

Hi from the teen program

Posted by gyefeller - 01 Nov 2024 05:41

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hi guys, this is my first time posting on the GYE adult forum, i used to be on the teen hub but i graduated a short while back and never posted yet, so heres my 'story':

I am 18 and in yeshiva in North America. B"H i grew up in an amazing family, great friends, good school and a happy yiddishkeit/spiritual life. at about 14 (9th grade) my hormones started getting attracted to inappropriate vids on YouTube etc. i didn't even know why or what (i only learnt about puberty later on...) but it got more intense until i discovered P\*\*\*. It was BAD, let me tell you. B"H it was not my introduction to s\*x as i was taught the Jewish view on s\*x in 6th or 7th grade, i think that was a big part of my success in the first fall. unfortunately i couldn't speak about my horrific discovery that became a habit and shortly an addiction with the one who talk me about s\*x for whatever personal reason. so i was left to slip down the slippery slope of tumah by myself.

Thank you hashem that M\*\*\*\*\* never really was my weakness, of course i've had tough times with that especially after a long 'session' of p\*\*\* but i don't think i was ever addicted.

anyways it got to a really bad point in 11th grade, i was up half the night for weeks just trying to find crazier and crazier, you know what i mean. i don't think i was using p\*\*\* to numb myself bec as i didn't really have too many stresses in my life bli ayin hora, i think it was a slow build-up of the yetzer hora re-wiring my brain through strong taiva that caused my addiction.

one night after weeks of nightly heavy duty p\*\*\* i wanted to watch something to keep me stimulated but it had to be kosher, so i googled 'kosher video sites' and lo and behold GYE popped right up so i checked it out and although i heard of it before i never knew what it was for, but it seemed hashem sent me hope when i was at a really low spot so i decided to sign up, it's anonymous after all!!

i tried some of the tools and was like 'hey, man we've got some hope' then i discovered the teen hub which made me feel normal and human once again, it was really really really essential for me to see that this is normal and to interact with people openly about these struggles. i really learnt and grew a lot there, now i'm starting my journey with the men i hope it'll be the same great if not better!

i don't think my story is anything compared to the other giant warriors on here, but i just wanted to introduce myself:blush:

thanks for reading!

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Re: HI from the teen program

Posted by jollylemur95 - 28 Nov 2024 15:49

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You are an inspiration!

More then that. I am in awe of you!

Keep it up!

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Re: HI from the teen program

Posted by gyefeller - 29 Nov 2024 00:40

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thank you:blush:

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Re: HI from the teen program

Posted by menuchashanefesh9 - 29 Nov 2024 04:58

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Holy Buchur,

You're nothing short of a hero!! Please make yourself a huge (off shabbos?) breakfast tomorrow as a celebration!! Every ounce of work you are putting into this fight is going to help you and stand with you as a you continue to develop tremendously during these formative years!! Hotzlacha Raba and keep up the great work!!

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Re: HI from the teen program

Posted by gyefeller - 29 Nov 2024 05:42

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i just fell in m:cry:

it wasn't such a bad fall, bec it was very short and i gave tzedakah right after etc.

but i hope the banquet breakfast still applies:grimacing:. i hope i can just ignore this fall and continue on my sober streak iy"h

**Warning: Spoiler!**

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Re: HI from the teen program

Posted by rebakiva - 29 Nov 2024 06:03

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The banquet breakfast, still applies 100% because you achieved 30+ days from when you started till now.

As far as going forward, you're still doing great, lets say you've had 33 days, minus now 1 day so going forward you have 32 days, as HHM says if you climb a mountain, and trip along the way, you don't fall down to ground level, you just trip, but pick yourself back up and continue onwards, or another example is, the guy who dieted, and lost 50 pounds, then one day he over ate and gained back a pound, he's still at 49 pounds less than where he was when he started, he didn't regain all 50 pounds.

So please, my dear brother, TREAT YOURSELF TO THAT BANQUET BREAKFAST, don't give up keep your spirits high, and KOMT!!!

**Warning: Spoiler!**

With love Akiva

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Re: HI from the teen program

Posted by yosefms - 29 Nov 2024 10:02

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Wow You are AMAZING!! Celebrate this massive win Tzadik

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Re: HI from the teen program

Posted by yitzchokm - 27 Dec 2024 17:02

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How are you doing brother?

