

Striving

Posted by jollylemur95 - 14 Oct 2024 15:29

Hello,

This is my first time on the forum. It took me a lot of courage to go on to it. I have been struggling with these things for awhile. Usually it was M as porn was not accessible. I have always tried to keep all my devices clean. However recently I was exposed to an unfiltered device and I feel into that too for a while. BH that device is no longer accessible so I don't have to deal with that angle of it for now. But now Masturbation is the main concern. I am trying mightily to kick it but I feel like a caged tiger that is waiting for a release. Every walk down the street , to grocery, Bais Medrash, is agonizing. Keeping my head down at all times is my only option ant women regardless of how appropriately she is dressed is a trigger. Is there anyone who has some chizuk or guidance for me?

In addition I want to be clean from this stuff not because it is not accessible but because it is the wrong. I feel like if I got my hands on an unfiltered device it would be under a minute I would in the depths of this shmutz.

I just wish I can be normal that not every women is an almost overpowering urge to Do P&M.

Can anyone help?

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Re: Striving

Posted by jollylemur95 - 27 Mar 2025 17:01

This is a very rare post.

I actually had a victory b"h. When I was in the matziv I told myself that I would post this ,pass or fail. I used it as motivation. I did not want to have to post something negative. So thank you guys for helping me!

As the weather turns warmer there are more people spending time outdoors. For those who do not dress appropriately, they again chose to reveal more then what should be.revealed. Also,

with Yom Tov approaching with the million and one trips to the grocery ongoing I am being around many people in a confined place. This is besides for life's issues leading me to more of these places. I was in the grocery on Wed. It was an utter disaster. I allowed my eyes to look into far to many places and people that it shouldn't. (for those who are wondering, I am speaking truth, not being overly harsh). I left the store with a terrible set back in Shmiras Einayim. And the subsequent urges to act out.

The victory was the next day. I found myself back in the same store. I found my eyes wondering again. I thought to myself. This is my opportunity to show that yesterday was a fluke. Not the real me. (of course, that does not excuse it, even if it is a fluke) I then added that I would post about it, pass or fail. Just as another motivator. I did not want to post my failures.(Ee efshar lifortom ki rabbim hem) With these 2 things it was totally great bh! I even noticed a women trying to reach something on a higher shelf. I was able to offer my assistance without even looking at her. Another women came over to me to ask me something and I did not see her face at all. Thanks to you guys, I was oisa makom and oisa zman and refrained. (I honestly can not tell you if it was oisa isha)

Thank you chevra!

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Re: Striving

Posted by hashem help me - 28 Mar 2025 11:28

So Jolly is finally maskim that he is a good guy! Moshiach must be near!

All joking aside, ashrecha Jolly!! What a way to head into Chodesh Nisan - the zman of hischadshus!

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Re: Striving

Posted by redfaced - 28 Mar 2025 12:23

[jollylemur95 wrote on 27 Mar 2025 17:01:](#)

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Thanks to you guys, I was oisa makom and oisa zman and refrained. **(I honestly can not tell you if it was oisa isha)**

This is painful.

It was not Oisa Isha at all. That was me buddy.

Golly.

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Re: Striving

Posted by BenHashemBH - 28 Mar 2025 12:46

[redfaced wrote on 28 Mar 2025 12:23:](#)

[jollylemur95 wrote on 27 Mar 2025 17:01:](#)

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Should I even ask how you got a hair from that woman for your juice? You know that if you accidentally grab a sheitle hair you'd end up looking like some old Indian lady . . .

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Re: Striving

Posted by gevura shebyesod - 28 Mar 2025 16:45

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you accidentally grab a sheitle hair you'd end up looking like some old Indian lady . . . And if it was a synthetic sheitel you would look like a dinosaur.

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Re: Striving

Posted by jollylemur95 - 22 Apr 2025 18:29

Just have to rant :

I fell.

I knew the day would come. It was not sustainable. (I feel like a loser too.)

Before all the eternal optimists start screaming how it is not true. falling is not inevitable, try to hear me out.

The truth is that despite all the ridiculous, inflated , over the top, false, unhelpful, silly, accolades that some ppl gave me (you know who you are) over my 179 days without m, I know the real me. I knew that despite being called hero, tzadik, amazing light of purity and all this other nonsense, I am really a deeply flawed person in too many ways to count. (I am not saying that I can never beat this. If Hashem gave me this nisoyon , I clearly can.) What I am saying is that I was building without a foundation. Without a strong foundation, nothing will stand. It was a pipe dream to think I can continue on my way without making the real internal change needed to break free for good. I was not doing that. Nothing was working. As such to me it was a matter of when not if.

I do not want to hear about a great average. 184/185 because it will not work for me. for a few reasons:

1) to be totally honest, we would have to start from when I started doing these dreadful things many years ago. Starting from then , My average is less then 10% success rate.

2) if we start from when I joined GYE, my average is around 45%. Not a very high success rate.

3)Most importantly: 97% success with 100% effort is not perfect but great and on the way the way to even more success. In my case, the fort was often less then what it should be. To me that is failure even with a higher success rate. If the effort is there then the results will be there. My effort has been inconsistent..... to say it kindly.

