

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 and 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 be in the depths of this shmutz.

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

Can anyone help?

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Re: Striving

Posted by jollylemur95 - 20 Jan 2025 18:37

90 days.

It has been more than 90 days since the last time I masturbated or watched porn.

Since 90 days is considered a benchmark of sorts on GYE I will post on it.

However I will try to avoid any euphoric hyperbole but rather an honest and measured recording of what I feel, have learned and an overall reckoning of where I am.

First let me state the obvious: I have refrained from these activities for more than 90 days. In my "expert" estimation that is a nes nigla about equal to Krias Yam Suf. Mamad Har Sinay, and the nes Pach shemen all combined. Something that I could not fathom can happen even when I was holding on day 85. (actually, especially at day 85 since I have had my hardest stretch in the last few weeks). Thanking HKBH is obvious and is something that really is done in my heart between me and him. As my rebbe told me years ago. you want to thank hashem? The easy way is to make a kiddush in shul and make a grand announcement. The best way is to take on another seder, work on fixing a bad middah etc.that no one will necessarily find out about. I have to thank my GYE friends who have carried me through until now. Please do not stop!!

My bedroom life is a different experience. It has turned from a selfish action to an avoda of giving that I can only hope brings hkbh nachas. It definitely makes my wife happy. As she has told me: I do not know who you are speaking with but whoever it is, he is telling you good stuff" The act takes more the double the amount of time that it used to.

If I had 1 word to describe the past 90 days it would be **'REVEALING'**

It has revealed a lot about myself.

I am not the biggest rasha since acher (not even the second biggest)

The unconditional love HKBH has for me despite being as filthy as sin. He still values me.

How truly stubborn I am. This can be used in a good and bad way. I must choose wisely.

That the greatest heros of Klal Yisroel are the unsung people (maybe guardian angels) who go around with fake usernames working to help themselves and others beat this terrible YH. You guys are the best! I am not privy to what Hashem thinks but if I had to guess, GYE is one space where he gets some of the most immense nachas.

But Alas, not all is well.

I have also learned some not such complimentary things about myself.

How deeply entrenched this avara is in my very being. It will take a tremendous amount of time and effort to uproot it.

I am very selfish. (see a previous post of mine how every person can be viewed as an object for my enjoyment, or a person to care for) My first reaction when I see someone (a woman in particular) is how can I get enjoyment from him/her. As the kutzker would say: "a nutzer"

I am still very lustful. For example, while I mentioned how the bedroom has become an elevated experience it is different in other ways as well. Without getting into details (I think I will b'n open a thread on the Balla Batims forum that I can state more details, I want to hear what the oilam has to say on this) The act is physically less enjoyable then before. Suffice to say that there is a milchama going on between the giving side of me that wants to give her all she desires and the lustful part of me that just wants to do "my thing". (hamevan Yavin). Though in action, I am giving to her, my heart is fighting to keep it about her and not become self focused. The result of that is internal turmoil that is very stressful.

In short a lot of work still to be done.

Just a few other observations:

I have learned many new skills to help in this battle. But I am noticing that sometimes it is not enough. When the urge is extremely strong all reasons and methods do not appeal to me. The reason is because While I know all these in my head, getting to feel it and keep it is not here yet. (the vihashevosa el levovecha). So how to deal with it I think for me is only one thing. White Knuckling.. And it is true that it might not be so pleasant, I think that sometimes I just have to say: " yes, I desperately want to act out . Yes, I desperately want to watch porn, but what can I do? The master of the world said no." (See the Rambam in Shemona Perakim who speaks about more). I think even Yosef Hatzadik to some extent white knuckled it. He was obviously far greater than I will ever be and yet we find in Chazal that he was supposed to have 12 shevatim but he did not because of the tremendous difficulty holding back and losing zera from it. So I am coming to the realization that while for some people it may get easier over time, I do not think that happens for everyone. In fact, the last few weeks have been harder for me than right when I started this trip to 90. I have been only been able to hold on with the great support of the chevra here and a lot of white knuckling.

