

Sick and tired

Posted by iwantlife - 16 Feb 2024 20:28

Hi everyone! I've been lurking on the forums for a few weeks now, but I think it's time for me to finally post here. I was inspired by many of your stories here, nodding my head when I felt like I was reading about my own struggle, and shaking it as I read things that made my story pale in comparison. I've held off writing anything publicly, for I have a deep (perhaps unreasonable) fear of being identified. Ultimately though, I think posting here will help me, so here goes.

I'm in my thirties, B"H happily married with a few kids. I learned in the standard yeshivish yeshivas, then in kollel for around 10 years before leaving to go to work. Since I was around 12, when there was internet w/o filters, I've struggled with P & M. My go-to method for the past 20 years always involved heavy reliance on filters, which usually meant I was clean till I found a weak link (there always is one), or got my hands on an unfiltered device. This lead to a lot of despair, which lead to more watching.. you know the drill. Years of watching with no end in sight. Recently, I became aware of the **habit** aspect of watching P, and started to notice my triggers. It's almost always a way to escape stress, and could be something as 'stressful' as not getting enough sleep the night before.

Then I found GYE. I started the Flight to Freedom, only watched the videos w/o doing the work, which initially helped, then led to complacency, then a fall. So I went back to the beginning, and I'm determined to do the program properly. I'm hoping to get chizzuk from fellow GYERs this time around as well. I also would love to get some input on the best way to approach filters. If all devices were filtered and filters were foolproof, I wouldn't be posting here today. My job, (like most in 2024) has me using a computer for many hours of the day. Although I have a good filter (Gentech) as well as accountability (Webchaver), while they slow me down, If I'm determined I can get around both of them. That leaves me with a speed bump at best. Which means I need to work on myself so that slowing myself down does the trick? I'm a bit lost, and would love to hear your thoughts.

Though my story is pretty standard, and many of you here have climbed much taller mountains, for me this is my Everest, and still feels insurmountable. One thing I know though (and I must've told myself this 1000 times), I'm sick and tired of falling, and I want life!

=====

Re: Sick and tired

Posted by upanddown - 08 Oct 2024 22:46

[iwantlife wrote on 08 Oct 2024 19:13:](#)

Just wanted to take a moment to say thank you. In case it isn't obvious, it's evident by all of the posts here over the last weeks, reaching a crescendo over the past few days, that Elul-Tishrei is extremely challenging lust-wise. It seems that we're all looking for a brief respite from the intensity and pressure. For myself at least, I find my eyes dwelling a bit longer than usual where they shouldn't, thoughts come with more frequency, and spending a bit too much time online, as if I'm hoping to find something. So a bit of slipping. It doesn't feel good. It gets me down. And yet, **B"H, NO FALLS!** Thanks to you, my friends, both those whom I've called and those whom I haven't yet called, and of course HHM's accountability program, this year is different. Thank you!! That is all.

I feel exactly the same way... Elul and Tishrei are extremely difficult for me. As if I have an **allergic reaction to spirituality**. I grew up with a very "heavy" father, constant mussar etc. Which makes me feel so rebellious. I cbb davening, I HATE the selichos... (and when I skip selichos then I feel guilty about it. Especially since my son gets up every morning early and goes to selichos lol.)

So yeah... wish it was Chanukah already...

But BH no falls. That's the main thing.

=====

Re: Sick and tired

Posted by vehkam - 08 Oct 2024 22:57

I always needed an escape during Elul. Usually would act out on tzom gedalya just to relieve the tension.

Bh my Elul is different now. Acting out is no longer an option and Elul is not as stressful. Getting up in the early morning for selichos is much easier when you feel very good yourself.

It is a good idea to remember that it is not all or nothing when it comes to davening. If you can find a sentence or two that are meaningful to you focus on that and make those sentences your special connection. With time you can build on that.

=====

====

Re: Sick and tired

Posted by proudyungerman - 09 Oct 2024 00:47

???? ???? ??? ?????...

