

Please join me on my journey, I need you.

Posted by menuchashanefesh9 - 01 Aug 2024 18:24

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I would like to introduce myself. I'm introducing myself because I would like to make friends to help me and each other in the Avoda of Kedusha and in part of that friendship (thank you amevakesh for pushing me to do this) I would like to share some thoughts that hopefully may be helpful to someone. I would like to start with my story and then to explain why I am only reaching out now for friendship.

Last summer discovered GYE. A few decades ago as a young adult I began struggling with a habit of viewing inappropriate material and other areas of Kedusha. These years were full of better periods- months of tremendous growth in Yeshiva with few falls, and very bad periods (mostly ben hazmanin when home and internet was unfortunately way too accessible). Baruch Hashem, overall I had very productive growth in many many areas of Avodos Hashem over the years but this was a challenge that hurt me and I was so desperate to kick it. As I grew more and more in my devolvement into a ben torah I really put a lot of the nisayon at bay (getting married and living a beautiful kollel life really helped). But the habit (or call it addiction) of watching pornography was something I still reverted to when feelings of sadness or emptiness were to creep up. I needed guidance on how to break free from this bad habit. Last June 29th I started Flight To Freedom. I admitted to myself that I had an issue and was going to invest real time and work into the program and really to break free. F2F was my therapist, my rebbe, and absolutely G-D-sent gift from shamayim (I'm so indebted to all those involved in the making of it!!!! If I ever get rich I'm going to support it bl"n). It validated me, gave me hope, and most of all gave me the tools to break free. And break free I did, BH! After a few weeks of trial and error on July 17th I started a streak which lasted for 373 days!! On July 17th when I hit a year free it was from the most gratifying accomplishments of my life. And then on day 374- 3 days ago I fell. Not hard, but I fell. It hurt. And then I fell again a bit harder yesterday. It hurt hard. It still hurts. Oy, how much I yearn to not be here back at the beginning of a new streak, but I would like to take this as an opportunity to reframe my journey a bit and perhaps this time we could do this together! I need your help!! I need friends to help me get back on my feet. and I need help in the reframing of the journey!

When I started last July I wrote under 'My Plan' that the top reason I want to break this habit is because "This is an area that is totally inconsistent with the rest of my development and growth". Meaning I viewed myself as an overall bentorah , perhaps even a chosuva learner to boot, with this tremendous flaw of being habitually a porn watcher. I viewed it as a side problem that had to be dealt with. For this reason I think I didn't want to get involved with the amazing GYE chevra. I didn't want to associate my life with this problem. I wanted to fix it and move on. Baruch Hashem I broke free, I un-addicted myself and the fruits of that began with a 373 day streak of Tahara. But through breaking free I learnt so much more about this challenge. I learnt that while perhaps my pornography watching was addiction oriented it also left a deep imprint on me. It was disallowing me to connect to a full ruchnius life, as I want to explain further.

Allow me to make a bold totally uncertified statement. Bnei Torah-- Mevaksei Hashem- people who are immersing their life in real Ruchnius struggle with areas of Kedusha as the central Nisayon in their life. The reason this is is because they are seekers of connection and ruchnius lends itself to that of the ultimate connection- one that our Neshama truly seeks- and our Neshama- our essence- is created in essence as a seeker of pleasure. Therefore as we continue to immerse ourselves deeply into Hashem's Torah and really attain levels of connection to Ruchnius, Yetzor Hara's main task is now to rid of this tremendous pleasure. The only thing in his arsenal that can combat a Chiddush in ger katan is that of extreme ?????? ??????. That does not mean to say that it is of equal pleasure. In fact it pales in comparison quite miserably, but it has its superficial easy nature to attai that can allure us into falling deeply into that connection replacing feelings of connection to Ruchnius. And even more potently, it disconnects our Neshama's connection to Ruchnius through miraging our feelings of connection with something so fake- which gives a suffocating blow to our feelings of connection that our neshama really yearns for. Perhaps this is the ??? in the -???? that ?? ?????? ?????? ?????? ?????? ?????- the more one feels connection in ????????? the more the ?????" has to present superficial feelings of connection through ?????? ?? ?????? Perhaps the addictive nature of these struggles root itself in the ?????????- immersion that it is coming to replace of ?????????? ??????. Perhaps this is precisely why ??? ????? struggle so much. ??? ????? should not be ashamed of this struggle, it is a testament to their tremendous desire to grow. Looking back at the year of ????? it is almost hard to capture how much this allowed me to grow. I was able to fully immerse myself in ??????????. Tefilla afforded opportunity for real connection. I was able to fully CONNECT to my wife- another area of connection that watching phonography kills as it replaces a super deep relationship with quick superficial feeling of fake connection. It allowed me to connect so much deeper to everyone around me as my I now began to seek true connection. I began to understand people better as I actually was connecting with them. And the list I'm sure goes on and on if I were to stop to think of it.