The problem is that white Knuckling is very hard and may not be sustainable in the long run. But I had a thought that I think can help me and maybe some others that may feel like me. We find that Yosef Hatazadik was going to do "his needs " which Rashi says means he was ready to succumb to the nisoyin. We all know what happened next " raah demus dyoiknoi shel Aviv" He saw his father's vision and he held back. But we find in the Gemara in Sota that it was more than that. Yakov Avinu started talking to him saying all the shevatim will be on the choshen and if you succumb you won't etc. It was not merely a remembrance of His father, It was almost a nevu'a! So the mefarshim ask what was the great nisiyon here if Yakov Avinu sees what you are doing? Granted it is still a nisoyon but not nearly the same level. (See Drashas Haran that asks a similar question on Akedas Yitchok). So some of the mefarshim say it was not a real vision , just something that Yosef imagined to help him in the fight.

But I was thinking something else. It could be it was a real nevu'a. YaKOV Avinu saw what was going on But the greatest nisoyon was not what happened then but all the time until then. Chazal tell us that she tried constantly to get him just to look at her even without sleeping with her. She tried many different tactics that are brought in the Gemara and more in depth in the Medrash (Tanchuma in particular) And Yosef stood strong! He wanted to do it but he white knuckled because Hashem said no! (as mentioned earlier). Finally he lost the strength . it was too hard!

He was about to succumb. Then HKBH steps in. You tried your best for so long. You did not look even once under the most pressing circumstances. You pushed against massive urges and stood strong. You gave every last bit for the fight. And now you can't anymore. You do your best I will send you a nevu'a from your father to help you!

If this is correct, then I think this can help me. If I try my best, white knuckle and all because he does not allow me even when I fall out and can not go on Hashem says "You tried your best, now I will send you help to withstand even when you are about to soccomb".

In closing. There is a lot more work for me to do to make internal change. I need my friends here to support me but if I do my best then Hashem will send me the help I need when I can not go on.

I would love to hear any feed back. Mussar, chizuk, criticism, encouragement .

Thank you for reading and I hope I can continue staying away from these activities.

P.S. I think I might post more often b"n for the next while until I get out of this really tough patch. The accountability is very helpful

Thank you for your support!!

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Re: Striving

Posted by chosemyshem - 20 Jan 2025 20:33

Jolly it's an honor to know such an chashuve fighter. Your grit and determination continuously inspire me. May you continue to go from strength to strength!

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Re: Striving

Posted by youknowwho - 20 Jan 2025 21:38

[jollylemur95 wrote on 20 Jan 2025 18:37:](#)

Suffice to say that there is a milchama going on between the giving side of me that wants to give her all she desires and the lustful part of me that just wants to do "my thing". (hamevan Yavin). Though in action, I am giving to her, **my heart is fighting to keep it about her and not become self focused. The result of that is internal turmoil that is very stressful.**

In short a lot of work still to be done.

A beautiful update, Reb Jolly! Congrats on 90 days!

If you don't mind me zeroing in on the part above, especially the bolded part.

I see this again and again. Namely, a valiant, noble effort by many who are recently clean to try and strip their own experience of pleasure from their sex life. I personally think this leads to a lot of inner angst, and is completely unnecessary.

Making sure your wife is happy and consenting? Absolutely crucial. Love? Connection? Of course!

But if there is *turmoil* in your mind, your "*heart is fighting*" to focus on her...perhaps, and again, I do not know you personally, but perhaps you are biting off more than you can chew? You write that this is "*very stressful*". Why not celebrate your wins, your newfound cleanliness, and enjoy the wife Hashem gave you? As eerie recently pointed out in his new [thread](#), it is okay to enjoy it! No need to feel guilty about it. You and your wife should both have a happy, pleasurable and passionate bedroom life.

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Re: Striving

Posted by jollylemur95 - 20 Jan 2025 22:58

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Absolutely!

We are supposed to enjoy it! I agree 10000%! I do not feel guilty about that at all.

I left it vague for obvious reasons.

I can explain more of what I mean on a different platform.

Or PM me and I can explain more

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Re: Striving

Posted by rebakiva - 21 Jan 2025 06:51

Mazel tov mazel tov R' Jolly!!!

