hence the assorted ramblings on the public chats. (sorry to anybody who may have questioned my sanity at any point) but it worked, and here i am, another clean day, another clean week.

wishing everybody a good shabbos

=====

Re: This time for real

Posted by chaimoigen - 05 Jan 2024 11:34

[ainshumyeiush wrote on 05 Jan 2024 07:03:](#)

Today was a very emotionally draining day, already by lunch i was feeling down, speaking with hehochma the illustrious non-porn-watcher helped, but second seder set me back to square one. I was feeling knocked out and thought that a fall was inevitable, especially because i had multiple hours free. I needed something to keep me busy. My roommates had all either left or where leaving soon to go back home for shabbos, compounding the feeling of being alone. And then the idea to just write on here was placed in my mind. Hence the assorted ramblings on the public chats. (sorry to anybody who may have questioned my sanity at any point) but it worked, and here i am, another clean day, another clean week.

wishing everybody a good shabbos

I'm seriously inspired.

Thank you for showing us that "inevitable" is a lie. That connection helps. That you (we) may be stronger than we think, even when emotionally knocked out. Wow.

I'll second the previous motion on the request for HKBH to send that Shidduch asap.

Good Shabbos!

admiringly,

Chaim

=====

Re: This time for real

Posted by ainshumyeiush - 11 Jan 2024 05:16

Day 27

im going home tomorrow. And every since last time i was home, my house is actually the place where i dont watch porn. Its not even a possibility. Not me, not there, not anywhere. And definitely not on any of the devices i dont use. In fact the only videos that i watch, there or anywhere, are the flight to freedom ones. Are the devices filtered you might ask, well i wouldn't know, because i dont use them.

i still plan on working out a comprehensive plan, and it will be a more challenging situation than my regular day, but i have no doubt that i can do it.

on a different note, what are everyone's thoughts about adding reasons for using porn to my list of reasons for not using porn? I.e. these are the reasons why yes, but look at all of the overriding reasons why not. The mishna in pirkie avos 2:1 says "havay mechashav hefsed mitzva k'neged sechara, u'sechar avaira k'neged hefsayda" im assuming that means to not ignore the fact that there is a gain by doing wrong, but realize that yes, it is enjoyable, but its still not worth it. Not that its just "ich, we dont do that"

=====

Re: This time for real

Posted by yitzchokm - 11 Jan 2024 13:22

[ainshumyeiush wrote on 11 Jan 2024 05:16:](#)

on a different note, what are everyone's thoughts about adding reasons for using porn to my list of reasons for not using porn? I.e. these are the reasons why yes, but look at all of the overriding reasons why not. The mishna in pirkie avos 2:1 says "havay mechashav hefsed mitzva k'neged sechara, u'sechar avaira k'neged hefsayda" im assuming that means to not

ignore the fact that there is a gain by doing wrong, but realize that yes, it is enjoyable, but its still not worth it. Not that its just "ich, we dont do that"

I wouldn't write about sexual fantasies and pleasures as they are forbidden to think about and entertain but I would write down the situations, thoughts and emotions that caused you to watch porn so you can make a list of alternative responses from the GYE toolbox.

=====

Re: This time for real
Posted by ainshumyeiush - 14 Jan 2024 05:41

30!!!

=====

Re: This time for real
Posted by Hashem Help Me - 14 Jan 2024 06:08

Mazel Tov!!!

=====

Re: This time for real
Posted by redfaced - 14 Jan 2024 12:49

To many more 30's!!!

=====

Re: This time for real
Posted by chaimoigen - 14 Jan 2024 17:08

[ainshumyeiush wrote on 11 Jan 2024 05:16:](#)

on a different note, what are everyone's thoughts about adding reasons for using porn to my list of reasons for not using porn? I.e. these are the reasons why yes, but look at all of the overriding reasons why not. The mishna in pirkie avos 2:1 says "havay mechashav hefsed mitzva k'neged sechara, u'sechar avaira k'neged hefsayda" im assuming that means to not ignore the fact that there is a gain by doing wrong, but realize that yes, it is enjoyable, but its still not worth it. Not that its just "ich, we dont do that"

Congrats on 30! It's a big milestone. Many more!

I very much would encourage doing what you described above. We can't honestly be thinking about how NOT to engage in behaviors if we aren't being honest about what we **get** from those behaviors that cause us to want to turn to them...

You are for real, friend.

=====
=====

Re: This time for real
Posted by willdoit - 14 Jan 2024 17:52

=====
=====