

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 LifneiHashem - 28 Jul 2017 16:52

Yes I agree with everything you said and I know that it all has to go. Until this past May that's how it's been- zero secular culture, and just like you my struggle was more or less confined to controlling what I see in the streets. (It's amazing how similar peoples experiences are.)

i can even pinpoint the start of this whole downturn progression to a single moment, and I even wrote about it on this thread a page ago (I just didn't realize at the time how much it would affect the course of my life). In may I was traveling and while in a store saw a big display for a movie from a big franchise that was just released onDVD. I had loved this stupid franchise and after a few days of going back and forth I watched the movie. I have to say that while there's no such thing as a "kosher movie", this movie really was 0% triggering and caused no lust problems. However what it did do was serve to pull be back into that world- once again interested in what was going on in pop culture and within that movie franchise. & it may have taken several months but here I am, pulled back down all because of that one event. And that stupid movie was great!

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Re: On the shoulders of those before me
Posted by Workingguy - 28 Jul 2017 17:29

Was it a Marvel type movie? That was always my first step back in; One of these Marvel action adventure films that are great for escaping reality

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Re: On the shoulders of those before me
Posted by LifneiHashem - 28 Jul 2017 17:49

Yes you got it exactly.Sounds like we are 2 peas in a pod.

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Re: On the shoulders of those before me
Posted by LifneiHashem - 24 Aug 2017 20:33

Just checking in. Recent posts have been pretty negative so I thought I should post during the

good times too for a more accurate picture.

Life is good. Yes I regressed a bit in the YouTube/ pop culture area, but thankfully with elul here I can snap out of it and keep away hopefully for the next several weeks.

Traveling the last few days. So many people to look at. Wish I would have guarded my eyes better, but not going to dwell on it. Onward!

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Re: On the shoulders of those before me
Posted by LifneiHashem - 04 Sep 2017 13:35

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Re: On the shoulders of those before me
Posted by TzedekChaim - 25 Oct 2017 18:41

Life is good. Yes I regressed a bit in the YouTube/ pop culture area, but thankfully with elul here I can snap out of it and keep away hopefully for **the next several weeks**.

Mazel Tov!
It's easier than that. Only need to keep away for one day: today.

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Re: On the shoulders of those before me

Posted by LifneiHashem - 26 Oct 2017 02:05

Thanks for the bump!

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Re: On the shoulders of those before me

Posted by TzedekChaim - 26 Oct 2017 03:18

Happy to help; anytime.

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Wishing you much hatzlacha and simcha!!