

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 redfaced - 20 Jun 2024 17:48

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[eerie wrote on 20 Jun 2024 16:58:](#)

Thank you dear friends for the gevaldige laughs!

Yes, Muttel, Being on Gye does the strangest things to people. I 'pologize about your thread . Would you like to continue it in Burma?

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Re: My ENTIRE story

Posted by Muttel - 20 Jun 2024 17:54

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????? , I'm honored to host this exciting discussion on my thread!

Muttel

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Re: My ENTIRE story

Posted by yiftach - 20 Jun 2024 18:04

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Muttele

Buddy, you can do anything, up to using my style...

- Yiftach'l

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Re: My ENTIRE story

Posted by Muttel - 20 Jun 2024 18:08

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[yiftach wrote on 20 Jun 2024 18:04:](#)

Muttele

Buddy, you can do anything, up to using my style...

- Yiftach'I

Just felt like I was feeling good about myself and was just reminding myself of where I am! My apologies, dear friend!

Muttele

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Re: My ENTIRE story  
Posted by happyid1 - 20 Jun 2024 19:08

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hahahahahahahah, what a great laugh I wish I read this all earlier

No offense, you guys are nuts (in a good way)

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Re: My ENTIRE story  
Posted by eerie - 20 Jun 2024 20:25

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[happyid1 wrote on 20 Jun 2024 19:08:](#)

hahahahahahahah, what a great laugh I wish I read this all earlier

No offense, you guys are nuts (in a good way)

Smile, my friends! It's wonderful to be a little nuts! And don't forget...KEEP TRUCKING!

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Re: My ENTIRE story

Posted by yiftach - 20 Jun 2024 21:58

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[Muttel wrote on 20 Jun 2024 18:08:](#)

[yiftach wrote on 20 Jun 2024 18:04:](#)

Muttele

Buddy, you can do anything, up to using my style...

- Yiftach'l

Just felt like I was feeling good about myself and was just reminding myself of where I am! My apologies, dear friend!

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Re: My ENTIRE story

Posted by Muttel - 23 Jun 2024 15:27

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To my dearest GYE friends,

I'd like to broach a new topic with the Olam. I've mentioned that after my wedding, I was porn/masturbation free (I've stopped saying clean - because I don't think I was) until COVID19- when I fell with a work laptop my wife brought home that wasn't filtered. There's something else that resumed then as well - a bit embarrassing - and I'd like to get the Olam's take if possible. That is the following of sports (not as inappropriate web use as porn but...). I'd found better things to occupy my time with during that 12-year span (even more - about 15-18 years) - ????, ?????, ????"?... and hadn't a clue who was playing for the yankees, giants, rangers, or knicks (I was a super avid fan in my pre-teen - young teen years).

When I fell into P&M, I also began following sports, albeit primarily baseball and not as closely as in my younger years. In my current ????? in HHM's program - where I can't fantasize about women - if a thought or sight comes to mind, I immediately shift to thinking of baseball players.

I'm looking to rid myself of following sports completely - but am hesitant to do so for the following 2 reasons 1) I'm scared it'll be too much for me and cause me to relapse into my lustful behavior. 2) I need something to replace sports with as my distraction from lustful thoughts.

***I'm looking for feedback from the Olam in regard to both concerns. All responses would be greatly appreciated!!!!***

I remain,

Muttel

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Re: My ENTIRE story

Posted by eerie - 23 Jun 2024 16:03

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Great question!

It's amazing to watch you soar!

*My personal opinion* is that **for now** stick to the sports. If you dig deep and you truly think you can distract yourself with something really kosher, mah tov umah na'im. But I'd imagine that very few can find themselves a new, fulfilling hobby that will help them distract themselves at the same time that they are undergoing such major change and doing such amazing, hard work.

That being said, you should have a plan to drop the sports at some point in the future. Just not yet.

