

On the shoulders of those before me

Posted by LifneiHashem - 20 Nov 2016 20:53

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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 LifneiHashem - 28 Apr 2017 14:04

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[MayanHamisgaber wrote on 28 Apr 2017 13:59:](#)

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Markz quick please put together a lshem yichud for porn. We've found the Magic bullet!

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Re: On the shoulders of those before me

Posted by MayanHamisgaber - 28 Apr 2017 14:15

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I actually applied it in my head to everything...

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Re: On the shoulders of those before me

Posted by LifneiHashem - 01 May 2017 23:03

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Ok so my trip was extended 3 nights which was really not expected nor prepared for. Ready to watch my pg13 DVD now but I already incinerated it. Ready to get it again but something telling me to post here first. I really don't know what the big issue is. The whole GYE thing is for p&m and this isn't that. I've already grown more this year than the past 10 years at least. One stupid action flick isn't throwing all that away. Argh

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Re: On the shoulders of those before me

Posted by TzedekChaim - 02 May 2017 00:25

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It's not about p&m, it's about living in God's world on his terms. I have found that movies, for me, are an escape from that reality even if they are totally mutar which is hard to find.

You've come a long way and your growth and effort are truly inspiring to me. The movie may

Hatzlacha Rabba and keep trucking, your doing swell!

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Re: On the shoulders of those before me  
Posted by Shlomo24 - 02 May 2017 01:18

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[LifneiHashem wrote on 01 May 2017 23:03:](#)

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I relate. I have an inner critic also that shows me all my flaws and it seems like everything I do is up for judgement. But remember "Progress not perfection." All forms of obsession are unhealthy for me.

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Re: On the shoulders of those before me  
Posted by LifneiHashem - 21 May 2017 15:09

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Most serious slip since I started. Dangerous google searches. Don't know where it came from.

Possibly been getting too comfortable & too uninspired.

Already the guilt & shame killing me. How did this happen? It's like I'm back to the same person from all those months ago. Where did my progress go?

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Re: On the shoulders of those before me  
Posted by lionking - 21 May 2017 15:16

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Best advice I have got from some people. Do not focus on guilt and shame. Just keep trucking. I've gone so far as to stop asking Hashem to forgive me for these sins. I still ask for forgiveness but in a general way. I mainly ask that I should be zoche to feel his presence in my life. IMHO, don't look back. Slips happen. Just get back on the band wagon.

Hatzlacha Rabba!

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Re: On the shoulders of those before me  
Posted by LifneiHashem - 06 Jun 2017 17:55

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It's kind of depressing how people start posting on the forum and then fizzle out after a few posts. What happens to them? I don't know how the mods deal with it.

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Re: On the shoulders of those before me  
Posted by tiger - 06 Jun 2017 20:35

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i agree, though it is possible that alot of them go join a program so they dont feel the need to connect.

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Re: On the shoulders of those before me  
Posted by lionking - 06 Jun 2017 20:40

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[LifneiHashem wrote on 06 Jun 2017 17:55:](#)

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Were you talking about me?

My post is the last one before this one.

I am currently going through some things and trying something else. I'll be back in a short while.

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Re: On the shoulders of those before me  
Posted by LifneiHashem - 06 Jun 2017 21:20

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[lionking wrote on 06 Jun 2017 20:40:](#)

[LifneiHashem wrote on 06 Jun 2017 17:55:](#)

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Were you talking about me?

My post is the last one before this one.

I am currently going through some things and trying something else. I'll be back in a short while.

Wasn't thinking of anyone in particular, just noticing a general trend.

BTW I really should thank you (more than just a thank you button.) your reply helped me so much when I was feeling so low. I must have spent a day just repeating your mantra "slips happen, move on". I feel indebted to you for helping me get through a rocky time. Thank you and hatzlacha in whatever your trying!

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Re: On the shoulders of those before me  
Posted by Shlomo24 - 06 Jun 2017 22:58

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[LifneiHashem wrote on 06 Jun 2017 17:55:](#)

It's kind of depressing how people start posting on the forum and then fizzle out after a few posts. What happens to them? I don't know how the mods deal with it.

It is depressing a bit. At least it used to be much more for me. What helps me is realizing that God runs the world and He runs it very well. He is taking care of them even if they're not on the forums. They're safe in His hands and He will continue to run the world in His beauty and grace. It's a shame, but they're ok.

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Re: On the shoulders of those before me  
Posted by elul - 07 Jun 2017 01:22

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Sorry guys.

i don't really post cause part of my issue is thinking I don't have what to add.

maybe there are many like me.

but I gain tremendously from the consistent posters.

so thank you!!

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Re: On the shoulders of those before me  
Posted by Markz - 07 Jun 2017 01:25

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[elul wrote on 07 Jun 2017 01:22:](#)

Sorry guys.

i don't really post cause part of my issue is thinking I don't have what to add.

maybe there are many like me.

but I gain tremendously from the consistent posters.

so thank you!!

Guys like you have gotta stop thinking so much

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We need all hands on deck and all pedals on the metal