

On the shoulders of those before me

Posted by LifneiHashem - 20 Nov 2016 20:53

Hi all,

I have been reading a lot of forums and found them to be at times a source of chizuk, as well as upsetting, at times.

Like so many others here, my struggles with P&M started in my early teens and continued until now. I assumed it would stop by itself when I got married, but here I am 10 years later and obviously that didn't happen. We didn't have internet for several years, so the while always an issue, it wasn't encroaching on my life on a regular basis.

About 3 years ago we got internet. It was a relatively slow progression, but at some point it became a nightly pasttime, causing a lot of wasted time and not enough sleep. This lead to missing minyanim on a pretty regular basis. The nightly watching was not exclusively x rated. I also started watching a lot of streaming TV. (I grew up on TV but moved more to the "right" in my late teens and "officially" stopped watching TV. However, over all the years I always kept an ear open to what was going on in pop culture.)

I tried stopping a few times over the years, but never with any success. At some point I realized this is a real issue and I can't just stop on my own. It was beginning to take ovr my life, and I was no longer really connecting to my family, that I could be in the room with them, at the shabbos table, but not really *there*. This past Rosh chodesh Elul I decided to stop for good and signed up on GYE a few days later.

BH now I'm at day 77, which I'm sure is my longest ever. GYE taught me that if I want to stop acting out, first I actually have to *guard my eyes*. I know this is really obvious, but for the longest time I felt that the acting out could be an isolated issue, and there was no need to stop looking at whatever crossed my path, and of course my favorite tv shows. I learned from previous posters the importance of avoiding triggers and the slippery slope.

Things have been going pretty smoothly, & I can honestly say I that for most of the past 2 1/2 months I had minimal desire to act out. I was tempted to believe that I was "cured", but after reading so many other people's experiences, I knew not to be fooled and i needed to keep my up my gaurd.

The reason I'm finally posting now is because today I am really, really struggling, and could really use some chizuk!

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Re: On the shoulders of those before me

Posted by Gevura Shebyesod - 29 Nov 2016 15:52

[Markz wrote on 29 Nov 2016 15:44:](#)

[LifneiHashem wrote:](#)

And yes, if cannibalism was a turn on I would certainly keep up on the latest developments.

After I say grace on you - yeah sure

'Fishel cannibalism thread (goes on and off through the next 3 pages)

<https://guardyoureyes.com/forum/1-Break-Free/204408-the-void?limit=15&start=60#215175>

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Re: On the shoulders of those before me
Posted by Shlomo24 - 29 Nov 2016 15:55

In general, the entertainment industry doesn't give a damn about the followers, unless there's monetary or PR value. It's a business like any other.

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Re: On the shoulders of those before me
Posted by Meier - 29 Nov 2016 16:36

I make sure to remember what I felt like after a fall, every day. And that's part of what keeps me from crossing that first "line"

in my case the point beyond no return is a couple days/weeks after crossing the first one. it's a gradual decline. but the bottom is hell and a place I really hope b'ezer hashem not to visit again

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Re: On the shoulders of those before me

Posted by Bigmoish - 29 Nov 2016 16:42

How long have you been using this method, Meier? Has it helped you stay clean past the few weeks that you say are the trouble spots?

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Re: On the shoulders of those before me

Posted by Yosef Tikun HaYesod - 29 Nov 2016 18:02

Hello,

I am pretty new here. I have a going toward 90-day forum thread, but was reading yours now.

L.H. I don't get it. You thought about some guy getting an std from a prostitute, and THAT kept you from watching porn videos and masturbating???

Also, if a person used a condom, which a lot of prostitutes insist on, then there would be very little risk of getting an std!

If it worked for you, great. But I don't get it.

M. I don't get it either. You honestly remember in detail what it felt like after you last fell?

I don't. Not in detail. Also, I was disappointed with myself for not having restrained my tyvahs. But it has been a LONG time since I cried over it and felt really, really bad. I would imagine it would not be such a healthy thing to get back into that mindset and relive those depressing feelings. I was told to move on and keep going forward. Do teshuva, yes. But don't focus on those feelings of charata every day...because they can be paralyzing.

