

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 odyossefchai - 31 Mar 2025 12:00

Brother, to hear about your struggles, is hard and painful.

I know this is cliché-ish (is that a word?) but you can break free.

But most of all, don't hate on yourself. You can be like me and outsource that stuff. There are enough people out there that have issues with me. I just close it up and keep on trucking.

Don't be hard on yourself. And don't say things like 'i was hoping to be further along on my journey than I am now'.

Thats maybe someone else's journey. Not yours. Yours is personal to you and you are moving at a good pace. You came to GYE, you out together a nice streak or two and fell.

These are big steps. Opening yourself up to others. Opening yourself up to yourself and seeing that you can change. You've made huge steps. HUGE ones.

You've made big progress and don't let little falls lie to you that you weren't where u need to be.

You are exactly where you need to be.

You came to the place where people like you, can get help and improve their lives. So pick yourself up and keep on moving.

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Re: what happened to me

Posted by chosemyshem - 31 Mar 2025 12:41

Let the record show that I hit "Thank you" only for the invention of "truck up."

With regard to the rest of the post I'm entirely maskim to R' OYC's beautiful words.

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Re: what happened to me

Posted by Muttel - 31 Mar 2025 18:22

[lamaazavtuni wrote on 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!

I gotta be honest - I agree that you're a sick human being ?????? "?? ???? ???? ????". We all have normal male urges. I don't want to trigger anyone here - but I know I've engaged and connected to super peculiar behaviors..... Does that make me sick? Well, considering you're a sick human being, I am too. But I'm a sick human being who's living life ?????? ??????, and you can too.

Let's keep trucking up together - and we'll enjoy some quality time together too,

Muttel

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Re: what happened to me

Posted by lamaazavtuni - 03 Apr 2025 00:45

Hey chekin in with the oilom... bh I'm 5 days clean !!! And was awesome last few days with shmiras eynayim!!!!imh vaite. Probably had to do with the fact that I spent some quality time with my wife in the morning just makes the whole day better, and keeps me strong.

ah gutteh nacht yidden

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Re: what happened to me

Posted by lamaazavtuni - 06 Apr 2025 04:51

Ah gut vuch !!! And bh a clean voch under my belt

Warning: Spoiler!

Imh this coming week should be as smooth!

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Re: what happened to me
Posted by Muttel - 06 Apr 2025 13:43

Yes, though forever more the only day you need to worry about is today. 7 of them would constitute a week, but for me, thinking ODAAT is helpful.

Just sayin'.

Muttel

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Re: what happened to me
Posted by lamaazavtuni - 07 Apr 2025 11:51

9days clean !!! No news is good news. Just posting leman posting and to t4 that I'm up so early...

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Re: what happened to me
Posted by cleanmendy - 07 Apr 2025 13:35

[lamaazavtuni wrote on 07 Apr 2025 11:51:](#)

9days clean !!! No news is good news. Just posting leman posting and to t4 that I'm up so early...

Reb Lama, its not **No** news, Its **yes** news, news that your changing, news that your in an upward growth!!

And its great news!!

KOMT

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Re: what happened to me

Posted by lamaazavtuni - 08 Apr 2025 04:16

10 days clean !! Starting to miss talking to my gye chaverim

Warning: Spoiler!

But really trying to stay focused on living productively and filling my time with Torah/spending quality time with wife/kids and living responsibly so that I actually feel good about myself and don't need to turn to detrimental stuff to keep me pacified and to keep life exiting .

Also recently noticed how much I need a dopamine rush constantly to feel alive dunno if that's from years of porn or I was always like that and it was something that porn provided (what came first chicken or the egg) but definitely need a rush pretty often and get burned out/bored of stustuff quiet quickly .

If any hearois on this would appreciate alot.

Ahh gutten nacht

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Re: what happened to me

Posted by lamaazavtuni - 27 Apr 2025 14:02

Hi guys I'm back! Thought I could manage this on my own but think now its klur i cant so here i am . Soafter a really stressful yt and bain hazzzeeee I fell on Wednesday not gonna go into detail but feel really ashamed and stupid about it especially cause that morning I spoke for the first time in a while to a gye friend and I felt like I'm getting back into the game then WHAM (well first I passed a big nisayon but after that i was worn down ..) took two days till i had the courage to admit to someone i fell and it really only happened cause hhm realized that I didn't update , but bh for that ,once we spoke im more calm and less meuish.

It's my 4 fall since starting my journey here (around chanuka time)so overall I guess I should be happy . Prob is I'm not

We'll be in touch chevra! Have a great day

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Re: what happened to me

Posted by dontevergiveup - 27 Apr 2025 20:09

I really appreciate your openness and authentic expression. You seem like you are very caring and wanna do the right thing for yourself and for your family. I don't know if you meant to, but you are inspiring me.

And by the way, I hope you know, that to me, you are way more ahead than you think.... It gives me chizuk to read your posts. You're on a high level bro. Keep at it !

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Re: what happened to me

Posted by lamaazavtuni - 04 May 2025 18:17

11 days clean!!! Had a big trigger last night , called a chaver works wonders even though we spoke for really short

Warning: Spoiler!

but just the fact that I knew I had someone following this fight with me was a huge chizuk. Happy to be back in the game and imh will start reading tbotg again.

I'll admit I'm not sure if I'm fully over this urge as it kept creeping back to me during first seder...

Wel be bekesher thanks for reading

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Re: what happened to me

Posted by lamaazavtuni - 05 May 2025 18:59

Dammitttt I fell although I gave a great fight , probably one of my hardest first seder s in my life , the thoughts that flew threw that head of mine , hashem yishmor . Without getting into details it still was a pretty decent fight beauchus ubekamus .

Trying to figure out y when I get in the moment at least sometimes I find it to hard to call a friend.

All chizuk s appreciated

Warning: Spoiler!

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Re: what happened to me
Posted by lamaazavtuni - 07 May 2025 01:03

chekin in still recovering from the disappointments of falling though im passed it in a way but i
guess not. feel really stinky about it. take care my brothers

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