I think this frames the struggle of ?????? ????????? into a central area of our growth. It is not a pain, a side nuisance. rather a key ploy of the ??? ??? in our pursuit of our real ?????? leaving a life full of connection to Hashem. I regret not bringing you guys for the ride the first time. I believe it was because of this mistake- I misunderstood this battle to be a side-battle, not a central battle in ??????????. So dear friends, I ask of you to join me in this exciting, and central pursuit of combating the ??? ???'s pathetic attempt to replace true connection of ?????????? with his world of ??????. Let's share our triumphs of real growth in ?????????? and share our insights into the fake world it is showing us, and together we will all become true ?????? '?' ? through this battle of uncovering the mask of the ?????" and connection all so deeply to true connection. I also humbly request all your help in getting back up and celebrating next year on August 1st another year of ?????, this time together!

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Re: Please join me on my journey, I need you.  
Posted by Hashem Help Me - 01 Oct 2024 11:23

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Menuchas Hanefesh, your post is gadlus. Making this issue into a bein adam l'chaveiro (l'ishto)

is a complete game changer. It rewires our thinking, our attitude, and our priorities. Keep inspiring!

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Re: Please join me on my journey, I need you.  
Posted by menuchashanefesh9 - 08 Nov 2024 06:00

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Tonight is the eve of day 90 of cleanliness for me. It feels like lifetime ago that I started this streak. Not because it went by painfully slow, it didn't, but because I feel like I have lived an entirely different life for the past 90 days.

My first 90 day streak, which I completed around this same time last year, was similar to the effect that I began to live a new life, a life of freedom from lust with all the joys and advantages that freedom gave me. But I was still missing something. I had absolved myself of lust, but I felt it's absence in my life. I didn't need it anymore, but I hadn't moved on from it. We were separated, but not divorced. But this time around, I'm not just living lust free, I am living a full-life. I don't miss porn, I don't miss lusting over woman, I don't miss fantasizing about sexual escapes, but rather I feel so fortunate and grateful to be able to live a life of fullness without all of that garbage.

What changed this time? I'm mulling this over.. I'm not sure, but one thing I am sure about: My dear GYE family has a whole lot to do with it and I have no words to describe my love and appreciation for all of you!!! Thank you so much for everything! You guys picked me up when I fell and led me to a place of such serenity. I can't even begin to thank you enough!!! Hashem should continue to bentch everyone on this amazing site to keep on inspiring, and keep on being inspired! THANK YOU!!!

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Re: Please join me on my journey, I need you.  
Posted by stopsurvivingstartliving - 08 Nov 2024 13:45

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[menuchashanefesh9 wrote on 08 Nov 2024 06:00:](#)

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Mazel Tov on 90 days! I wait for the day that I can have the new mindset you got! I think even the days I was clean many of them were like your first 90 day streak. You put it down so well. Hatzlacha moving forward!

Good shabbos!

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Re: Please join me on my journey, I need you.  
Posted by Muttel - 08 Nov 2024 14:31

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[menuchashanefesh9 wrote on 08 Nov 2024 06:00:](#)

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Wow, what an inspiration!!!

With a ton of brotherly love and respect,

Muttel

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Re: Please join me on my journey, I need you.  
Posted by Hashem Help Me - 11 Nov 2024 01:20

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Mazel Tov buddy!! Keep it up!!!

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Re: Please join me on my journey, I need you.  
Posted by amevakesh - 11 Nov 2024 17:29

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[menuchashanefesh9 wrote on 08 Nov 2024 06:00:](#)

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There are no words brother. ????? ?????? ?????? ?? ?? ????? ?????

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Re: Please join me on my journey, I need you.  
Posted by menuchashanefesh9 - 24 Nov 2024 04:05

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[menuchashanefesh9 wrote on 30 Sep 2024 17:06:](#)

Until now I have shared MY story. Today I want to focus on the OTHER SIDE of the story.

I entered marriage in a pretty decent place in many areas, but I walked in with a secret teddy bear. This teddy bear (read: porn) would stay hidden, and only be brought out to keep me company if my wife was:

A. Not available.

B. Not turning me on for whatever reason (all self-inflicted reasons caused by not realistic expectations for her to be as hot and seductive as a p\*\*\* star, while also being as frum and edile as the amazing bas yisrael girl which she is).