What should I think of before a fall in order to PREVENT a fall? I don't know. And I better figure it out (with help from you guys) quick, BEFORE the test comes. It has to make sense to me, even when I am in a very vulnerable position.

You can comment here or on my thread. Thank you.

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Re: On the shoulders of those before me
Posted by LifneiHashem - 29 Nov 2016 18:21

[Yosef Tikun HaYesod wrote:](#)

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Reading the story with the STD was not a long term solution. It was enough to snap me out of fantasy and back into the reality. BH I have never been holding anywhere near the desire to go to prostitutes, but it struck me that if I give in to P&M now it would lead me on the path to be in the hole this fellow is in now.

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Re: On the shoulders of those before me

Posted by Meier - 29 Nov 2016 18:26

It's a daily mindset and BH so far so goodIn my experience once I was already watching it was overWhat you have to do,is backtrack and find out what barriers to put in place so as to prevent you from getting to a point where it's a real tug of war.That's what I've been doing and BH it's worked so far.Take care of small problems and the big ones don't show up.for instanceIn our case that means training ourselves to keep our eyes down and if we find ourselves staring or looking around stop and think.think of where this leads us to Etc etc.That's what I meantSo yes that type of thinking helps me

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Re: On the shoulders of those before me

Posted by Bigmoish - 29 Nov 2016 18:32

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Is this an answer to my question?

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Re: On the shoulders of those before me

Posted by cordnoy - 29 Nov 2016 21:01

[Meier wrote on 29 Nov 2016 16:36:](#)

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in my case the point beyond no return is a couple days/weeks after crossing the first one.its a gradual decline.but the bottom is hell and a place I really hope b'eZRas Hashem not to visit again

Actually, those of us who are addicted, we don't remember that feeling. The addiction causes us to forget. It is b'feirush in the white book someplace.

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Re: On the shoulders of those before me
Posted by Shlomo24 - 29 Nov 2016 21:28

It's also in the Groisah Buch in one of the forwards.

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Re: On the shoulders of those before me
Posted by YidFromMonsey - 30 Nov 2016 00:13

[cordnoy wrote on 29 Nov 2016 21:01:](#)

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I second that Cordnoy, our addiction lies to us with truth, it makes us remember the pleasure and crave for it again while making us forget the pain....

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Re: On the shoulders of those before me
Posted by Shlomo24 - 30 Nov 2016 02:18

[YidFromMonsey wrote on 30 Nov 2016 00:13:](#)

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This is a scientific fact of addiction. Bill Wilson and Roy K hit the nail on the head about this,

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Re: On the shoulders of those before me
Posted by Singularity - 30 Nov 2016 07:39

[Yosef Tikun HaYesod wrote on 29 Nov 2016 18:02:](#)

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When it comes down to it, in that moment, it's really not an intellectual battle. It's VERY rare to think yourself out of desire. If you're already in deep. The key is not to get deep. BH women don't walk around completely unclad (except in game of thrones) and the Yetzer Hora won't just throw at you a *Schav I'mi* like it did to Yosef (if anyone has an understanding of that, please let me know. It's not normal for a test to be so blatant... my pshat is that it was a progression... they were always in the same house together, always flirting with him, etc).

Intellect can work before you *slip*; do I choose to continue to look at that girl? Do I choose to browse youtube aimlessly because there's nothing else to do? At least your *nefesh sichli* has some airtime at that point. I think once you're seconds away from a fall, you need a mamish miracle.

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Re: On the shoulders of those before me

Posted by LifneiHashem - 02 Dec 2016 17:00

Day 89

last night I *needed* to be on YouTube. I watched a National Geographic video on spiders for 10 minutes, then I went to bed feeling better.

I'd like to think this was a win but have a feeling it was a lose.

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