You're truly a "Ben Aliya" maybe not as big as Yosef hatzadik, but also not as bad as Acher, you've been such a source of inspiration to me and to everyone who reads your passionate posts, it was an honor to get to know you and I'm looking forward to many more deeply intellectual conversations with you, it's an honor to be your "GYE friend". {Who knows, maybe we both had to struggle, just so we find each other, and form this relationship.}

May you be zoiche to an ever lasting life of kedusha, and help many others achieve lasting freedom. Rooting for you.

With love Akiva

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Re: Striving

Posted by Muttel - 21 Jan 2025 09:17

Mazel tov on 90, the new hergel!!

Just to echo the others here, it's been amazing getting to know you, with your pure passion and brutal honesty. Bezv we will celebrate 900 and 9000 too and greet Moshiach as those that were able to remain kedoshim in a world gone mad.....

Keep giving Hashem the nachas you currently are by staying in this fight...

Muttel

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Re: Striving

Posted by amevakesh - 22 Jan 2025 13:04

To my Teire Yedid Jolly Kotzker,

I don't know where to begin. To say that I'm inspired by you, would be the understatement of the year. I blown away by the ?????? that you have, by the sheer effort that you've put into this fight, and by your exceptional humility. You are a fighter in a league of your own. In football, there's a position called a running back. It's one of the most difficult positions to play. His job is to take the ball from the quarterback and run. Simple enough? Not at all. There are a bunch of HUGE goons running at him ??? ???? ???? ??, grabbing him, trying to Schlep him down. His job is to try to avoid them if possible, and if not, to overpower them and keep on running without letting them drag him down. If there was ever a successful running back, it is you. Your steely

determination to stay clean despite the overpowering urges that try to bring you down is astounding to me. I know that there aren't many people (myself included) that would be able to withstand the onslaught of temptation that you have, and still be clean.

A couple of points I have.

#1) Kotzk has it's place, 200 years ago when there were people that were capable of the burning, searing truth. For people in our generation, the unvarnished truth can often hamper our ability to grow. Constantly evaluating and criticizing yourself, on the lust still within you, gives way to much credence to the YH. This is a quote I took from your writings to someone else. "Regarding the thoughts, just try to gently move to other thoughts. Trying to resist them will only make them stronger. You will see that with time you become more accustomed to changing your thought process and it will become somewhat easier." Give yourself at least as much credit and compassion as you would someone else that was going through the exact same journey as you. You would give him every title, throw every accolade you could think of, and would really believe that he's an unbelievable hero. Please find it within you, to look at yourself the same way. (For a beautiful post on this topic, see post #415016 in Chaim's Oigen) Take note of the progress you've made, and besides for being grateful which you already are, I don't think that it's out of place for you to feel a certain amount of pride (I know you'll disagree, but I'm entitled to my opinion).

#2) Selfish? Bah humbug! I don't know of a person that despite his urges to give in and just be done with it, spends double the amount of time, getting less pleasure out of the act so his wife can have more. To me, that sounds like the epitome of selflessness, something which I aspire to hopefully attain.

It has been a ???? for me to get to know you and to be counted among your friends. I have gained from you in so many ways. Your ????? ???? is Takke a throwback to the olden days in Peshischa, Tomoshov, and Kotzk. Keep on trucking, and being the source of inspiration that you are for all of us here at GYE!

????? ???, Your friend,

Amevakesh

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Re: Striving

Posted by BenHashemBH - 22 Jan 2025 13:29

[amevakesh wrote on 22 Jan 2025 13:04:](#)

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With love, Your friend,

Amevakesh

If we are entitled to our own opinion, I agree 100% with Amevakesh's beautiful words.

Warning: Spoiler!

You are a shining bright and holy star.

Continued hatzlacha and kol tov

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Re: Striving

Posted by jollylemur95 - 22 Jan 2025 19:43

I said I would try to post more regularly until things calm down.

Unfortunately, things have not calmed down , dealing multiple diff issues outside of the GYE inyanim which has partially contributed to stronger urges to act out.