These words just jumped out at me today during selichos

=====
=====

Re: Sick and tired

Posted by iwantlife - 09 Oct 2024 01:17

These are powerful words indeed, very helpful in the context of the ??? ?? ??????, ??? ?? ?????. If only I hadn't come late to selichos today, I might've noticed them too!

=====
=====

Re: Sick and tired

Posted by proudyungerman - 09 Oct 2024 01:49

[iwantlife wrote on 09 Oct 2024 01:17:](#)

These are powerful words indeed, very helpful in the context of the ??? ?? ??????, ??? ?? ?????. If only I hadn't come late to selichos today, I might've noticed them too!

You mean I'm not the only one who comes late (only sometimes, obvs) to selichos?!?!?

=====
=====

Re: Sick and tired

Posted by richtig - 09 Oct 2024 01:59

I'm a ~~nobody~~ (no need to spell it out) but I haven't made it to selichos yet this season
(combination of good excuses and I don't like the way my shul does it)

=====
=====

Re: Sick and tired

Posted by iwantlife - 09 Oct 2024 02:02

TBH, while physically I have attended selichos services this season, I often feel that I too have
'yet to make it to selichos'.. Pretty much banking on the ??? ????? at the end..

=====
=====

Re: Sick and tired

Posted by proudyungerman - 09 Oct 2024 04:24

Honestly, right now I have hit that point in the High Holiday season when I'm like...ok, when's
this over? Do I really have to go to selichos again?

Oh wait, I'm supposed to be doing teshuva...oh right, yeah, I'll get back to that, maybe soon. I
hope.

That's where I am now...

And that's ok, cause I am growing.

=====
=====

Re: Sick and tired

Posted by iwantlife - 11 Oct 2024 15:18

So it looks like my 90th day clean will, ly"H, be Yom Kippur. That does work out rather nicely!
What's particularly nice is that this year is different. This year, when I beg for forgiveness, it's
without that harsh feeling of inevitability, rather with feelings of **hope**. This year, when I cry, it

will less about **myself** and my feelings of being an abject failure, and more about my **aveiros**, and feelings of yearning to be closer. This year, Yom Kippur will mark the actual day when I ease myself away from the **habit** that has held me prisoner so long, and hopefully replace it with better ones. This year, I'm not overwhelmed by a feeling of loneliness in my struggle, instead I will have you all, my friends, in mind throughout the day. This year was the year of GYE, and my life will never be the same.

With feelings of love and gratitude,

iwantlife

=====

Re: Sick and tired

Posted by eiyantov - 11 Oct 2024 16:19

Wow wow wow! What a way to enter Yom Kippur. You are a lucky man!

Don't forget to celebrate!!!

I'm dancing for you!!!

Keep going strong!

Gmar Chasimah Tovah!

=====

Re: Sick and tired

Posted by chosemyshem - 11 Oct 2024 16:29

Mazel tov!

I'd lift a glass of woodford to join your simcha, but that's difficult to do on Yom Kippur. I'll take an

extra sniff of besamim in your honor though!

And I really like the attitude toward your new Yom Kippur experience. May you go m'cheil el cheil to a year of endless trucking!

=====
=====

Re: Sick and tired

Posted by iwantlife - 22 Oct 2024 15:27

Ah gut moed! I just wanted to share some growth from iwantlifeville with the oilam. I never appreciated till this sukkos just how common the 'chol hamoed trip struggle' was. That it's a shared battle itself has given me chizuk. To my pleasant surprise, B"H, though the past 2 days have been spent mingling with wonderful Yiddishe families and their beautifully made up and attired female members, I had a much easier time, and was able (for the most part) to simply see and move on, not to focus on anyone too long. While I wasn't perfect, the most pleasant part of it all was the indicator that I'd done a pretty good job, and that is w/ regard to my dear wife. Normally, after spending a few hours with roaming eyes, by the end of the outing I'd be grumpy **at her**, frustrated with how she didn't look as perfect / dressed up / made up as whomever I'd just been looking at. This time, there was no feeling of resentment. On the contrary, I have a clear memory of glancing at her and thinking how beautiful she looked. So thank you, again, oilam haGYE, for giving me, on top of a nice trip, this wonderful feeling. One of the biggest motivators for me in this journey is to appreciate my unbelievable wife more, and yesterday was yet another step!

