

My ENTIRE story

Posted by Muttel - 10 May 2024 18:05

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I've just joined and would love to share my story to get support from this amazing platform. I grew up pretty sheltered and innocent. When I was 12 (26 years ago) a friend invited me and brought me to his basement and promptly showed me a nude photo (no real porn vids in those days and it took time for pix to load). I succumbed and it would be a 3x weekly trip to his basement. Of course mutual hj's and bj's followed until I finished elementary school. This went on and off until I entered shidduchim when I stopped - thinking I was done for life. Enter Covid. After being clean of P&M and shmiras einayim for 12 years I stumbled during covid. Porn, phone sex, shmiras habris everything one can do without a partner.

Though happily married, I couldn't stop.

I visited a therapist and it helped for a bit but any device I encountered was dangerous. I filtered computers and phones. Recently I moved into a new office and a non filter able screen was there. BH I cut the internet chord 2 days ago. Yesterday I stumbled into 800 numbers and BH was motivated to sign up to GYE. So embarrassing and I shudder to think of my trial upstairs.....

I'm sharing this with the hope my expressing myself will lead to my keeping my commitment to being here going.

gut shabbos!

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Re: My ENTIRE story

Posted by Muttel - 26 Feb 2025 10:54

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Just wanted to post a win - in the hope others can find some chizzuk from it.

I needed to make a phone call from a particular number and discovered that it was an unfiltered flip phone. Additionally, I was alone with this device and potentially could've been alone with it for many hours yesterday through EOD today.

Im happy to report that I texted someone for accountability and made the phone muktze for me

outside that one call. I didn't touch the phone since. (There's a lot to say about this - the posture of how to be excited to win, at what point these measures need to be taken, and the work put in to make it possible. I don't have the time now, but hope to expound at a later date. Of course, please feel free to share what you feel would make these victories possible....)

This is my first lengthy rendezvous with an unfiltered device since I started here 295 days ago.

I can't thank everyone here enough, and of course, most importantly, Hashem, for saving me from the muck and the grime, making my avoda sublime.....

Heres my deepest hopes, wishes, and prayers for all our brothers here to have sustained success with this damned foe and precious avoda.....

With a ton of brotherly love,

Muttel

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Re: My ENTIRE story

Posted by amevakesh - 26 Feb 2025 14:44

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Re: My ENTIRE story

Posted by Muttel - 03 Mar 2025 20:04

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300 days for me today.

I distinctly remember talking to HHM when I hit 30 days (it was an Erev Shabbos) and he told me "30 days, 300 days, and 3000 days are all the same".

I've BH reached the 300-day plateau. I await hitting the 3000-day plateau in 2700 days!!!!

With a ton of brotherly love to all,

Muttel

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Re: My ENTIRE story

Posted by Muttel - 28 Apr 2025 19:49

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Today marks the completion of a year for me (I began this journey of aliya ?' "???? ??"").

I can't put into words what this year has meant to me - both in getting clean, working on my insides, helping others, and seeing my struggle and subsequent wins (wins and struggles are still coming, ?? ??? ??????) as a source of pride. I feel both as though I've been here forever (and known my GYE friends forever) and as though I've just come - knowing I can never assume this struggle is over and boundaries can be relaxed - ?? ????? ????? ?? ??? ??????. The change I've undergone is that I've learned to accept this - accept that I will always need to text a chaver when I'm alone with a device or any other ????? compromised circumstance, *and that's ok*. It's ok to be wary of this struggle for life, as a lifelong healthy male with normal urges I am and will be...

Friends, I have so much more to write, but I don't have the clarity, my screen keeps getting blurry.....

Signing off with a heart bursting with love for each and every one of you, with thanks for such special friendships, and with hope for an even brighter future, bringing ?????? ?????? into the world each and every day,

Muttel

P.S. my heart bursts most thinking of my friends that fight, fall, fight, fall, fight, fall, etc... My most heartfelt hope for sustained success in your respective battles....

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Re: My ENTIRE story

Posted by daverose - 28 Apr 2025 19:53

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Wow Mazel Tov! unbelievable. Im proud to have you as a mentor. May you be zoicha to many more years!

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Re: My ENTIRE story

Posted by chaimoigen - 29 Apr 2025 01:12

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Hearing your voice.... And you hearing mine.... Thinking about it makes me emotional.

Thinking about you, Muttel, makes me emotional.

I'll repost this poem.

I once knew a prince with armor so bright,

His brown eyes were wellsprings of truth,

He poured over volumes, he swayed in delight,

An image of wholesomeness, youth.

But the dragon of darkness unfurled his black scales,

and wrapped him in venomous coils,

choking in seething and shadowy tales,

his pure heart was vanquished and soiled.