The night after I posted my 90 mark I could not sleep. Historically, that would always be a danger zone for me because I thought that acting out would seduce me to sleep.... I was very inclined to act out but I did not because I knew I had to report to you guys. I was thinking ":I just got to 90 and already go back to 0?" I know it is not a numbers game but while it is going it can motivate.

So thank you chevra for holding me accountable!

Hope to keep going

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Re: Striving

Posted by BenHashemBH - 27 Jan 2025 13:59

Brother Jolly,

How was your Shabbos?

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Re: Striving

Posted by lamaazavtuni - 27 Jan 2025 19:23

Jolly jolly went on a train , starting his journey fighting his pain , he hit the big number(90)

and thought he was done , but my brother if you fell the next stop is day one. (Ttyo humpty dumbty). Dear brother we're in this together.

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Re: Striving

Posted by jollylemur95 - 28 Jan 2025 19:41

[lamaazavtuni wrote on 27 Jan 2025 19:23:](#)

Jolly jolly went on a train , starting his journey fighting his pain , he hit the big number(90) and thought he was done , but my brother if you fell the next stop is day one. (Ttyo humpty dumbty). Dear brother we're in this together.

Hello chevra!

Was kind of away so was not able to connect to my inspiration plug...GYE!

Thank you for the warm words!

B"H I am doing ok but falling really bad. I did not act out or watch anything (porn) but I did fail otherways.

As mentioned, I am going through a very hard time in my life in other matters and it only got harder since the beginning of this week.

I am ashamed to say (but isn't that the point of posting... to be accountable) that on Sunday night I filter poked for a few min. (around 2-2.5 min). I was only able to stop because I told myself that if I find a weak point in the filter I would for sure act out so better stop while I am ahead. This is good and bad. Good because I have somewhat of a fear of acting out that can be a deterrence at times. Bad because I shouldn't be looking at things inappropriate regardless of if it will lead to acting out or not. (Have to work on that!)

I will b"n keep posting on a more regular basis at least till this rough patch passes. And yes posting means posting failures to though I certainly hope not have to report that!

Thank you to everyone who reached out!

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Re: Striving

Posted by jollylemur95 - 30 Jan 2025 16:24

Yesterday was b"h as close to a perfect day regarding kedusha as I have had in a long time.

Does not mean there was no urges. There were, and some pretty tough ones at that, but with s"d and help from some of my friends and mentors I was able to get by.

A thought on the word "Perfect"

Some of my friends and mentors get very nervous when I use that word. Their reason being that as humans we are not and can not be perfect. They are of course correct in that regard.

I would want to make a distinction between before and after the fact. I must emphasize that this is only my opinion and I would be a fool to think that there is no one who disagrees. I am merely stating for my self why I do not shy away from using that term and why i find that it helps me. To me, I want to set my **aspiration** to be as close to perfect as possible. I feel that if I started with the mindset of I might fall I am setting myself up for a fall. However, my **goal** is to look at each test as just an opportunity to do my best. And if c"v I slip or fall then I have to realize that I am human and that falls are part and parcel of the human experience. So do not beat myself up and just keep going. This is obviously a very fine line to aspire for perfection before the fact but also realizing that it is not always feasible to be so and if c"v a fall happens it is just that....a fall. I realize that many will say that I can be realistic before the fact and still not plan to fail. And good for them. I can not do that..... at this point for sure. I want a fall or a slip to be to me a complete non option the same way I view eating traif or driving on shabbos as a complete non option. Hence, I use the word perfection as my aspiration but still working on working on if a c"v a slip or fall occurs not to think it is the end. It is normal and to be expected. It might be expected but I do not want to come to a point where it is accepted as an option.

Again this is just me and for those who can do both sides without setting perfection as the aspiration.. kudos to them. To me this is the way I have it at this time.

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Re: Striving

Posted by babayakob - 30 Jan 2025 17:44

A crooked ladder is perfet, a strate one is not;

A person that has fever evry few munths is perfect, yu dont not beat you self up, you just know that you still perfect;

A person that has urges and slips {sum times c"v falls} is perfect, you dont not beat you self up, you just know that you still perfect.

I not trying to c"v hurting you or giving eitzes, I just saying mines perspective.

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