

Raboisai - I'm Living Real!

Posted by iwannalivereal - 17 Oct 2023 01:44

So... after lurking around a while I decided to introduce myself so as to be able to celebrate 2 new milestones that I just reached.

I'm a 27 year old yungerman learning in bmg, and I've been struggling with porn and masturbation since I was 12 when I discovered pornography on my parents' (then) unfiltered computer. Since then I've been "doing the cycle", I fall, then I get up with a new stronger kabbalah, and then I fall once again. Throughout my years in yeshiva I had access only when at home during bein hazmanim, and so I would go months during the zman only to fall again, sometimes more, sometimes less soon after I got home. I remember coming home after learning in EY for an amazing year only to fall within a few days.

In the past year or so my struggle seemed to almost explode and pushed me to do more and more to get what I "needed". I went from filter to filter, plugging up loopholes only to find newer and better ways around them.

I have had an account on GYE for quite a while, but somehow never managed to figure out how to get the most out of it and to try to give stopping a real hard try. Around Rosh Hashana time I decided to try again with two new things I had never tried before.

The first thing I did was try to get to know some GYE guys by speaking to them on the phone, and wow what a tool. Somehow even with GYE having more than 15 thousand users, until you shmooz around with someone on the phone it's hard to believe that there are real live people struggling with the same things I'm struggling with. It's also incredibly satisfying to be able to just say your life story to someone on a phone, to be able to get it out of your system a bit which is way better than just typing the story into a computer. And as a cherry on top to this, I was zoche to meet Vehkam in person, which for anyone following his thread knows how much of a hero and role model he is in this struggle. Meeting someone like that, seeing his face, shaking his hand were so absolutely incredible - I'm still on a high from that 10 minute meeting.

The second thing I did was finally listen to all those people (especially vehkam) screaming about reading the battle of the generation book. Although I had looked at it in the past, after noticing the amount of pages (almost 400) I'd "have to go through " to get to the finish line, I never made it past page 1. This time I really delved into it and boy was I in for a surprise when time after time the author described just how I was feeling and how to deal with them. The hardest part of the struggle for me had always been motivation, as although I have a nice long list of reasons not to watch porn, I never was able to feel it inside of me, and never had a strong feeling to not act out. Any time that I managed to not watch porn did not feel especially good or exciting, rather it was a missed out opportunity to have an awesome time. Reading how the author describes just this point and has pages and pages dedicated to how to change a person's mindset to be

excited to fight and overcome desire has been a real game changer for me. I never would've thought that I'd actually want to win more than wanting to enjoy.

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Re: Raboisai - I'm Living Real!

Posted by frank.lee - 29 Oct 2023 23:21

Hi IWLR, I like this mehalech, to turn around the thought process to think - I want to feel great by overcoming this enriching thing! As opposed to feeling weak and scared from the challenge. Is that it?

About Fri and your decision, you can call it being smart. Make smart choices before you get into the ring with the YH. Obviously the yh tries to convince us to go there, not to think etc.

Hatzlacha and keep inspiring us!

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Re: Raboisai - I'm Living Real!

Posted by HeChochma - 30 Oct 2023 02:16

Thank you for the post about changing deeply inside - it's an incredibly powerful inspiration to see you actually making these critical changes to become a powerful warrior who is motivated and excited by the battle of our generation!! You are my inspiration and proof that it can happen!!! Thanks for the tziyur chai of joyous victory over the YH!!!!

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Re: Raboisai - I'm Living Real!

Posted by iwannalivereal - 01 Nov 2023 01:42

I rolled into BMG at 9:15 this morning and sat down to write some notes before my Chavrusa arrived. Suddenly, and as if out of nowhere I have this incredible urge and desire for the "good old days..." What I would've done (52 days ago) is walk back home,

turn on my computer and indulge in the great delight. However these days I don't fall for the old trick without at least some sort of fight, and so sitting there in the Bais Medrash I got about doing some thinking.

First I thought about all the good I'll gain from not giving in, then I thought about what I stand to lose from giving in but nothing doing I was told. The desire severely outweighs everything I've come up with. I stopped and turned towards Hashem and davened why are you putting me through so much pain??? Don't you know how hard this is for me??? I've been struggling for more than half my life, don't you think that's enough!

As these thoughts were crossing my mind I was hit with a realization which I picked up from my favorite book - the battle of the generation. I realized how much I look at my struggles as something bad, and upsetting and painful. I realized that to an extent I have a complaint and a kvetch, and this is the way I have always viewed my struggles that it's really something terrible and bad and painful and that I wish they'd go away and stop bothering me. However I have recently learned how detrimental such thoughts can be, how they fuel the fire so to speak to drag me down. If I'm barely surviving may as well enjoy it as much as I can! If I'm in so much pain may as well alleviate it somehow. If I'm anyways going to live with this extreme desire may as well give in to the desire if that's what the desire is telling me I must do!

