

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

Day one.

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

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Re: OivedElokim-I'll never give up

Posted by Hakolhevel - 02 Sep 2022 04:51

[OivedElokim wrote on 01 Sep 2022 00:32:](#)

Hey, thanks for checking in. An update is long overdue...

Still struggling, haven't seen hardcore porn for awhile but that's about all the success I've had lately. My devices are filtered and monitored and BH lately I haven't been silly enough to use others. However internally I haven't changed- masturbating and fantasizing constantly etc.

I've been feeling a lot of pressure to date, both internally (most of my friends are married, "If you keep waiting you'll miss the boat" etc.) and externally (from family and friends) yet I still feel nowhere near ready to settle down and find a life partner, I don't know my values or what I want in a partner, what kind of home I want to build etc. Additionally, I don't feel like I have a handle on the kedusha department, and I know all too well from this site how badly a marriage can go with these issues unresolved.

The pressure just escalated radically as a name came up for me and my mother is very set on going for it. I'm torn over how I should respond.

Any advice or moral support would be greatly appreciated...

Also today, after a long hiatus, i decided to continue doing the F2F program, or rather-start again from the beginning. Hope that'll help me advance in this area...

May Hashem help me find my way, the path he intends for me to go...

Great question regarding dating. When I started dating someone I stopped cold turkey porn and masturbation, because I always told myself I'm only acting out because I'm not married.

After i got married i was clean for 3 years, then it fell apart, and I've been here ever since.

So would I today tell my 22 year old self not to date because I have a porn issue? Its a great question. Undoubtedly had I fixed my issues then everything in my life would be better. But how long would it take me to fix them? Im still not clean 100 percent of the time.

In a ideal world, get clean and get married. Yet there are even some here on gye that do that yet eventually relapse.

So all I'm saying is I have no idea and i would not take the achrayus on myself to tell you not to date, especially if you have successfully eliminated porn from your life.

So I would agree with mesayim. Speak to the chachomim, unevonim. Getting peoples experience here though may help.

One afterthought.

My wife as it turns out (and seems many others here as well) has her own issues to deal with, not ch"v sinful things, but other issues, that we have and are dealing with till today. If she would have been aware of her issues, should she not get married till she fixed them? And how long does that take? Some issues last a lifetime (to varying degrees).

I would venture to say, many bochurim and girls on the shidduch block have various mental issues that they will need to deal with and will become more apparent in a marriage. Should we put a deep freeze on shidduchim until everyone has spent a couple years by a shrink?

I'm not advocating against trying to heal oneself before marriage, but there has to be a limit somewhere, otherwise prutuvu will take a big hit.

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Re: OvedElokim-I'll never give up
Posted by Hashem Help Me - 02 Sep 2022 05:06

Excellent and truthful post. It would be advisable to have someone that you are COMPLETELY honest with that should help you decide. There are so many variables that there cannot be a standard answer.

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Re: OvedElokim-I'll never give up
Posted by OvedElokim - 02 Sep 2022 19:09

)
mental health issues and I once brought up the porn issue as it relates to marriage and he didn't seem to think it was a massive problem. Maybe I should bring it up again. He's a frum guy, btw...

I'll just add that I see a therapist regularly for (unrelated? That's a whole new can of worms...)
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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 02 Sep 2022 23:04

Hey just checking in before Shabbos starts.

Masturbated twice today. Really want to seriously try to use the ?? ???? of Elul to quit once and for all.

Here's what I'm thinking in terms of strategy:

In terms of accountability, I will have to make some sort of contract that makes me reach out to someone from the site when I have an urge. The issue is that I most often struggle at bedtime, which is usually quite late (trying to get into a better routine, but that's where things stand now). Don't feel comfortable calling someone at 1:30 am just for this, and a text doesn't provide the same amount of accountability and chizuk...

Also I would like to broaden my support system to more than the 2/3 guys I'm regularly in touch with by text/Whatsapp/phone. I wouldn't feel comfortable bothering the same few people a couple times a day. (If you're down please PM me with your #).

But I would have to make a real commitment to staying the course, hopefully getting back into F2F would help with that.

Additionally I think adding a significant knas to the equation might help, although it's a method I've given up on in the past, I'm ready to try again...