To recount what happened:

As mentioned I was not really changing my thought process of how I relate to s**uality or women in general. together with the warm weather and more people outside made it even harder to keep my eyes to myself. Chol hamoed was even worse. I went on a family trip. I was told that where i was going was relatively safe (in todays sick world now there is really no safe place besides for the Bais Medrash) from shmiras einayim perspective. Unfortunately it was not what i was told it was. with many goyim dressed the way they dress. My safest place was in the all male bathroom (which I spent a considerable amount of time in). Other than that I had around only a 90% to 95% success rate not looking or contemplating on the the things around me. When I left I was exhausted from all the work involved in trying to keep my eyes away and also having been only partially successful. The urges came little by little but they were intense. 2 mornings later I was fighting all the things I had seen. Then all my favorite sights from all the Porn i had watched months and years ago ago. I kept trying to move on but kept coming back. My phone is broken and was unable to call or text my people. (I will post when my new phone arrives. I lost everyone's numbers so I need to get them again) I was battling for around 45 min with a few very close calls and then I succumbed (masturbated). No excuses. I was expected to be strong and I didn't. I am really upset, but not surprised as I explained earlier. The rest of the day the urges were unbearable. I was even telling myself, that my streak is over and the new one one starts tomorrow so today is a free day to act out as much as I want! Somehow I did not do it again. Then I had to wait till after YT to order a new phone. The urges were so overwhelming to buy a non filtered phone and delay bringing it to TAG. I would have a day or 2 to see all the things I want to see. These urges were off the charts ... all because of my bad choices. (BH I ordered pre filtered phone so when I get it I will be protected)

I have to find the coach to start again. Yes! From the beginning! because I have to build up a strong foundation where these things should not be an option. I am not c"v mischaret on the 179 days (even though they were not clean either, just no P&M) At the very least, it is 179 days with less avairos to answer for. I also will not say that it was not worth it. I will say that, It was not what i need it to be. I will say that I have not changed at all. It is completely unacceptable to do these things. PERIOD!!!!

(As an aside the number listed on my user name is now accurate in all ways. In the past I had been back and forth on the benefits of displaying my streak. Part of me felt it was not an accurate barometer of where I was holding. Even when my number went high I felt it was not accurate to where I was holding. I spoke to many ppl who were technically behind me in a streak bit way ahead in every other category including, effort and internal change)

I am so upset right now and none of the fake stuff will help me. The truth is That I failed... big time..... with no redeeming qualities. I have to get back up and try again but with 100% effort. I have to get a new plan how to go about this. The other methods do not appeal to me either.

TBOTG does not appeal to me when faced with these overwhelming urges that come. (they come too often due to my poor choices) The only thing I can try to do now is as the Rambam famously says at the end of hilchos issurai Bia. Ein machsheves arayos misgaberes ala blev punoi min hachochma. I have to work more on increasing my learning, Maybe say another chabura to my chevra in kollel. Make another seder. Make it that I am so busy doing good that i will not want to do anything else. That would help it be kayum in the long term.

May I just hope that I can rise from this the way I have seen so many of you guys do.

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Re: Striving

Posted by chaimoigen - 22 Apr 2025 19:07

[jollylemur95 wrote on 22 Apr 2025 18:29:](#)

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ok. You did an Aveira, and that's terrible, and there's no excuse. It's something you will have to do Teshuva for.

But the rest of your post makes no sense. Your point is that nothing anyone told you was true? It was all fake? And the fact that you fell proves it was false garbage, and that you're also a piece of garbage? And that since you did this, therefore you haven't changed at all?!? Really?

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Re: Striving

Posted by BenHashemBH - 22 Apr 2025 19:15

[jollylemur95 wrote on 22 Apr 2025 18:29:](#)

I will say that I have not changed at all.

Brother Jolly,

I'm sorry for your fall, for the way you feel, and the way you felt. You are very hard on yourself, and that's you. But this? Do you really believe or even think that this is emes?

You know what hiding in the bathroom for shemiras einayim is.

You know what 45 minutes fighting off the YH is.

You know what not giving in a 2nd time etc is.

You know what ordering a prefiltered phone is.

I'm not asking you. I'm telling you that you know.

You want the truth, and the truth is that you are much more Kadosh than you allow yourself to admit.

Kol Tov dear Chaver

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Re: Striving

Posted by Muttel - 22 Apr 2025 19:17

So how do I respond here?

Do I say how these last 179 days **were not a waste** like you've written here
(guardyoureyes.com/forum/19-Introduce-Yourself/433180-Re-Legos-to-Clubs-to-Rays-of-Light#433180)?

Or that mistakes teach us how to succeed like you've written here
(guardyoureyes.com/forum/19-Introduce-Yourself/431979-Re-what-happened-to-me#431979)?

Or that you are a SHINING LIGHT to us like you've written here

(guardyoureyes.com/forum/19-Introduce-Yourself/430386-Re-Sick-and-tired#430386)?