Humbly,

iwantlife

=====
=====

Re: Sick and tired

Posted by iwantlife - 27 Oct 2024 17:08

Ah Gezunte Vinter everyone! I'd like to share with you today a cautionary tale of ?? ????? ??????, as well as the power of accountability that comes with GYE. If you read my thread, there's a clear trajectory: a high from the initial excitement, to a crash on the rocks of reality, to a steady climb after discovering HHM, his accountability program, and the power of friends. A GYE

fairytale really. And it has been pretty amazing. Never in my wildest dreams did I think I'd ever be north of 100 days clean. But the YH never gives up, he has an endless supply weaponry. Last night, he almost sent me back to the Stone Age..

There I was, catching up on emails, news, GYE forum etc, at my dining room table. My wife had gone off to bed, and the house was quiet. Normally, I'd turn in as well, but I'd gotten a late nap, and wasn't tired yet. So it was past 12, and I was on my computer. Now I don't know what got into me. I had just finished doing teshuva, sitting in the sukkah, uplifting hakafos. Maybe it was that sad feeling of Yom tov coming to an end. The sinking feeling of going back to the pressures of life, deadlines etc. The fact that my wife was assur the whole yuntif. Probably a little of everything. All I can say is, I started searching. The old habit of filter poking came back, first in a trickle, then growing to a roaring river of desire. That (not so familiar anymore, but not strange enough) feeling of being not in control, like 'this is what I need to do now', overcame me. And it all *almost?* came crashing down. I was heading full speed down the slippery slope towards Porn Abyss. I'm sure you've been there. As someone who is a little too 'techie' , I was getting a high, first from getting around Webchaver, then poking and poking till I found a hole in my filter, and ????? ????? was available, right in front of me.

It was only then, with any website I wanted at my fingertips, that I came to a screeching halt. Why? There were a few reasons on my mind, including that I recognized in the moment that I didn't want to fall. But that wasn't enough. It never was. When you're this far in, it's usually too late. What stopped me was **accountability**. To HHM, and to my friends, all of you, and in particular those I speak to on a regular basis. I couldn't let them down, let myself down. Honestly, I was plain embarrassed. And it did the trick. I ignored the YH whispering to me things like 'You already did all these searches, may as well open a website', and 'Just one fall after 100 days, really not a big deal' etc, I slammed my laptop shut and jumped into bed. It wasn't easy, but I eventually fell asleep, still clean.

Why am I sharing this story? First of all, for honesty's sake. I don't want people to think that the thread from iwantlifeville is just one of constant, effortless positivity. I almost fell, hard. I definitely got a few scrapes. It hurts. Second, mussar for myself. I've B"H been doing well. I even began to help others here. TBH, I probably started to get a little too confident. Definitely got complacent. Never a good idea. I want to highlight my practical mistakes, and what I'll do to correct them. First, I should never have been online this late. I'm never productive past 11 pm. IY"H this week, by 11 I will be offline. Also, I have friends now. I should reach out when I sense danger. I've never tried it but it seems to be a basic move. Although it was late. Guess I gotta make some more friends, and from other time zones. EY maybe? Maybe I should order a hard copy of TBOTG, I haven't read the pdf in weeks. Bring some passion back. Finally, I could use chizzuk. Plain and simple. I thought I was done with porn, that I'm not that person. And I guess it's still true. But I see porn (the YH) isn't done with me. Either way, any tips, critique, encouragement etc are greatly appreciated.

Grateful to still be clean,

iwantlife

=====

Re: Sick and tired

Posted by frank.lee - 28 Oct 2024 09:41

Thanks for sharing, amazing.

You ARE a different person now. BH you were able to catch yourself. Keep it up!

=====