I then chazzered over the yesodos I learnt, Hashem gave me these struggles for a reason, and Hashem knows exactly how hard it is for me. Hashem was not trying to make me feel pain. Hashem gave me these struggles for me to grow and grow. Hashem by giving me these tremendous desires has given me the most amazing opportunity in the whole world. Realizing the tremendous potential in each struggle is truly amazing. Because I am fully aware as to how hard it is to overcome, I am also so much more aware as to how great of an accomplishment it is. I used to think that the only way to fulfill the desire is by giving in to it, I now know and have now experienced the true and the real way to fulfill the desire, and that is by overcoming it. The desire does not come from a direct desire to watch porn and masturbation, rather it comes from a deep longing and craving to feel good about myself. Although I can temporarily fulfill this longing and craving with physical pleasure, pretty soon after, the fulfilling feeling is gone. However, by overcoming the desire I fulfill my desire to feel good about myself, because since I recognize how hard it is I feel good about having accomplished an amazing feat. Feeling accomplished by one's actions are the greatest and most fulfilling feeling in the world, but you just gotta recognize how much of an accomplishment it is. I realized then how much of a gift I had just received from Hashem. Hashem by giving me this tremendous urge had given me an opportunity to feel amazing and accomplished yet again.

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Re: Raboisai - I'm Living Real!

Posted by Vehkam - 01 Nov 2023 19:12

wow. it is fascinating to watch how changing perspective and awareness can totally reverse a situation from one of negativity to one of growth. keep sharing and inspiring us.

best wishes

vehkam

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Re: Raboisai - I'm Living Real!

Posted by eerie - 01 Nov 2023 21:21

My dear friend, IWLR, or Should we call Reb Living Real, you are unreal! You are an unbelievable testimony to the kedusha inside every struggling Jew, and a testimony to your beautiful desire to break free, for real! Keep it up!

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Re: Raboisai - I'm Living Real!

Posted by iwannalivereal - 07 Nov 2023 04:55

Tonight is ??? ?????. Tonight is a special day for me as it was 2 months ago - ??? ???? which was Shabbos erev slichos that I said goodbye to a number of close friends. I said goodbye; I hope to never see you again, but both me and the friends knew the goodbye wouldn't last long. I needed my friends. I needed the almost daily seeing them and enjoying them to keep me going. I couldn't live life without them, and honestly I didn't want to live life without them. That goodbye was so fake because we both knew how temporary that goodbye would be. We knew from the goodbye I say every year shortly before Rosh Hashana that I would be back at the latest, sometime during the week after Sukkos if even that long.

However, this year we were both wrong. They were wrong as they betted me back extra early this year probably day after Yom Kippur. I was wrong because I knew I still wanted them and

would go back to them as soon as I could.

Baruch Shehechyanu Lazman Hazeh! I am now two months after that goodbye, two months after I yanked myself out so as to make some sort of little effort in honor of the Yamom Noraim. Two months of being happy, two months of being free!

How though were we mistaken? What changed this year that has allowed me to live without what I so badly needed? After all this was not the first goodbye we've done?

The answer to this question is that I've changed internally. I've changed my mindset and I've changed how I look at my struggles. I used to look at my struggles as a crushing desire that I was too weak to fight against, and I've now learnt (from the battle of the generation book ofc) that Hashem doesn't come to crush us with the desire he built in to us. Hashem is not trying to make us feel pain, and he's not trying to destroy us. Hashem by giving us this strong desire has given us the wonderful opportunity to grow. Hashem by giving us these intense urges has given us the opportunity to feel an accomplishment not known to mankind since brias haolam. I know have 2 months under my belt (that I will never lose as long as I live - and past that as well!!!) of overcoming the strongest desires and urges that exist in creation.

I've been zoche to shmooz over the phone and make relationships with eerie, vehkam, and chaim oigen. Getting to know you guys and being able to share my struggles and thoughts has been one of the most exciting part of my journey. You guys are the greatest!!!

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Re: Raboisai - I'm Living Real!

Posted by Hashem Help Me - 07 Nov 2023 05:15

May Hashem help you continue, and may you be a source of inspiration for many others!!!

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Re: Raboisai - I'm Living Real!

Posted by redfaced - 07 Nov 2023 16:00

[iwannalivereal wrote on 07 Nov 2023 04:55:](#)

You guys are the greatest!!!

You're pretty awesome yourself based on what I see.

just saying

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Re: Raboisai - I'm Living Real!

Posted by chaimoigen - 07 Nov 2023 18:13

Getting to know you, and watching you grow and Shteig, has been a real inspiration.

