

what happened to me

Posted by lamaazavtuni - 19 Jan 2025 20:25

Hi this is my first post. I'm planning to share my story eventually levayla I'm just looking to get some Chizik and see who's out here, share our struggles. Im blown away by what iv seen here on gye and i already feel stronger by seeing everybody else's story's and it gave me tremendous chizuk. lets be in touch!!

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Re: what happened to me

Posted by youknowwho - 19 Mar 2025 21:27

[lamaazavtuni wrote on 19 Mar 2025 19:49:](#)

thank you youknowwho. could be your understanding me correctly could be not as im not in a state that i fully understand myself and am having a tumble of emotions whether their really happy really sad, confused ,mad ,angry the list goes on and their not going in a clear order that makes sense which is making me more confused and a drop meyuish . what i do feel though is that i reached such a low and cannot get out of it myself and bh with the help of the tzadikem that give up their time headspace energy ... for me who before i called was a random yid that they never heard of or knew even remotely. yet they were\are their for me, and in ways i think i grew and imh will continue. **BUT i did realize that many times before ill talk to someone from gye ill get stressed and overall[btw this is totally my problem and has nothing to do with anybody iv spoken to as their doing everything right and I'm just the problem] i feel the need to impress these ppl\earn brownie points \show them how impressive of a person i am which makes it a harder relationship to keep up from my end as it gives me nerven like all relationships i have** [all this obviously stems from my own insecurity's and low self esteem] THE ALTERNATIVE THOUGH is not really an option as if i didn't have this accountability and freinship i would probably just give everything up at some point [my life iv built for myself, marriage, anything iv worked to become] cause where I'm holding right now the yh s way to temping and the easy way out is way more feasible than having to put in the hard work of fixing myself. so that's basically my kvetch if I'm answering your answer correctly

What you are saying is, that you will forge ahead with these relationships, *despite* the stress it brings you, since you are *afraid* of the alternative.

What I am saying is that I worry that if the modality of recovery you have chosen is causing you a lot of inner pain/stress/nervin, the whole thing can possibly backfire. You may start feeling

even more resentful and meyuish as time goes on.

Taking the time to think about the following concepts can perhaps ease your stress.

- The person you are talking to is nonjudgmental, no need to impress him...he himself has been there and done that too! Odds are, he is still struggling in some way.

- It's much easier to just be real and natural with these kinds of relationships...let your "inner pervert" flow naturally. Best case scenario is he won't be meshadich with you, or even worse, he will never be maskim to be alone in one room with you due to fear of being harmed in some way

Achieving sobriety is tough work as it is, but we don't have to abuse ourselves in the process.

Take it easy, have some compassion on yourself... I hope you find some peace, it sounds like you are going through a lot of stormy emotions right now. Sounds really tough!!

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Re: what happened to me
Posted by lamaazavtuni - 21 Mar 2025 04:33

Thank you ykw what your saying makes a lot of sense although practically I'm still not 100% sure how to proceed.
or other...nu'nu.

Bh today was pretty productive !! Although had a tiny urge at a few points during the day but didn't even get to the level that I thought to act on it . Gonna stay busy imh. Ah giteh nacht yidden

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Re: what happened to me

Posted by lamaazavtuni - 21 Mar 2025 18:24

Day *30

white knuckling my eyes on the street not sure y today was so hard.

Shabos himelizok!!!!

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Re: what happened to me

Posted by lamaazavtuni - 24 Mar 2025 00:54

Day 32*. Went to levaya today ... Sad that even there with a mais right in front of me realizing that I'll die one day. I still can't control my eyes ...

Imh what r eeire posted previously that now my taivos are on steroids and they'll calm down.

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Re: what happened to me

Posted by chosemyschem - 24 Mar 2025 14:24

[lamaazavtuni wrote on 24 Mar 2025 00:54:](#)

Day 32*. Went to levaya today ... Sad that even there with a mais right in front of me realizing that I'll die one day. I still can't control my eyes ...

Imh what r eeire posted previously that now my taivos are on steroids and they'll calm down.

Nu nu. Doesn't the Tosafos in kiddushin have a maaseh with a women by her husband's grave who ended up being seduced by a nearby guard and giving up her husband's body to hang?

Point being. Taivos are normal and it's a losing game to blame yourself for having urges. Save that for Tisha B'av when you can sit and the floor and cry for one day about how your utterly destroyed your tzelem elokim. The rest of the year, let the urges be what they be.

Acknowledge them, accept them, say no thank you, and move on.

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Re: what happened to me
Posted by Muttel - 24 Mar 2025 18:29

Shem beat me here.

Urges are nothing to be annoyed at, anxious over, embarrassed of, etc...

If not for risk of triggering, I'd list my urges publicly here. Let's just say they still come frequently and are quite colorful and of different varieties.....

I'm figuring I'll get them until shortly before my petira.....

Accepting them is a key to letting them die....

Wishing you all the best

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Re: what happened to me
Posted by lamaazavtuni - 24 Mar 2025 18:38

Day *33 had huge nisayon almost acted out bh reached out in time and now we're clean !!!!!
Thanks @minhamayim @altehmirrer

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Re: what happened to me
Posted by lamaazavtuni - 25 Mar 2025 19:12

Day*34 not doing so good with looking on the street gotta nip it in the bud. Am noticing that when Shalom bayis isn't good and I don't feel connected to my wife it's way way harder to keep my eyes clean ...

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Re: what happened to me
Posted by cleanmendy - 25 Mar 2025 22:06

[lamaazavtuni wrote on 25 Mar 2025 19:12:](#)

Day*34 not doing so good with looking on the street gotta nip it in the bud. Am noticing that when Shalom bayis isn't good and I don't feel connected to my wife it's way way harder to keep my eyes clean ...

I have the exact same thing, how I see it is because we don't feel good about ourselves. We trained ourselves over the years that my escape for when I'm not feeling great is _____
(fill in your favorite tayvah here).

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Re: what happened to me

Posted by lamaazavtuni - 27 Mar 2025 01:40

35* days!!

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Re: what happened to me

Posted by lamaazavtuni - 27 Mar 2025 23:13

*36 been looking way to much today which caused me to break a certain geder I put in place for myself. But overall feeling pretty productive these days with not much time to fall bh.

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Re: what happened to me

Posted by lamaazavtuni - 28 Mar 2025 16:30

I passed a huge nisayon today with flying colors BUT that ended up triggering me AND I FELL bh I know that the intensity of when I fall now is way less so obviously I'm making progress (although not as quick as I should be) also I cried after the fall as opposed to the other two times which I just felt numb after .

So I'm happy bh that i took steps forward and feel absolutely horrible about this but not gonna let it make me mad and a bad husband.

And committing to have a fully lustles week.

Warning: Spoiler!

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Re: what happened to me

Posted by yeshivabachur111 - 28 Mar 2025 17:51

[lamaazavtuni wrote on 28 Mar 2025 16:30:](#)

I passed a huge nisayon today with flying colors BUT that ended up triggering me AND I FELL
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Warning: Spoiler!

It's normal to feel bad after a fall. Just don't let it lead to yish. When I feel triggered, what I learned from TBOTG to reach out to a chaver. It's worked for me, even after a fall.

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Re: what happened to me
Posted by lamaazavtuni - 31 Mar 2025 03:23

2 days clean! Shtikle unsatisfying feeling that the cleaner and better I get at controlling my eyes and having a more healthy normal brain that takes other people into account . The more I realize how sick of a human I am and how much work I'm gonna have to do together to base level . Gotta truck up

Warning: Spoiler!

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