Inspired as always,

Eerie

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Re: My ENTIRE story

Posted by amevakesh - 23 Jun 2024 18:09

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Woooah!!!! Are you writing about your struggles or mine? This is something I've been grappling with for the past few months. When I was a ????, I was an avid sports fan. I loved watching and following professional sports. About 18-19 years ago, I quit cold turkey. I told myself, that besides for the ????? involved, it's not ??? of a Yungerman in Kollel to be following such Shtusim. Also, my kids were still young and I didn't want them to grow up with a father figure that was a sports fan. Well what do you know, most of my children have no interest whatsoever in following sports, but I have one son, who when he was going through a rough time, became an avid sports fan as a way to distract himself from the pain he was in. After consulting with an ??? who by any definition is ???, I was told to spend some time with my son watching highlight clips of sports. We actually sat together to watch the Superbowl (obviously we closed it by the commercials and the halftime show). It was exactly what my son needed, and ??? today he is ????? in a way that fills me with joy. But one negative fallout from that whole episode was that my old interest in sports was ignited. Not to the same extent, but awakened nonetheless.

The struggle is amplified many times over during Bein Hazmanim. Lots of free time, wife busier than usual, and the day to day schedule that serves as a distraction to some extent, isn't there. This is actually what led me to start posting on my own thread.

When I started my clean streak, I gave up on lust, something that I felt I had almost a right to. Anyway, I told myself, that if I'm giving up on lust, it's not so bad if I allow myself to indulge in my old pastime of sports. It's not ideal, there's the ????? ???? that's involved, but when I feel the itch, that's what I'll turn to to distract myself. I second eerie's notion, that although it's not ideal, it can be a good and (Kosher?) distraction for guys like us.

A word of caution. The world of professional sports is one of entertainment. There is often an overlap between the entertainment industry of sports and other, less kosher venues of entertainment. It is imperative to exercise extreme caution, that when one is engaging in following, he is doing so in order to avoid falling into the slippery slope of Shmutz. To watch passively, especially for someone with a history of porn abuse can be a recipe for disaster. It doesn't take long for one thing to lead to another..... I don't have to explain. However when done correctly, I have found that it can be a useful tool to distract from light urges that come and go. I don't think that when one is in "lust mode", that it would be advisable.

Obviously, the long term goal should be to strive for the ideal, that all of our passions should be in spiritual pursuits, but for the time being, this works for me.

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Re: My ENTIRE story

Posted by cande - 23 Jun 2024 20:40

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**luz up**, continue following sports,

its the ??? ??? driving you crazy, making issues out of tissues ,to **distract** you and try to **make you fall**, by telling you the tools your using to fight are **BAD**.

(nothing wrong with giving up sports but its got nothing to do with this battle)

stay focused!

love you!

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Re: My ENTIRE story

Posted by Muttel - 24 Jun 2024 01:09

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Thanks all for the responses!

Nothing like a straightforward, blunt response from our dear cande, with his love pulsating through his clear direct message.

Thank you, and I love you too!

Muttel

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Re: My ENTIRE story

Posted by amevakesh - 24 Jun 2024 02:28

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Nothing indeed like Cande's love. However, I believe a point has to me made. Forgive me R' Cande for being a nit picker. I could be wrong, but I don't think that it's the YH that's fueling this question. I agree that for the time being, it would be wise for one to use the sports as an outlet and a distraction from the main battle we are fighting which is lust. However, I believe that if your read between the lines of R' Muttel's post, it's filled with a yearning to go back to the days of yore, where the internal desire was one of spirituality only. By definition, one who follows sports and needs the outlet to distract him, is living a somewhat compromised version of Judaism. The program of ???? and ????? when done correctly, provides all possible stimulation needed, to live the most fulfilling life, replete with joy and contentment, with no need for any other entertainment. If outside factors are needed, it point to a certain deficiency in his ???? and ?????.

I write this as one who is currently in this situation myself. As a recovering lustaholic, I acknowledge the fact that I am not functioning at optimal capacity. However, I will never ever let go of my dreams hopes and aspirations, to one day be able to derive all of my satisfaction from ??????. Sports right now for me serves a very distinct purpose - to combat the occasional urge that comes and goes. But it's a means to an end, one which we should never lose sight of.

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Re: My ENTIRE story

Posted by vehkam - 24 Jun 2024 03:53

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[Muttel wrote on 23 Jun 2024 15:27:](#)

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***I'm looking for feedback from the Olam in regard to both concerns. All responses would be greatly appreciated!!!!***

I remain,

Muttel

I would not make it a goal to avoid sports. I would say to Keep shteiging in your connection and

relationship to hashem. In time the sports may eventually fall away on their own.

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