

just do it!

Posted by Ybird - 02 Nov 2021 15:35

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Hi everyone here on gye, this is yBird,

I want to post some of my struggle in my journey to 90 days clean, I'm in my low 20's with 2 children, in a Chasidic community in Brooklyn. Before my chasuna i B"H didn't know of any shmutz (WHAT?!) not erection, not p\*\*n, only holiness ty"h, but I did sometimes have lust thoughts going through my mind like imagining how to have s\*x and how it would look like after my Chasuna, also I used to have wet dreams once in a while.

I married a wonderful wife and we had a wonderful marriage, but not for too long. The first 6 months after marriage we had a wonderful love life with intimacy every single day, but it all came crashing down when she got pregnant, it went from 7 times a week to once in every 7 weeks or even less! it was very hard for me, really tough but i got thru it for some time, till i discovered that i could have pleasure without having my wife involved RCH"L, also i started to watch p\* on my wife's phone when she didn't see, first it was very few and far inbetween, but it got more frequently, and i sometimes i even opted in for own pleasure instead of real s\*x with my wife,

After first baby things didn't get any better from wife's side, she got totally disinterested in having s\*x, after a year and change she got pregnant again and now she is after her 2nd baby, and I'm reaching out to Hashem to save my s\*xless marriage, and myself from avayresis started GYE right before Rosh Hashana, together with the 90 day calendar but I fell a few times,

please if someone could give me some advice or chizzuk i would appreciate it very much. If you read till now please forgive me for writing such a long post

thank you.

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Re: just do it!

Posted by Ybird - 15 Nov 2021 16:21

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but Hashem wanted me to know that he loves me, a short while after my child took that phone

(is normally a very calm child) had a tentrum and threw it down on the floor and it broke in 2 pieces, and a while later my phone which was in rice for the whole day with no success started working like before!!!!

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Re: just do it!

Posted by Trouble - 15 Nov 2021 17:30

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[Ybird wrote on 15 Nov 2021 16:21:](#)

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Perhaps He would love you even more if He let it stay broken, or fixed it to the extent where if you typed in an inappropriate site, it would send out an Amber Alert to your entire building as well as your wife's and in-laws and Synagogue! Now that would be "overflowing love!!"

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Re: just do it!

Posted by DavidT - 15 Nov 2021 17:50

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[Ybird wrote on 15 Nov 2021 16:17:](#)

basically my phone fell in water and wasn't working for a while so i put my sim in my wife's old phone, and it had open browser, the yetzer horah was so big and i fell, first with watching some soft stuff then it went south,

Sorry to hear that you fell...

Let's try an exercise from the "easy peasy method"

**Ask yourself the following questions:**

**1. What is porn doing for me?**

**2. Am I actually enjoying it?**

**3. Do I really need to go through life sabotaging my mind and body?**

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Re: just do it!

Posted by Ybird - 15 Nov 2021 17:56

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I hope this didnt happen to you,

LOL

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Re: just do it!

Posted by Ybird - 15 Nov 2021 17:57

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[DavidT wrote on 15 Nov 2021 17:50:](#)

[Ybird wrote on 15 Nov 2021 16:17:](#)

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i can try but i'm not really that deep thinker

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Re: just do it!

Posted by DavidT - 15 Nov 2021 18:04

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### **Easy Peasy in a nutshell...**

E- ESCAPE. It's easy to escape. There is zero sacrifice. You're just choosing to have a better life, so don't fear.

A- ADDICTION. Acknowledge you have been addicted and stop blaming yourself. You break the cycle of need, withdrawal, and fix simply by removing brainwashing and seeing through the illusions.

S- SACRIFICE. There is no sacrifice. Know that porn does absolutely nothing for you. The only thing that's dying is the big monster and little monster; the two things that have been enslaving you.

Y- YOU. There is nothing wrong with you. You don't become addicted because of your personality. You become addicted because of the substance and society. You are your own jailer and you have the power to free yourself.

W- WILLPOWER AND WITHDRAWAL. Relying on willpower makes everything harder. Willpower hurts you. Willpower is only when you have a clash of wills; when one side of you wants it and one doesn't, but in truth, no side of you wants it. When you quit with Easyway, there are no withdrawal pangs. You become free the moment you change your mindset and remove any desire for the fix.

A- ACTION. Don't wait for a miracle. It's time to act now. Follow the instructions and you cannot fail to be free. Keep an open mind, and allow logic and common sense in, to replace illusion, and you will NEVER WATCH PORN AGAIN.

Y- YES! Enjoy the thrill of being free. NEVER doubt your decision. You are NOT being deprived or losing a friend. You are DESTROYING a mortal enemy and getting your LIFE back.

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Re: just do it!

Posted by Markz - 15 Nov 2021 18:10

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[DavidT wrote on 15 Nov 2021 17:50:](#)

[Ybird wrote on 15 Nov 2021 16:17:](#)

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This idea didn't work for me...

btw any reason we are promoting a blog that is against SA etc?

I don't think there's any brilliant ideas contained there which the GYE handbook doesn't have.

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Re: just do it!

Posted by DavidT - 15 Nov 2021 18:52

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The idea is not to promote any blogs or organizations etc.

The goal of GYE is just to collect all available ideas and tools for recovery and let the users try and see what works for them.

I understand your concerns about the 'easy peasy method" but my approach is:

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Re: just do it!

Posted by Trouble - 15 Nov 2021 20:03

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[Ybird wrote on 15 Nov 2021 17:56:](#)

[Trouble wrote on 15 Nov 2021 17:30:](#)

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I hope this didnt happan to you,

LOL

God doesn't get involved in my sex-binging. He knows I'm very capable all by myself.

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Re: just do it!

Posted by polar bear - 16 Nov 2021 03:10

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One of the main problems is that while in a low place all the logic of "what am I doing to myself" basically flies out the window. People aren't CHOOSING to go to porn, they just can't control themselves. They know it's wrong while they are doing it.

the key really is to trick the brain ahead of time before it enters the "Self-Control-Mode" phase. But sometimes the situation just twists things around.

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Re: just do it!

Posted by Ybird - 16 Nov 2021 16:36

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the key really is to trick the brain ahead of time before it enters the "Self-Control-Mode" phase. But sometimes the situation just twists things around.

hi polar bear its freezing outside put on a shawl, your post reminded me what i tought when i fell, exactly the same



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Re: just do it!

Posted by BeVeryStrong - 09 Dec 2021 06:12

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Hey YBird!

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Re: just do it!

Posted by Ybird - 28 Dec 2021 19:05

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hey whats up?

mazel tov to your 70 days clean!

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Re: just do it!

Posted by Ybird - 28 Dec 2021 19:06

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[BeVeryStrong wrote on 09 Dec 2021 06:12:](#)

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