C. Not fulfilling my needy emotional needs which somehow watching porn did, at least for the few minutes of watching, and then somehow magically leave me lonelier than before.

Thankfully this teddy bear has stayed hidden (I hope) but its ramifications have not. This teddy bear I thought was my own problem, but Baruch Hashem through much work I think I can now fully understand that this was actually more my wife's problem than mine. Meaning she was the victim of my problem. I really do think that my wife and I have a beautiful marriage. We care about each other, we support each other, we laugh together, and we cry together. I believe I am a good husband. BUT (and this is a painful thing to admit), my lusting has definitely affected my marriage. And I want to fix it so badly.

Why do I have to get down (and show it, dammit) when I realize that sex is not going to happen tonight?

Why does every hug need to be a full body hug?

Why can't I talk to her like a normal person without my mind thinking about the chances of sex that night?

Why can't I truly focus on only her needs?



BECAUSE I HAVE A PROBLEM! [Feel free to define it, but please give a solution too]!

My DW is perfect, and I have an issue that I want to fix so badly FOR HER SAKE!!

Each year my shortfalls in ?????? ?????? took center stage in my mind and my tefillos during this season. I beat myself up, I cried. I wanted to be clean so badly. But perhaps the focus over MY kedusha was the very problem itself. WHY DIDN" T I EVER THINK ABOUT MY POOR WIFE?!?! Was she not the victim here?!?

Hashem, I have no words to thank you in helping get free from my own biggest enemy. Over the last year and a half I have made great strides. PLEASE, PLEASE, let this be an impetus to

become a great husband this next year.

I want to update the Oilam on this part of my journey. I will keep it brief as I don't feel it is super appropriate to be sharing all of this but being that its a huge part of the ex-porn watching journey I want to share somewhat of an update.

As much as I believe that lusting affected my marriage in a detrimental way for so many years that's how much it has improved since I stopped being a lust machine.

I do not view my wife as a sex provider any longer, but rather as a life partner in every detail of our lives who often celebrate that closeness with a very intimate act of love and partnership.

Therefore, when she is tired or not in the mood, I DO NOT WANT TO HAVE SEX, as that act of sex is empty and not exciting. Recently, I succumbed and we (read: I) had sex for my sake and it left me feeling yucky for a full day.

I have noticed that I started giving her hugs when SHE needs them, not when I (read my \*\*\*\*\*) wants to. She seems happy and loved after I hug her, not desperately gasping for air.

She seems more relaxed in my presence. As if she could enjoy my company without worrying about any expectation for anything.

I think the list goes on but I think this is enough as it captures the overall shift.

One last message for that darn porn industry- thank you for showing me how empty sex could be so I could now appreciate what it actually is supposed to be! And now please get the hell out our lives for good!

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Re: Please join me on my journey, I need you.

Posted by odyossefchai - 24 Nov 2024 12:36

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[menuchashanefesh9 wrote on 24 Nov 2024 04:05:](#)

[menuchashanefesh9 wrote on 30 Sep 2024 17:06:](#)

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One last message for that darn porn industry- thank you for showing me how empty sex could be so I could now appreciate what it actually is supposed to be! And now please get the hell out our lives for good!

Wow I love this post.

It captures everything that was wrong in my life and everything that is now RIGHT in my life.

My wife feels the same. She's not an object anymore. But someone who appreciates being WITH me in all areas of our marriage.

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Re: Please join me on my journey, I need you.  
Posted by jollylemur95 - 24 Nov 2024 15:10

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Wow! So well said!

As HHM says it is an emotional act with a physical component not the other way around.

I find that this helps with the struggle in many ways.

Most prominently being that since it an act of drawing close emotionally, it helps me keep my eyes (and hands) in the right place because I do not wish to have an emotional connection with any women other then my wife.

Thank you for sharing. It truly inspires me!

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Re: Please join me on my journey, I need you.  
Posted by thatguy8pie - 25 Nov 2024 18:54

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Wow! This really helps me understand my own relationship with my wife as well. You are right, it is not about me, and it's not about her either... it's about us. Our relationship. You know what... I know myself... If my wife is unavailable. I get angry sometimes... but I recognize where that has taken me before... even if I do get what I "desire"... it just ends up in an empty heart. A man acting like an animal either way... kosher or not. The mindset was not about my wife... it was about reliving myself. Thank you for the reminder. We we start to let go of our desires, and focus on our wives... we begin to understand what a relationship actually means.

