

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!

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Re: Sick and tired

Posted by iwantlife - 06 Nov 2024 17:55

It's important to ~~every~~ so often give ??? ????? to the wonderful family and yeshiva that is GYE (not to be confused with BMG), in particular as a strategy for me to win this battle with positivity and excitement.

There are many ways to bring out the different facets of GYE; I think though that one overarching theme is ???. As Justice Louis Brandeis (a yid) famously said, "Sunlight is said to be the best of disinfectants", the light of GYE brings truly an otherworldly ?.?.?. By helping us shine light on that previously dark corner of our lives, we can start to heal. The way becomes lit up. We are **not alone** in the dark. By bringing our stories to light in this forum, they become more manageable, less scary. Fear only grows in the darkness. For me, lighting up this hidden, dark part of my life, exposing it for my true friends and rebbeim here has made all the difference. And as a dear friend of mine here shared with me today, it's really all about knowing you're not alone. The fear, shame, and self-criticism fades in the light of hope, friendship, and ?.?.?. In its place is growing self-confidence, self-love, and as a ?.?.??., the ability to encourage others in this inyan, an absolutely mind-blowing concept that I would've never thought possible from the shadows of 3+ months ago. So thank you all, and most importantly, thank you Hashem, the true ???? ????!

Humbly,

iwantlife

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Re: Sick and tired

Posted by iwantlife - 10 Nov 2024 04:01

Gut voch my friends! Just wanted to share something, a win I guess, though a *bit* unusual. Friday night, after we finished the seudah and my kids were asleep, I was sitting with my wife on the couch, reading. Within minutes, she curled into a ball and fell into a deep sleep. "There goes our night together" thought iwantlife to himself. And I was right, when I woke her up quite a bit later to ask if we were going to bed together, she said she was too tired. I wasn't too happy, but didn't say anything. She really was exhausted, it was what it was. Ok, good I behaved well. Nice.

The win, though, was later that night. Sometime during the night, I had starting having a very vivid, explicit dream, about the type of scene I would often fantasize about and search for, back in the day when I hung out in the bottom of Porn Abyss. (It's possible it came on as a result of

my wife's "rejection"; even though I wasn't upset, I was let down.) I obviously won't describe the scene here, but suffice it to say that it was very very bad. A strange thing happened though. Somehow, in my dream, having walked in the middle of this very tempting sexual experience, I thought to myself "NO", and tore myself away, mid-dream. I'm 99% I woke myself up for a minute, which is pretty wild, as I have never been able to wake myself up from *any* dream before. Now, dreams are a strange beast, so it's hard to know exactly what was going down. That being said, I have no doubt that 4 months ago, that dream would've had a very different ending. BH, this time, it ended before it started!

Sweet dreams,

iwantlife

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Re: Sick and tired

Posted by wantingbetter - 10 Nov 2024 05:21

Tzadik! There were gedolim in the past who learnt in there sleep..... you should go up from level to level!

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Re: Sick and tired

Posted by eerie - 10 Nov 2024 07:08

And there are tzaddikim that are Yosef Hatzaddik in their dreams!!! WOW!!! That's amazing!

But let's not forget the amazing first win, of treating your wife with decency! When I think back to how I would cry when things like that happened, (or I pushed...), I am so embarrassed that I was such a baby. And I even understood myself! BH we have this amazing place to teach us how to grow up. Please keep sharing, my special friend

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Re: Sick and tired

Posted by odyossefchai - 10 Nov 2024 12:27

This Friday night **I was too tired** and went to sleep!

I told my wife, "not tonight"

That hasn't happened in a while!

How the turntables have turned!!

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Re: Sick and tired

Posted by frank.lee - 10 Nov 2024 13:37

I'd suggest next time,if that ever happens again, be empathetic, in really sorry, I'd love to spend time with you but I'm so tired, is it ok if we just go to sleep?

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Re: Sick and tired

Posted by iwantlife - 11 Nov 2024 16:10

[iwantlife wrote on 10 Nov 2024 04:01:](#)

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Sweet dreams,

iwantlife

Just to clarify, my point in posting this wasn't to flex some Yosef Hatzaddik-style win. It was just a dream. I hope to never be tested in real life with such a scenario. My understanding of what happened is, ?????? ?????, that the neural pathways in my brain have been re-configured (I hope!), to the extent that my habit/reflex is **weakened**. The way habits work, the brain makes a mental shortcut for us, automating our response. Brain activity **decreases**. So *maybe*, now that my porn use is **no longer a habit**, deep in my conscious, even while I sleep, there's now room for some thought, like "No, I don't think I want to do this". Does it mean I'm fall-proof? Far from it. But hopefully I'm slowly pulling myself out of the ????? ?? ????? sphere that I've lived in for so long, buried by layers of habit. And if I can do it, so can you!

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Re: Sick and tired

Posted by iwantlife - 13 Nov 2024 01:37

Day 120! Hard to believe that I've been clean this long. Definitely hasn't happened since I started down Lust Lane towards Porn Abyss, many moons ago.. Thank you GYE family! (Yes, that means you!) Thank you HHM! (I'd be nowhere without you!) Thank you to my dearest friends who I text and call almost daily (as well as those who I haven't reached yet)! Thank you Hashem (see PY's kippah)! Four months ago, I was deep in the claws of ??????, today I've clawed my way back to myself.

The battle continues. I find myself struggling with what to occupy myself with when I'm not up to learning or working. BH it's not a lot of time, like 20-30 min a day, usually in the evening. I used to sit back and veg out. B"H I recently started a YouTube diet, with the help of one of my dear friends here. So I'll read the news. And GYE obvs. But last night I found myself listening to some non-jewish music. Not with words, just instrumentals. Not terrible. But not the best. I'd rather it not become a habit.. I'm open to suggestions. Trying to strike a balance.

Humbly,

iwantlife

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Re: Sick and tired

Posted by proudyungerman - 13 Nov 2024 03:32

[iwantlife wrote on 13 Nov 2024 01:37:](#)

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*MY KIPPAH DOES NOT SAY #TYH ON IT!!

Warning: Spoiler!

(It must've been James...uh oh...I hope bennyh doesn't get wind of this...)

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Humbly,

iwantlife

Are you a reader?

(Hint: If you are and people give you good ideas of what to read, pass 'em along...I need them too...)

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Re: Sick and tired

Posted by BenHashemBH - 13 Nov 2024 03:43

[proudyungerman wrote on 13 Nov 2024 03:32:](#)

Are you a reader?

(Hint: If you are and people give you good ideas of what to read, pass 'em along...I need them too...)

Have you read The Battle of the Generation?

(Captain, link please)

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Re: Sick and tired

Posted by iwantlife - 13 Nov 2024 03:49

Yes I am a reader! And yes I do read TBOTG. What can I say though, it doesn't fall under the category of relaxing read for me..

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Re: Sick and tired

Posted by wantingbetter - 13 Nov 2024 03:58

Podcasts? Take up a new hobby?

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Re: Sick and tired

Posted by wantingbetter - 13 Nov 2024 04:04

[iwantlife wrote on 13 Nov 2024 01:37:](#)

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Humbly,

iwantlife

Ad meah vi esrim!!

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Re: Sick and tired

Posted by vehkam - 13 Nov 2024 04:11

Some good reading-

Hold Me Tight

Wired for marriage

Eight dates

I also love listening to rabbi kalish if I have extra time.

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