

Sick N Tired of Being Sick N Tired

Posted by baalteshuvawannabee - 05 Jul 2024 21:58

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Hi A Gutten Erev Shabbos.

I imagine that a lot of you are not online but that's ok

68 FFB married with lots of children and grandchildren.

I've been watching and practicing P&M since I was a kid early teens.

I've gone to strip clubs and had lap dances and with the internet I've been in Chat rooms sharing pics n watching other people on cams.

Pretty scary how it became such a normal part of my life.

I don't think I've ever gone more than 30-35 days clean my entire life.

I'm a fine upstanding active board member in my Yeshivishe Minyan Shul, I've been honored at dinners more than once and B"H I've been very smart, in protecting and hiding this part of my life.

My wife is oblivious to anything. We have filters on our phones, Ipads etc but of course I have my own laptop which is not filtered and I can surf as I please. My children all see that my laptop and devices are filtered and we've talked about the dangers of unfiltered computers for both adults and children.

I've sworn off P&M plenty of times, especially in the past 4 years but I keep on falling back, getting up n falling back down, but hey I'm back up today and for the last 6 days as well B"H.

I have a Frum therapist who knows everything and he has been a big help. My decision to join GYE is a big step for me and I hope to get the support I am looking for.

Clearly I need to take my other laptop to TAG so that's the next step, and I think I'm a good candidate for having my own mentor as well.

I just wanted to say hi and thank all of you for making this possible and if there is any way that any of you feel that you could benefit from chatting with me I'm here for you too.

Have a good Shabbos and keep up the good fight.

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Re: Sick N Tired of Being Sick N Tired  
Posted by cande - 08 Jul 2024 13:30

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oy zaidy!

I thought i wont have this ??? ??? @ that age!

this sucks! you mean till the day i die im gonna be busy with this \*\*\*\*??!!

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Re: Sick N Tired of Being Sick N Tired  
Posted by redfaced - 08 Jul 2024 14:05

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[cande wrote on 08 Jul 2024 13:30:](#)

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this sucks! you mean till the day i die im gonna be busy with this \*\*\*\*??!!

Don't be silly - of course you wont.

You're going to read [This post](#) so beautifully written by choosemyshem, and you're going to realize that TODAY is the the day you decide your future

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Re: Sick N Tired of Being Sick N Tired  
Posted by Muttel - 08 Jul 2024 17:00

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[cande wrote on 08 Jul 2024 13:30:](#)

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this sucks! you mean till the day i die im gonna be busy with this \*\*\*\*?!!

No, we mean you will have the opportunity to grow from overcoming this test our loving Father sends our way until the day you die!

Read TBOTG for further elucidation....

Muttel

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Re: Sick N Tired of Being Sick N Tired

Posted by baalteshuvawannabee - 08 Jul 2024 17:19

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It seems that we are all destined to make the effort, repeatedly, to create the best version of ourselves that is possible.

Our shortcomings, our challenges do not go away with the passing of time.

In HIS wisdom he custom made us with desires, exposed us to situations to improve us to be the best that we can be.

It is our responsibility to rise to the occasion and use the resources of those before us to learn and understand what makes us tick and to climb the ladder of success unfailingly even after each falling, failing, and loss. We can not and should not give up the good fight.

It actually pains me to see a few people who i know who no longer struggle.....they have made peace with the fact that they are in their 60's and even 70's go to shul 3x a times a day, do Daf Yomi are married and don't even fight their yetzer hahra....they go home to their wife n family, eat supper, go to their office and chat n surf n cam to their hearts content or have girlfriends in nearby cities that they visit.....and when asked about it by the 2 or 3 ppl who know about it they say...yes, so i'll be punished but thats who i am i can't change.

They've given up.

I have plenty of mistakes in my past but I am here today and I won't allow myself to give up the fight.

It doesn't suck.....it's the reason we are here.

It is our purpose.

how fortunate are we that we know what our Ta'kid is on this world.

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Re: Sick N Tired of Being Sick N Tired

Posted by baalteshuvawannabee - 08 Jul 2024 17:31

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[Muttel wrote on 08 Jul 2024 13:21:](#)

Just checking in here.

Here's hoping you find the strength within you to permanently kick away this bedeviled demon for good.

Agav, you've given chizzuk to others -I have a friend who is 38 and is in need of a push to get on. I reached out to him Motzei Shabbos telling him "if you don't make a move now, you'll be 68 and needing to kick this habit".....

Your move to join may yet influence others to join, ?????? ?????? ????????......

Muttel

We are all helping one another.

Thanks for your words of encouragement.

This behavior doesn't go away by itself.

It's nothing like an allergy that you can grow out of.

It doesn't pass like a kidney stone does.

Rather it gets entrenched in our very being trying to define who we are even though it might just represent a fraction of our day or week.

You can't push someone to get on but maybe you could ask him to consider what positive outcome may happen if he takes a look at GYE and realize the many positive success stories that are on this site.

Don't cost money.

Is he willing to say....yes i know there's a viable resource but i chose not to take a look....pretty heavy guilt trip he's setting himself up for.....but everyone needs to jump in when they are comfortable.

Best of luck

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Re: Sick N Tired of Being Sick N Tired

Posted by proudyungerman - 08 Jul 2024 19:06

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[baalteshuvawannabee wrote on 08 Jul 2024 17:19:](#)

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Beautiful! This post hit me deeply. Thank you for reinforcing and reinvigorating that which I know, but constantly need to internalize.

Life is necessarily full of challenges, tailor made for us to continue our growth, to reach for our best version of ourselves.

Keep those posts coming!