Or that Hashem is waiting with loving arms for you to come back after this fall like you've written here

(guardyoureyes.com/forum/19-Introduce-Yourself/430359-Re-what-happened-to-me#430359)?

Or that this fall will precipitate a great rise like you've written here

(guardyoureyes.com/forum/19-Introduce-Yourself/429334-Re-Sick-and-tired#429334)?

Or that struggles are normal like you've written here

(guardyoureyes.com/forum/19-Introduce-Yourself/428675-Re-A-BLEEDING-SOLDIER#428675)?

Or that you are a great inspiration to me and many (you ARE) and can explain it privately to you like you've written here

(guardyoureyes.com/forum/19-Introduce-Yourself/428607-Re-seeing-some-bright-light%21#428607)?

Or that your accomplishments are never erased and are yours forever like you've written here

(guardyoureyes.com/forum/4-On-the-Way-to-90-Days/428320-Re-Holy-In-Jerusalem#428320)?

Or that I believe you're a hero for getting back up and not falling again like you've said here

(guardyoureyes.com/forum/19-Introduce-Yourself/427153-Re-Hi#427153)?

Point is, R' Jolly, I love you and respect you gufa because you have such a hard time. I only ask you judge yourself as you judge others.....

With a heart melting with the warmth of brotherly love and hopes for sustained aliya in all areas,

Muttel

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Re: Striving

Posted by iwantlife - 22 Apr 2025 21:24

Ay, R' Jolly, I know your pain too well. Falling after a long streak hurts. No two ways about it. For that, I truly feel for you. Here's a hug. On the other hand, I will indeed dispense with the pleasantries and accolades. You are 100% correct in your diagnosis that sustained progress without a foundation is impossible, I too was guilty of that on my first blissful but extended streak. I want to take it one step further though. I apologize in advance for what I'm about to say, I say it with pure love:

Who do you think you are, to judge yourself so harshly!? You say you're a 'deeply flawed person'. Oh really? Says who?! You seem to be operating under the assumption that falling = failing. Now, some times it does. However, someone who has the poison of porn in his veins needs a whole load of tools, plus help from Above, to fight the beast. For you to already hold yourself to such a high standard.. methinks you think **too** highly of yourself. You're just getting started! With regard to this battle, you're no worse than a bar-mitzvah bochur, who's ???? in all the ????? knowing that he's guaranteed to struggle! In fact, I'd say you're starting off even worse. We unfortunately have very little ????? (barring GYE) with regard to dealing with this specific modern beast. How can you expect **not** to fall? There's a michtav from R' Hutner (Iggeres 128) where he responds to a bochur who thinks his quest for shleimus is being constantly impeded by his falls. (I don't have the sefer, here's what I was able to find quoted online, might not be 100% accurate):

“??, ???, ?? ??? ?????? ?? ?????? – ?????? ???. ?????? ?????? ?????? ?????? ?????? – ???, ?????? ?????? ?????? ?????? ?????? ??????, ?? ?????? ?????? ?????? ??????. ?? ??? ?????? ?????? ?????? ?????? ?? ?????? ?? ?????? ?? ?????? ?? ?????? ?????? ?? ?????? ?? ?????? ?? ?????? ?? ?????? ?? ?????? ?? ?????? ?? – ?? ?? ?? ?????? ?????? ?? ?????? ?????? ??.”

You say, TBOTG doesn't work for you. Ok, could be, doesn't work for everyone. I'll be honest, for the first 3rd of the book, I too felt almost nothing. That said, I think that you should probably give it a real good effort before you throw it away. It's easy to underestimate the **power** of (sometimes overly-simplistic) repetition of the same concepts. Yet, we all know what the Mesilas Yesharim says about that. Foundation-wise, I think a positive-attitude is the **key**, as opposed to one based purely on fear of falling. I promise you, even if every word doesn't feel mind-blowing, there's a drip-drip effect.

TL;DR, cut yourself some slack, and don't write off TBOTG (or Mindshift!) so fast. It's hard to admit that our growth as Yidden can feel a bit lopsided, learning all day on the one hand and falling in this area on the other. It's understandable, we're starting from scratch in some ways. But it's ???? to people like you that the ???? was given, and IY"H with the right combo of mindset change, accountability, tools and friends, you'll be truly Jolly in no time at all!

With love,

iwantlife

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Re: Striving

Posted by chosemyshem - 23 Apr 2025 02:39

Dude take a chill pill. Like, actually go get some Xanax. Mmmm xanax. Mmmm.

I get the post fall guilt trip self-hatred, but you and I both know not only would you never say that to someone else, you wouldn't even think it about someone else. If you're so stuck on being so harsh on such a choshuve yid it might be time to fix that. . . .

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Re: Striving

Posted by frank.lee - 23 Apr 2025 08:47

Hi jolly, great post, sorry about what you went through.

One point, if you go a year with falling, even if it's because you were busy or whatever, still great! Even though it was not like you were putting in tons of effort.

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Re: Striving

Posted by amevakesh - 23 Apr 2025 15:38

<https://rebgershonribner.com/triumphing-in-never-ending-struggle-with-current-permissive-environment>

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