Because... let's be honest... most days we would be ready and willing to be together if it was possible. Hashem wired it into our nefesh--the key is to focus on the desire in the correct context. Your story is resonating and inspiring. Keep up the great work!

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Re: Please join me on my journey, I need you.  
Posted by chaimoigen - 26 Nov 2024 16:34

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Hey, shalom!

Cant believe I missed your thread and your story (though I was being less active when you joined and started posting). Wow! I'm impressed by and happy for you.

The fact that genuine friendships and relationships here break a person out of the dungeon of shame and filth is so true.

Your last post about how your relationship with your wife has been fundamentally changed since you changed your relationship with lust , **notwithstanding the fact that you had a great relationship before** is something thats so important, and such amazing Chizzuk.

Looking forward to getting to know you.

**KOMT**



Admiringly,

Chaim Oigen

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Re: Please join me on my journey, I need you.  
Posted by menuchashanefesh9 - 26 Dec 2024 03:54

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Ah lichtige and freilichen Chanukah to my dear GYE family! (This is the vort I would share my GYE family Chanuka Meshiba- agav, awesome idea, no?)

The lust bug has hit me over the last few weeks. BH, only slips, no falls, but definitely hasn't been smooth sailing. Through my lusting, I was ???? on the pathetic nature of it and would like to share.

There is nothing more invigorating in the world than delving **deep** into something (for instance the simcha of limud hatorah). The Simcha of unearthing something beyond its **surface** is intoxicating. But it takes work to burst through the surface of something. Lust is the exact opposite, it is getting excited over something entirely exterior, something with no ?????? besides for the outer surface of it. The feeling of excitement for it is the ??? ???'s pathetic attempt to portray it as if there is something there, but of course it is empty and leaves us feeling quite empty in result after pursuing it. Marriage is one example of an area that affords opportunity for true depth. The physical aspect of it is an outgrowth (a celebration) of the deep connection that true partnership in the building of a world of ??????? together fosters. A hug is meant to be a way of articulating a thousand feelings of love that are being felt in the heart, veiter uncovering the surface, not a mere superficial experience of touch.

Chanuka is a yontif where we celebrate piercing through the facade of the ???????? being offered and worshiped by the ????? as a means onto itself, allowing us to attain a ?????? to ???????. Hence, the lack of ????? ????? perhaps, as we are celebrating ???????. May we all be ????? to a ??" of being ????? from the ????? ????????? found inside of each and every one of us!

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Re: Please join me on my journey, I need you.  
Posted by livingagain - 26 Dec 2024 04:08

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[menuchashanefesh9 wrote on 26 Dec 2024 03:54:](#)

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Chanuka is about taking the penimious and projecting it outward into reshus ha rabim. When we share our pnimious with others that is the ultimate tachlis.

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Re: Please join me on my journey, I need you.  
Posted by menuchashanefesh9 - 29 Dec 2024 02:44

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Warm wishes for a continued Freilichin Chanuka!

I just want to share with the GYE family how inspired I am by every single one of us! As I lit the ?????? tonight and I thought about the ?????? ??? that Klal Yisroel fought with and how in return '? in an act of love and savoring of their ?????? bestowed upon them the ?? of ?? ??? I immediately thought of all you incredible chevra. The ??????? ??? that each and every one you you invest of one selves in this fight is incredible. The ?????? for growth, non-complacently, and

????? in which it takes to fight this battle of ?????? is awesome. Just a short list of accomplishments by all of you:

- The courage to admit I have a problem- to merely sign up and check out the website
- The hours put in reading, watching, and learning from the amazing website
- The streaks started, broken, restarted again, and again
- The tremendous withdrawal experienced by many during the beginning of the process, and fighting through it
- The crazy ?????? ??? of sharing one's story
- The amazingly painful (and equally rewarding) step of calling someone and making friends
- The hours spent responding to others' on the forum giving chizuk
- The speaking on the phone and providing support though offering a listening ear, giving advice, and sharing one's story to help others
- The tremendous amount of work being done to rectify bad habits/triggers
- The investing in our marriage and rewiring our view of sexuality

The list goes on and on! Which is why I truly feel blessed to be part of this family!! May the Eibester help all of you ??? ????? ??? , just as you push yourself to your brink ????? ?? ?????, so to Hashem shall respond with ????? ??? ?????? ?? ????? and help us all win this fight together!!

??? ?????, you guys are all the best!!!!

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