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Re: HI from the teen program

Posted by Muttel - 29 Dec 2024 10:55

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Just discovered this phenomenal thread!

How are you gyefeller?

Muttel

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Re: HI from the teen program

Posted by gyefeller - 30 Dec 2024 00:59

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i'm doing great B"H! trying hard to stay in check and feeling optimistic.

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Re: HI from the teen program

Posted by gyefeller - 08 Jan 2025 03:58

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hi, guys

hope your all doing great

i've had this feeling lately of 'i never will be perfect, and hashem doesn't expect it of me, rather he wants me to try my best'

but then i think 'well, if i am going to fall, who said that this crazy urge is 'passable', maybe this situation is impossible for me not to slip'

so obviously you can't think that (thought #2) before a fall bec otherwise you will fall, but how can i give myself chizuk after a fall

if my mindset just was (=before the fall) 'i am expected to pass every challenge'? i feel like it's too opposite for my brain to go back from one to the other...

before you answer just know that thought #1 has given me a lot of chizuk/strength to go on after a fall, but now that i'm thinking too much i'm (or the YH is getting me) a little unsure of how it actually works

if you can please help me understand what and how i should think ALWAYS, before and after a fall it would be very much appreciated

thank you guys!

p.s. i didn't articulate my thoughts so clearly so if you have any questions on what i said please ask

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Re: HI from the teen program

Posted by Hashem Help Me - 08 Jan 2025 12:27

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Maybe turn off this analyzing section of your brain for a few days so you can stop tormenting yourself. Evaluating and analyzing usually are not so beneficial. Best is to get up in the morning and after modeh ani, for a split second say, "Hashem wants me to be clean today, so that is what i am going to do with His help". And that's it. No focus on this at all for the rest of the day. Do not make this the centerpiece of your davening either. When you say in birchas hashachar that Hashem should help you not come to nisyonos (v'lo li'yedei nisayon), again for a split second have this inyan in mind and then enjoy a beautiful davening of praising Hashem and asking for all the bakashos that Chazal were kove'ah in davening. Hatzlocha buddy. May Hashem give you menuchas hanefesh.

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Re: HI from the teen program

Posted by BenHashemBH - 08 Jan 2025 13:31

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[gyefeller wrote on 08 Jan 2025 03:58:](#)

hi, guys

hope your all doing great

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but then i think 'well, if i am going to fall, who said that this crazy urge is 'passable', maybe this situation is **impossible** for me not to slip'

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Shalom Brother,

What is your definition of 'perfect'? Hashem wants you to try, as you said, and perhaps that is perfectly perfect enough?

I don't think expectations are the way to go. Hashem doesn't ask for, nor does he need perfection - He already has malachim for that. Desire and effort to get close is what is precious to Him.

Impossible is outside your jurisdiction. Trying to figure out what qualifies is an exercise in futility, because siyata diShmaya makes anything possibly possible.

Keep trying, and if need be, keep trying to try. Falling does not negate the fighting, so there is no contradiction. Before a nisayon Hashem wants you. During a nisayon Hashem wants you. And after a nisayon Hashem wants you.

Thank you for the well wishes and have a great day! Kol Tov

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Re: HI from the teen program

Posted by gyefeller - 08 Jan 2025 16:15

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thank you guys!

i like both your answers, it reminds me of way back when for some time i decided that this is a normal challenge- like bittul torah and you gotta try very hard not to slip. that's it. no 'but if i do...' or 'i will eventually slip..'.

i don't know what happened to that mindset, it got lost a while ago, but now is definitely the time to work on a good mindset

like hhm said 'don't give the YH too much attention, your normal and focus on other areas of your day' (-or at least that's how i read it)

and like bhhb said 'don't judge yourself on the past (and say i'm spiritually totaled [like a car...]), just think that i'm on a marathon and Hashem is telling me 'you got this! don't focus on the falls, keep running. i see the bigger picture- in which you are a winner!'

**Warning: Spoiler!**

thank you both for these great 'viewpoints', IY"H i will try to engrain them in my brain

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Re: HI from the teen program

Posted by gyefeller - 08 Jan 2025 16:17

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i have no clue how to use the emojis, hence above:)

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