Until came the great day that he rose up in fire,

like a phoenix, was born from his ashes,

The white flame of his heart lances out to inspire -

A legend to uplift the masses!

He leapt in with fervor, disregarding the shame,

Candid and eager for learning,

With friendship and warmth meeting one then another,

His Neshona so passionately burning.

Your Talmidim are lucky, their hope is reborn,

They feel you relate to their pain,

with love and compassion their journey you chart,

To rejoice in Tahara again!

Oh Muttel - a prince you were ever, it's true



That fateful Friday call (we know each other very well..) will remain forever etched in my heart and mind.....

This poem as well touched me more than anything else in this hallowed space (and that's saying a lot considering all the heartfelt posts....).....

It's so comforting to have old friendships rekindled and stronger than ever... as we all look to bond with each other in order to better bond our ultimate friendship (????? ???? ???? ) with The Best Friend we all have.....

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Re: My ENTIRE story

Posted by amevakesh - 29 Apr 2025 16:04

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Mazel Tov! Hard to remember what GYE was like before you here. So many people were touched by your warmth. Your heart, so caring, so compassionate, so truly empathetic, so overflowing with love, embracing all that need an listening ear, an understanding mind, a shoulder to cry on, and most of all a good friend. You've been an inspiration for so many of us, not only for how much you do for others, but how you do it. Real love, real caring, real empathy. I know, that every time you sign off "with a heart overflowing with love", you mean it without exaggeration. We know it, we feel it, and the love is mutual.

With love and admiration,

Amevakesh

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Re: My ENTIRE story

Posted by chosemyshem - 30 Apr 2025 23:36

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[Muttel wrote on 28 Apr 2025 19:49:](#)

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I can't put into words what this year has meant to me - both in getting clean, working on my insides, helping others, and seeing my struggle and subsequent wins (wins and struggles are still coming, ?? ??? ??????) as a source of pride. I feel both as though I've been here forever (and known my GYE friends forever) and as though I've just come - knowing I can never assume this struggle is over and boundaries can be relaxed - ?? ????? ????? ?? ??? ?????. The change I've undergone is that I've learned to accept this - accept that I will always need to text a chaver when I'm alone with a device or any other ????? compromised circumstance, *and that's ok*. It's ok to be wary of this struggle for life, as a lifelong healthy male with normal urges I am and will be...

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Muttel

P.S. my heart bursts most thinking of my friends that fight, fall, fight, fall, fight, fall, etc... My most heartfelt hope for sustained success in your respective battles....

^ This truck has rocket engines.

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Re: My ENTIRE story

Posted by diamondwithaflaw - 01 May 2025 20:45

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@ Muttel,

I don't usually read threads in this section, but yours is quite inspiring. I have FOMO that we have not met yet.



Wishing you much continued success!

P.S. How long do you think Judge can keep up a batting average over 400? Remarkable. You know a couple years back when he was getting injured every other day I was so sure that he would be another David Right story. Incredible talent, but just doesn't have the mental stamina it takes to play in the big leagues (let alone in NY) but I have to say he has proven me wrong. Kol Hakavod to him.

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Re: My ENTIRE story  
Posted by Muttel - 02 May 2025 13:54

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A post from a legend!

Speaking of legends, I think the ???? ends the year at .385, maintaining .400+ until after the All-Star break.

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Re: My ENTIRE story  
Posted by Muttel - 04 Jun 2025 17:39

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### **Day 393**

I'd like to post here something that others may get chizzuk from. I've B"H been clean for a while and have BS"D been zoche to speak to and help many of our chaverim here. I've had some changes in my personal life the last couple of months that have precipitated some internal struggle/squeeze/anxiety causing me to have uninvited thoughts that I don't always manage to ignore right away. B"H overall I'm steady. I have the best friends to reach out to every time I feel an urge (and resist the famous last words "I got this"). I have mentors I can speak my anxieties through with, and hash out my *normal, healthy male urges* with to try to get them to dissipate. When they don't dissipate, I can accept having them, and accept being triggered for days at a time, *so long as I don't them and succumb*. BH for GYE and BH for the magical friends therein.

Friends, where would I be without you??

Not every moment do I feel inspired to march on - but march on we do regardless.

May we all be zoche to see the tremendous light in tasting the sweet taste of victory - and all be zoche to increase Kedusha in the world through (self-imposed) struggle.

With much brotherly love,

Muttel

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Re: My ENTIRE story

Posted by SisonYishecha - 04 Jun 2025 20:54

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When the going gets tough....

Hold on tight.

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Re: My ENTIRE story

Posted by authenticceved - 05 Jun 2025 05:25

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Times like these where we need a double- and triple- thank you button... Mods?

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