

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 davidt - 14 Jan 2024 21:21

[ainshumyeiush wrote on 14 Jan 2024 05:41:](#)

30!!!

Congratulations! Mazel Tov!

Keep up the great hard work!

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Re: This time for real

Posted by funbuchur - 16 Jan 2024 18:18

Wow what an inspiration. Keep it up!!

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Re: This time for real

Posted by yiftach - 16 Jan 2024 22:37

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Re: This time for real

Posted by hehochma - 17 Jan 2024 01:12

That's 30 days with an off shabbos to boot! AWESOME!!! KOMT!

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Re: This time for real

Posted by eerie - 17 Jan 2024 18:12

G E V A L D IG!!!!!!

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Re: This time for real

Posted by ainshumyeiush - 18 Jan 2024 04:27

The future is but the collective imagination of humanity. The next second is as non-existent as the next thousand years. And yet we (i) spend too much energy thinking about it.

dov mentioned to me a little while ago, that making peace with the future can help with staying clean. At the time i thought that sounded simple enough, now i realize what it takes.

anyways, here's to 34 days, my longest time since i discovered p&m staying clean.

right now i am clean and free. Tomorrow is our imagination. Yesterday is our collective memory. All as intangible and real as the rays of the sun. Therefore right now i am clean, i am forever clean.

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Re: This time for real

Posted by chaimoigen - 18 Jan 2024 05:07

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Re: This time for real

Posted by adam2014 - 18 Jan 2024 10:50

That is so beautifully written. So true and powerful! Thanks for sharing .. 34 days??? WOW!!!
Amazing

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Re: This time for real

Posted by iwant2begood - 19 Jan 2024 19:17

Wow!, your an inspiration.... please keep on focusing in one day at a time... and you will reach
great places! Gut Shabbos!

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Re: This time for real

Posted by ainshumyeiush - 30 Jan 2024 19:48

It's been a little bit since I've posted, and it's been a tough time. Feeling trapped where I am, feeling like I'm wasting my time in yeshiva, feeling all around frustrated with life, davening the majority of tefilos by myself, drinking a few times a week, it's been a bumpy ride. Thankfully, and I don't know how, although I have seen some things I shouldn't have, I haven't fallen back into p&m. But in a way I feel like a "dry alcoholic" in regards to lust. Anyhow, I think I'm on the up now, and I'm taking a few days off to spend time with my family and just get a breather and figure out what to do with my life. I had a thought when I was speaking (complaining) to my Rosh yeshiva was that I can imagine that the hardest part of Yosef hatzadiks nisayon wasn't the

running out when he had the opportunity to sin, it was the being thrown in jail afterwards. I sometimes feel like "hashem, I stopped watching porn and acting out, why is everything going so hard right now?" But even when Yosef was in jail for 18 years, being tested every day, he didn't think to himself that nothing mattered, he didn't get upset that he did the right thing and seemingly got punished. It's something I have to internalize. Anyhow, hopefully I will get back with a plan for what to do, and have some Hatzlacha in finding a job, and actually get excited about life. And a huge thank you to everyone who helped me stay afloat through this

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Re: This time for real

Posted by bright - 02 Feb 2024 21:51

This is one of my favorite posts! I totally get that. Personally, Ive been here for a while and I dont have any rara moments or nachman seltzer stories. My book would be called a series of unfortunate events. I dont feel like the angels are singing when I dont give in, nor do I ever get any flashes of inspiration to save me. I am lucky if after days of trudging and fighting the urge goes away and I dont feel resentful. In a way its hard for me to read many of the stories on here because I feel like they are coming from a different reality than I live in. I am happy to have a friend and fellow fighter in this one. You are amazing, and yes these are the super hard tests. The times we feel nothing but empty and we can literally see the iron partition between us and Hashem. But I know that he is meitzitz bein hacharakim. He loves us and cares for us and evenin our every breath performs endless miracles that show his love for us.

There will come a time when we feel it for real. When we see that we were in a dream in this world and realize the reality of the greatness we have done. Shir hamalos hayinu kcholmim, explains the bais avraham, like yosef baal hachalomos. He thought he was being put in jail and everything was awful. But he realized at the end that every step was to his benefit. You will see that too. And I hope with all my heart and soul to be there with you then.

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Re: This time for real

Posted by chaimoigen - 04 Feb 2024 16:22

[bright wrote on 02 Feb 2024 21:51:](#)

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I hope and daven that you catch a break.

Chaim Oigen

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Posted by chaimoigen - 09 Feb 2024 19:13

Hope you are having fair winds and following seas.

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Re: This time for real

Posted by ainshumyeiush - 11 Feb 2024 00:27

[chaimoigen wrote on 09 Feb 2024 19:13:](#)

Good Shabbos and Good Chodesh, friend.

Hope you are having fair winds and following seas.

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at least there's no storm on this sea

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