I'm also thinking of joining the GYE WhatsApp group. If anybody reading this is on it- How is it? Is it active?

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 05 Sep 2022 19:47

Just stopping in to share a small win I had this morning:

So basically I saw someone post about how a specific app presented a challenge for him.

(As an aside, I'd like to make the following Public Service Announcement: **If you've found a new way to fall, there's no need to share it with the rest of us.** My own YH is creative enough. No need to unnecessarily *passel* perfectly good apps for the whole oilam. I know I may have been guilty of it myself in the past but still... If you must discuss it for purposes of fixing the issue, reach out to one of your mentors from this site. If you need help finding one LMK. Anyways end of rant).

So needless to say, I went exploring and found a way to access provocative pictures. I fell multiple times last night because of it. This morning I got up (quite late, I may add-in part due to the fun activities I stayed up late doing). I was about to go into the shower and the thought occurred to me to get rid of the app and the pictures I saved. But hey, let me get "one last session" in before I say goodbye to this particular source of sexual pleasure. That's what I was thinking.

And then my YT went into overdrive, realized what was happening, and frantically deleted the app and all the pictures before I knew what hit me. I then proceeded to shower and go on with my day.

I'm pretty proud of this. Does it mean I became a Tzaddik? No. Does it mean I won't masturbate tonight? Lav davka. Does it mean I'm done with this struggle? Certainly not, silly!

Does it mean I showed some capacity for bechira, for doing the right thing even when the fire of temptation is furiously burning inside me? Absolutely. Does it give me some hope for the future, that I'll eventually tame my inner beast to the point that I'm not falling almost every day? A bit, certainly.

I hope Hashem see's that I'm trying, and that the sense of "???" "?????" will start to kick in. Or maybe it already has. I'll take whatever I can get at this point.

Yours truly,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Vehkam - 05 Sep 2022 19:50

tremendous post. great chizuk!

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 06 Sep 2022 02:28

Wrote up a new contract with myself with the goal of breaking my masturbation habit. Sent it to HHM. Maybe I'll post it here soon, to add extra accountability. Anyways the fact that I'm taking practical steps to quit for the first time in awhile gives me hope. I know that it will be difficult, certainly in the beginning, but I pray that I'll overcome.

@Hashem: Please give me the requisite strength and resilience to battle the monster inside of me, to break bad habits and create good ones, and most of all-give me Simchas Hachayim, the sense that I matter, and that the world be a better place then it would be without me.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 06 Sep 2022 16:03

So here is the text of my new contract:

I am committing to the following in order to break my masturbation habit-I will call someone whenever I have an urge to masturbate. If they don't answer or I think it is too late to call, I will text at least two people that I am struggling, and post on the forum if possible.If I fail to do so, I will give \$40 to Tzedakah within 24 hours.If I call/text someone and fall anyway, I will give \$10 to Tzedakah within 24 hours.The above is in effect for the next two weeks, until Monday, 23 Elul at midnight.On Sunday 22 Elul or prior to that date I will draft a new contract based on the results of this one. If I fail to do so before midnight of that Sunday, I will give \$20 to Tzedakah.

I had a similar issue last night as yesterday-the photos that I heroically deleted yesterday were backed up on my Google Photos...Didn't have the same reaction that I had yesterday, and I succumbed to the temptation, though not before texting two buddies, BH. Already gave the \$10 to Tzedakah and deleted the pictures.

I'm still fairly confident that this contract will yield the desired results even though I fell right after making it. I find that contracts are helpful only if I eliminated all external erotic stimuli from my reach. Consequences don't stop me easily if the tayvah is right in front of me. So now that I cleaned up my phone I'm sure I'll be able to get through the next two weeks clean, and hopefully beyond that...

Thanks for reading,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Lchaim Tovim - 06 Sep 2022 19:28

[OivedElokim wrote on 06 Sep 2022 16:03:](#)

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Thanks for reading,

OivedElokim

awesome that you have found a tool that helps you. Just curious, what is it about this contract that helps you, is it the financial consequence? The accountability to another person? Something else?

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 06 Sep 2022 19:47

I think those two elements complement each other, also maybe the fact that I am formally declaring that I'll stop makes it less of an option then if I was more open ended about it.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 07 Sep 2022 02:01

Hey there, just checking in.

