

Skeptical but open-minded

Posted by ratherstayanonymous - 20 Jan 2025 18:20

Hello to the chashuva oilem on the forums, I've been poking around on the forums for a while and I feel the time has come to make I own thread, for some background I'm a bucher in Eretz Yisroel and I've been struggling with P/m for close to 8 years, hopefully I don't bore you but here's the backstory.

In 9th grade I got ahold of an unfiltered device through a relative of mine, at the time I was in an out of town yeshiva so most of the inappropriate content I was exposed to happened bein hazmanim, for years I hated bein hazmanim because while I was in yeshiva I didn't have access to P so I would naively tell myself that M wasn't so bad and really I was a shtieging buchor but at home I just felt hopelessly lost about my identity and many times throughout bein hazmanim I would ponder thoughts that "maybe I don't belong in yeshiva" and "yeshiva isn't meant for people like me" but then back in yeshiva surrounded by all the good guys I would laugh at how ridiculous those thoughts were and remember how much I enjoyed yeshiva and how deeply and passionately I felt about learning Torah (very clique I know)

This cycle continued until BM when one bein hazmanim I got rid of that device, I was on a high that bein hazmanim but of course a month later I found myself falling again, and that's how I continued for many years highs and lows all the time,

BH throughout this ordeal I was somehow able to continue to shtieg and am considered of the better buchorim, but inside I was never satisfied I always felt like a fraud and a liar.

Through some crazy hashgacha (I posted about it on a different thread) I discovered GYE and I'm 60 something days clean. So why am I skeptical you ask, in all my years (not that many I'm only 23) of suffering I can count on two fingers how many ppl I've opened up to (both of whom I connected with through GYE), and I just don't really connect to the whole open up on the public (anonymous) form and post where your holding thing, could be I'm bais but let's see where this goes (hence skeptical but open minded)

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Re: Skeptical but open-minded

Posted by yeshivabachur111 - 30 Mar 2025 21:11

[ratherstayanonymous wrote on 18 Mar 2025 14:49:](#)

Hey all, purim mishulash in eretz hakodesh was wild but now were back at it, first of all thank you Harav proudyungerman for reminding me why I even started posting, to make connections with people gufa to help me pull through in times of weakness and lusting like what I was going through, BH I made the calls and it helped me refocus and analyze what needed chizuk and further improve my strategies to continue the fight.

?Now with the zman coming to a close I'm fearful of the battles to come, the flight back to America, and the hardest fight of all bien hazmanim, b'niogeya the flight there really aren't any fool proof ways to protect one's self from all that exists in the airport and on the plane, but following in the footsteps of the many that did it and came out clean, I prepared different things to keep busy on the plane and shiurim to listen to in the airport I'll also check in with the oilem before and after the flight and set an incentive if/when it ends well and hopefully between all your tefillas and mine it will.

Bein Hazmanim, I don't think there has ever been a bein hazmanim where I didn't fall, like I wrote in my first post B"H was always a particularly hard time, during the zman I never had real access to porn and the struggle then was masturbation which obviously is horrible and is something I was able to get clean of till now, but porn is different in an emotional way for some reason masturbating during the zman never really hurt deep it, didn't make me feel inadequate and hate who I was, of course I realized it was wrong, something that was assur, and something that belittled and defiling the act of creating a bayis between a husband and wife and I always wanted to stop for said reasons and more, but porn B"H just broke me it was all the bad feelings that masturbating wasn't and it reflected what the true problem was, basically what I'm trying to say is that I was able to hide behind masturbating and convince myself that it wasn't so bad and that it was obviously a struggle but one that was normal as opposed to porn which there's no hiding from, so when I did fall (every) B"H it crushed me, that's why I'm scared, I'm scared that after so long of being clean and getting to such a good and healthy place the B"H monster will strike me down again like he did so many times before, and even with all the tools all the GYE friends and accountability partners there's a mental barrier that's laughing at me saying I'll fall.

So what to do.....

I don't have the device that I fell on so many B"H before, but there still is a device in my house that's lightly filtered i.e. YouTube, pictures with skin etc. I've never really fallen on it before as it's my parents' work computer but if I'm desperate I'm sure I can find a way to fall on it

inconspicuously, asking myparents to filter it is out of the question and convincing myself that I wont go on it I feel is impossible, and even if I don't fall to porn on it I still don't want to waste time on it watching YouTube every day, I have a good schedule B"H I learn plenty and exercise daily but even with that there are plenty of free hours that I'm home alone, I wish there was some easy way to work this out but for now it seems that, all roads lead to hell.....

Bain hazmanim is very hard with all the triggers in the streets and the stores. I prepared a plan with chavrusas, and an accountability partner but that's not helping. Just very frustrating after a good zman.

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Re: Skeptical but open-minded
Posted by boardg - 30 Mar 2025 23:25

Any other fun clean things that you can do?

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Re: Skeptical but open-minded
Posted by ratherstayanonymous - 31 Mar 2025 20:23

Ok so for integrity purposes last night had a Shtikle major slip (HBM insist it isn't a fall even though it feels that way), I think it's time to tighten the ship a little more, I saw it coming, I was breaking gedararim left and right for the past couple of days, really I should've reached out before the slip for chizuk but now here I am, I'm going to add some pages of TBOTG every night to keep all this on the forefront of my mind, and be shtarker about txtng before and after online use (really I should cut it all out but I'm scared that if I do it wont hold and when I do go on it'll feel bad enough that I'll just do whatever I want).

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Re: Skeptical but open-minded
Posted by minhamayim - 02 Apr 2025 06:08

Car mirrors. I have an interesting and unique affection for them. It all began when I first learned to drive. For some reason i couldn't quite grasp exactly which lane the fast approaching car was actually in. I used to kind of guess and hope for the best. Fists clenched and heart racing, I'd

change lanes - and breath a sigh of relief.

Eventually, after about a year of driving, i finally got it straight. I remember the excitement of being able to know exactly where and how far away all the cars around me were just by glancing at my three mirrors. I still love to passionately explain to new drivers all the tricks i invented to help them master their car-mirror skills.

Tonight only further cemented my deep historical relationship with said mirrors as in them i caught my first glimpse of a man I've come to know quite well. Skepticism and openmindedness aside, i appreciate you for that along with everything else.

humbly,

minhamayim

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Re: Skeptical but open-minded
Posted by ratherstayanonymous - 03 Apr 2025 03:34

[minhamayim wrote on 02 Apr 2025 06:08:](#)

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humbly,

minhamayim

Sometimes I wonder what would have been,

what would have been if such a young kid didn't get an unfiltered device at such a young age,

what would have been if he hadn't discovered all there is to see online,

what would have been had someone reached out to this kid drowning in pain and confusion,

what would have been if someone took the weight of his world off his shoulders,

what would have been if he felt loved and accepted despite it all,

what would have been.....

who knows, but one things for sure he wouldn't have the friend he has in you now.

Warmly,

ratherstayanonymous

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