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Re: Raboisai - I'm Living Real!

Posted by iwannalivereal - 24 Nov 2023 04:41

Wow! I just lived through the strongest urge that I remember having in the past 75 days. The guy just doesn't give up... And what made the urge so interesting was that I don't even know what the guy wanted from me. I mean I know he wanted me to watch porn, and I would've loved to just listen to him, but these days I have a filter on. Plus I have eerie watching every move I make on my computer... (I guess he never met eerie!!!)

Either way what was so fascinating about this urge was that I was reminded how when that urge hits it's not like there's some external something trying to convince me to watch stuff. When that urge hits, in about a split second my whole being strongly wanted to watch. How could I want something that I know is bad for me, and that I said goodbye to 75 days ago? That YH guy has his ways of totally taking over my mind and really convincing me of what I want to do.

Keep it up! With Sivata Dishmaya you'll help many others (in between saying Shiur Klali). Luckily I didn't listen. And that was the second fascinating thing I discovered about myself. Over

the past 75 days I've been pounding through the battle of the generation book (on round 2 by now) and it's really changed my life. To my excitement I noticed that although when I first started I really had to think and chazer over the yesodos and ideas in the book in order to properly combat the YH, now it has become almost automatic by me that as soon as the YH starts making me feel that I want x, y, or z I right away switch into full gear thinking about how if I want it so badly this is going to make feel real good when I say no!

Being able to really use this mindset has terrifically enhanced my shmiras einayim as well. Often a nisayon in shmiras einayim lasts for only a few seconds. I'm in the store and a lady is walking towards me, from the time I see her till she passes is 5 to 10 seconds. If I take that first look and linger there for a few, the nisayon has already ended and... on to the next one. However now that I am able to stay focused on how each nisayon is an opportunity to grow and feel good about myself, as soon as I even sense a lady coming towards me, I am able to look away and not focus on her from that first second.

It's been real!

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Re: Raboisai - I'm Living Real!

Posted by chaimoigen - 24 Nov 2023 04:44

Today was a grey day.

your post is a golden shaft of light

that warms me.

thank you

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Re: Raboisai - I'm Living Real!

Posted by eerie - 24 Nov 2023 05:48

My friend, I'm at a loss for words! To see your gevurah, your chiyus, your simcha shel mitzvah,

your unreal realness! The growth you have shown us all, and especially those that have been zoche to speak to you, you are such a real inspiration, I really don't have enough words. It's hard to believe how amazingly you have grown! Of course, the YH has not and will not forget about you, or me, (and yes, he has met me..too many times, I'm afraid), but you are full of life, full of geshmak, full of simcha, full of strength, and with the tools you have acquired, you go to battle with a song on your lips. My friend, I'm gonna have to write a poem about you one of these days.

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Re: Raboisai - I'm Living Real!

Posted by Hashem Help Me - 24 Nov 2023 12:14

[iwannalivereal wrote on 24 Nov 2023 04:41:](#)

Keep trucking, my holy friend, and keep letting us know about it

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It's been real!

This post is an awesome chizuk for everyone - especially for new guys that are joining. BH there **IS** a way out of this that is rational and that works. The best part about staying clean after an overwhelming urge (which usually causes panic), is that the next time the "tsunami" hits you can confidently say "This happened before and BH it passed, so no need to panic."

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Re: Raboisai - I'm Living Real!

Posted by iwannalivereal - 30 Nov 2023 04:51

Hey there friends - just a little nachas report I wanted to share with you...

Being that my wife is a first class yenta, she always likes to keep her finger on the pulse of who's getting engaged in Lakewood and seems to manage to get "chosson kallah" pictures of every neighbor, relative, friend, and friend's friend. In my previous "life" I would always check out each and every picture, making sure to really take in the "sight". In my new life, I have b'ezras hashem been quite matzliach at not looking at any of them.

Last night, I was sitting next to my wife and she suddenly stuck her phone in front of my face and said look at this guy - pointing to a pic of her friend with her husband standing and posing at a wedding - do you know him? I surprised even myself... instead of looking I jumped almost as if scared from what had just been plopped in front of me, and I just didn't look. I am quite proud of that moment, as to jump instinctively means that deep down it was something I didn't want to do. Your instincts don't kick in unless they themselves know the danger. I didn't look at the wife, and I didn't look at the husband... I just said hmmm no never seen that guy. For all I know the guy sits right near me in bmg but I wouldn't know. I didn't see the pic!

Being that today was 82 I just realized that day 90 for me will be next Thursday erev chanuka. That means that shortly after I complete day 90 at shkiah I will be lighting the menorah... making a shehechyanu... I'm gonna be thinking about a whole lot more in that bracha than usual! Hope my wife doesn't ask me why I'm getting so emotional!

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