Ran into a little snag which I will not share here for multiple reasons. Working through the problem offline with a few chevreh from the site.

I hope to report my first full day clean tomorrow morning.

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 07 Sep 2022 15:29

I am committed to staying accountable to you guys through this forum.

In the past I had the tendency to stick around here when things were going relatively well, but when I got into the cycle of falling often, I would stay away, partly out of shame and partly because I didn't have an interest in trying to stop.

I am trying to avoid that pitfall, to remain accountable to you guys here, even though it is difficult at times, and post honestly about all of my ups and downs. Despite the unsolicited advice that I hate to get but often do, the costs of not posting outweigh the benefits, in my current estimation. The following makes me feel like a foolish loser that doesn't stand a chance in this fight, but like I said, I'm committed to sharing everything because I need the all the help and chizuk I can get. So here goes, no holds barred...

So last night I was triggered by something, and I felt weak. Reached out to two buddies from here, spoke to one for over an hour, and had an extensive texting convo with the other (Thank you to both of you, you guys know who you are...)

That gave me some chizuk, and I prepared to go to sleep, still clean.

Couldn't fall asleep, and started thinking about how unfair this whole struggle is. How Hashem makes me sexually attracted to every pretty girl I see, how that tayva won't even go away when I have a kosher outlet (marriage). How my whole life I'll be condemned to fighting this powerful biological drive, whether it's the temptation of P&M, or worse. How the world is chock full of triggers, even if you make many sacrifices to stay clean, problems always keep cropping up. I got genuinely angry at G-d for creating in me an appetite for something I'm never allowed to have.

I really understand the reason the Jews in the midbar cried over the issur of arayos, "?????"
?"? ???? ??????????"

This anger and frustration "justified" the next step, which was touching myself etc. I convinced myself that I wouldn't finish, and you can probably guess how that went...After intense fantasizing for about 20 minutes, broken up by efforts to distract myself, I succumbed to my desires.

I feel so stupid and incompetent. I was so sure that this contract would save me, but now I see that I value sexual pleasure so much that I'll pay a lot of money to get it...

I think I'm a lost case.

Seeing many others on this site who are succeeding and zipping past me only exacerbates my frustration.

I'm pissed off. At myself and at G-d.

Hoping I'll have better news to share next time,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Lchaim Tovim - 07 Sep 2022 16:14

Hey, I totally get your frustration and anger. In my first post on the forum I expressed a similar sentiment I wrote...

Anger at myself, my rabeim, women in the street and Hashem...

I didn't understand why I was wired this way. Why I was the only one that a simple chol hamoed trip could be so disastrous. What was the use of everything I'm doing, of my trying to be a good Jew when I am such a bad person. If I'm chayiv misah bidei shomayim and can't do teshuvah, what is the purpose of my life...

I know, when I'm married and have "pas b'saloi" it will finally be easier. But it wasn't and what now. Not only is what I am doing affecting myself, but I have a wife and a couple of kids now as well...

I was so angry at Hashem, Hashem I attempted the impossible, you know what a broken person I am inside. Why? Why? Why?

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BH I'm in a much better place now and you will be too. I see the way you write about your struggle and the fact that when you were in the throes of temptation you stuck to your contract, talking and texting other people for help and i think that's awesome.

Not giving you any advice but just wanted to let you know that I feel for you and you definitely should not feel stupid or incompetent...quite the opposite you're an Oived Elokim.

Chaim

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Re: OivedElokim-I'll never give up

Posted by Hashem Help Me - 07 Sep 2022 18:51

Maybe add to your contract that you have to write in a diary 5 nice things you do each day. Let's build up the pride. The list can include making a bracha with a tad more kavana, giving tzedaka, withholding from speaking a "juicy" piece of lashon hara, calling your parents to be mekayem kibud av v'eim, learning a few extra minutes, etc - anything bein adam l'chaveiro, or bein adam l'makom. The reality is that *shmattes* watch pornography and masturbate much more than

fellows with pride. Presently you appear to be majorly focused on a weak area, and in a bit of a panic about it. If you keep up this habit of recording nice things you do, iyh you will have a long list of compliments for yourself to be mechazek yourself with during trying times. Just suggesting.

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