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Re: Sick N Tired of Being Sick N Tired  
Posted by yiftach - 08 Jul 2024 20:37

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[baalteshuvawannabee wrote on 08 Jul 2024 17:19:](#)

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**I'M IN AWE!!! Real inspiration!**

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Re: Sick N Tired of Being Sick N Tired  
Posted by eraygrand - 09 Jul 2024 02:04

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Always nice to find GYE newbies even older than me:smiley:

Another side benefit of getting this under control is the impact on the relationship with your wife (not just inside the bedroom). I'm also in the 50+ group with grandchildren. One advantage of our age group is that a small "speed bump" of prevention by eliminating the easy access, is many times all we need to overcome the temporary urges. Please get that laptop filtered ASAP!

If you don't already, I would highly recommend signing up for the daily vayimaen video. You can sign up to their WhattsApp group. I have found it to be a great source of quick chizzuk to get the day started.

All the best!

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Re: Sick N Tired of Being Sick N Tired  
Posted by redfaced - 11 Jul 2024 14:02

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[baalteshuvawannabee wrote on 05 Jul 2024 21:58:](#)

etc but of course I have my own laptop which is not filtered and I can surf as I please.

Hey BT any updates on the filter?



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Re: Sick N Tired of Being Sick N Tired

Posted by baalteshuvawannabee - 12 Jul 2024 19:31

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ok,

I think I have this 'thread' issue figured out.

Thankyou for explaining it.

So here I am, it's been a week since I made my first post on GYE.

Today is day #12 and although I've been at this milestone way too many times to count, suffice it to say that it does feel different and I attribute that to the the sense of community and connection that I experience in here.

I'm grateful to all of you for being a part of getting GYE to this point and appreciative of what it being offered here.

There's is still so much for me to understand about how

(1) I process my sense of entitlement to do what I'd want to do to make myself feel 'better'.

(2) I deal withy my loneliness because of my wife doesn't equate closeness/intimacy with the same physical connectivity that I do.

(3) I deal with my free time/boredom on my hands and my curiosity about things sexual.

(4) I deal with the fact that my wife has a never ending, really never ending need to control me, to control my time, to control things that have nothing to do with her

((NOTE TO MYSELF: Want to know how to deal with it? Learn to accept it and see the purpose for it in my life!)))

I was able to successfully get rid of my unfiltered laptop which I had used before, so now B"H all the devices I have access to are filtered and the filter is unremovable by me.

Thanks so much for listening.

These may be baby steps, but I'm learning to crawl in order to learn how to walk in order to be able to run with so many of you guys.

have a good Shabbos

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Re: Sick N Tired of Being Sick N Tired  
Posted by horizon - 12 Jul 2024 19:40

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[baalteshuvawannabee wrote on 12 Jul 2024 19:31:](#)

These may be baby steps, but I'm learning to crawl in order to learn how to walk in order to be able to run with so many of you guys.

i love this line!

good job getting rid of the laptop. that's a tremendous move!

hatzlacha going forward

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Re: Sick N Tired of Being Sick N Tired  
Posted by vehkam - 12 Jul 2024 20:44

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[baalteshuvawannabee wrote on 12 Jul 2024 19:31:](#)

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Thank you so much for the update. It is definitely inspiring to see you working through this. You will be running with the head of the pack iyh in no time.

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Re: Sick N Tired of Being Sick N Tired  
Posted by bennystep12 - 14 Jul 2024 07:40

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Hi welcome

Why do you think this time will be different? Why in the world would you want to give up this exciting delicious garbage? It makes us humans feel good & it's a gr adult pacifier, so really why? do you have an authentic reason solid enough that would encourage you to seek a way to stay clean till the last day you walk planet earth? Think about it.

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Re: Sick N Tired of Being Sick N Tired  
Posted by baalteshuvawannabee - 14 Jul 2024 15:04

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Great question!!

Thanks for asking.

I read n reread your question and here are my initial thought.

I am 68 years old - with that comes a certain amount of reality.

I realize it is not "exciting delicious garbage" rather it is a temporary solution to feelings of loneliness, inadequacy, frustration of my shortcomings, disappointment in my marriage, lack of ability to keep my learning Sedarim the way i want to and more. For the past 50+ years I was not understanding what I was doing.

I thought Frumkeit had unrealistic expectations and restrictions, I'd rationalize that i can be good here n bad there n that somehow equals out.

The concept of I'm entitled and I deserve was 1st n foremost on my mind.

If i had an urge - then I acted out.

There were many years n years when I was a regular at downtown strip clubs and it was a way of life for me. I'd go there n 'connect' often even recognized by some of the dancers and spend my evening getting lap dances and leaving with a smile on my face.

As i got older n technology came into my life it was so easy to fantasize with others, chat n post pics, guide n be guided by pics being posted and even video chat with people as we acted out to eachother. THIS WAS NOT EXCITING N DELICIOUS - this was a solution to deep feelings of loneliness and sadness.

"Adult pacifier" ? yes - good description - I think the answer is "I'm sick n tired of being sick n tired" and finally i think I'm ready to put up the necessary resources to deal with the issue and not the symptoms. I cannot say often enough how valuable this connectivity is for me. This is a new 16 day experience and I'm very grateful.

I'm trying to approach each new day with a sense of compassion and acceptance of a master plan and instead of trying to make things fit into my vision of the world I'm trying to take a step back - take a deep breath and try to readjust my focus and vision and thoughts and actions and words to accommodate and accept this new reality and master plan. ESPECIALLY when it has to do with my wife.

Doing my best to stay the course.

Thank you again n again for letting me clarify my own thoughts and motivations by YOU asking the good questions?

If I can be of any help or support, please let me know. I still value my anonymity but I'm certain

open to private messaging or continued back n forth of the forums

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