

Want to be BT again

Posted by BT Again - 18 Nov 2021 17:12

Hi everyone. This is my second thread on here--I haven't updated the last one in a while, and frankly, I need to be more open about my struggles than on that thread, so I'm restarting my journal.

I'm a fairly newly married mid-20s guy (no kids yet), went BT a few years ago and Torah is unbelievably important to me. When I think about what I want to accomplish in my life, the big things all have to do with raising a family and practicing Judaism. Despite this, I have really struggled to keep a consistent practice. When I went BT initially I was on fire, but that fire eventually smoldered and I became a pretty irregular davener/learner. Part of it was that I never addressed my porn problem until the last year or so. Since "burning out" I have always kept shabbos and kashrus fully, put on tefillin daily, followed taharas mishpacha, wore tzitzis/kippah, among other things, but my davening and learning has been lacking.

For more details of my specific situation, I live in a pretty "out of town" community in the US. My city has multiple shuls, eruvim, kosher food, learning opportunities, etc. but it's still a fairly small frum community. In fact, most of my friends are not religious as there's not many frum people around my age here.

Something changed in my brain recently, I don't know what it is, but over the summer I felt a real drive to increase my religious practice. I've always wanted to have a closer connection to Hashem but didn't have the drive for a while. These days I prepare divrei Torah to share at the shabbos table most weeks, daven shacharis with a minyan more days than not, started to add in mincha/maariv, added learning b'chavrusa once or twice weekly, prioritized hanging out with my few religious friends, and learning for at least a bit daily (minimum 30 mins listening to a shiur on my commute). I've felt like I'm going "BT Again" hence my name.

Sounds great, right? Well, I feel like I'm burning out again (hard to describe how exactly, but I've been struggling to get to minyan), and I'm still struggling with porn and masturbation (henceforth referred to as P and M). My usage of both has gone down immensely, though: in the last month I've refrained from M more than 75% of days and I've only looked at P three times. This is a lot of progress, as even a year ago both were multiple times a week if not daily.

My Jewish practice and recovery are deeply interconnected. When I use, I don't go to shul, and when I go to shul, I don't use. I really want to be more religious, I love learning and davening, I

want to be an active part of the Jewish community, I want to live a holy life, and I want to have kids who are frum and inspired. And I know that my P and M habits hold me back from this. If I can really make davening and learning integral parts of my life, I feel like I will be much better positioned to overcome my addiction.

If anyone has tips for me on my religious journey, please share. I'm also wondering about how to pull away from internet and phone use in general. Even outside of recovery, I dislike using the internet or my phone. I've deleted all of my social media which has helped. Does anyone know of a way to properly remove my ability to use the browser on an android phone (more permanent than disabling the app as I can't uninstall it)? I would prefer that my phone has no browsing capability, ideally keeping my current phone though I may buy a kosher smartphone in the future.

I will keep this thread updated for accountability.

=====
=====

Re: Want to be BT again
Posted by BT Again - 13 Jan 2022 16:12

Brothers, we're all gonna make it. Holding at 27 days B"H.

I learned yesterday an idea that the nisyonos we have were chosen by us before we came into this world. This means that all our struggles have a purpose AND we have the power to overcome them, or we wouldn't have chosen them!

=====
=====

Re: Want to be BT again
Posted by BT Again - 18 Jan 2022 05:41

32 days--lots of struggles lately but I am clean. P and M won't fix my problems; they will only make them worse.

=====
=====

Re: Want to be BT again

Posted by ??? ????? - 18 Jan 2022 15:36

??????!!!!

=====
=====

Re: Want to be BT again

Posted by BT Again - 21 Jan 2022 18:17

35 days! Still urges. I actually came somewhat close to falling (M) the past two mornings. Today I snapped out of it quicker. I think I need to get back on my step work and also get better sleep so I'm not so groggy.

=====
=====

Re: Want to be BT again

Posted by BT Again - 24 Jan 2022 19:43

38 days, pushing through it. I haven't updated the chevra on my davening situation in a bit, but I am now BH davening shacharis and mincha every day with little difficulty. I think I'm ready to incorporate maariv, honestly I have no reason not to at this point. So my goal from here on out is to daven every service! I have never been able to keep this up for more than a week, but I think I'm actually in a place where I can take it on successfully, G-d willing.

=====
=====

Re: Want to be BT again

Posted by DavidT - 24 Jan 2022 20:30

[BT Again wrote on 24 Jan 2022 19:43:](#)

38 days, pushing through it. I haven't updated the chevra on my davening situation in a bit, but I

am now BH davening shacharis and mincha every day with little difficulty. I think I'm ready to incorporate maariv, honestly I have no reason not to at this point. So my goal from here on out is to daven every service! I have never been able to keep this up for more than a week, but I think I'm actually in a place where I can take it on successfully, G-d willing.

You're amazing! Keep it up...

As a side note, davening Maariv when it is dark outside is symbolic of praising G-d even when things are dark and bleak.

=====
=====

Re: Want to be BT again
Posted by BT Again - 30 Jan 2022 06:17

Checking in at day 44--the last few days have been incredibly hard on many fronts and I have come very close to falling. But I can't fall. How can I be a holy person if I'm a slave to this? Incredibly grateful for the fact that I am able to make a shvuah to hold me back in the worst situations, for shabbos, and for the amazing framework that Torah gives us. I'm on another forum for SA recovery and goyim struggle too, but they don't have the tools we do. We may as well take advantage of the gifts Hashem has granted us.

I've started writing down Torah verses and quotes to review regularly to keep me inspired; if anyone has ideas let me know.

Also been able to keep up davening!!!!

=====
=====

Re: Want to be BT again
Posted by BT Again - 31 Jan 2022 17:32

45 days, halfway to 90!!!!

=====
=====

Re: Want to be BT again

Posted by BT Again - 03 Feb 2022 20:15

Well, I fell (no visual stimulation) this morning, after oversleeping. It's been weeks in the making honestly, with built-up stress, triggers, and numerous close calls. This was a 48-day streak, but I recognize that my progress is not lost. I'm unbelievably grateful for this long and transformative clean streak.

I learned from this that I need to strengthen my shvuah; I did one of the distractions beforehand but it didn't stop me. I will be fasting until chatzos tomorrow, in line with the knas I put in place. I also added a second shvuah, which prohibits me from accessing certain triggering things and from edging (M without finish)--I am confident that this will truly make a difference.

I also need to prioritize sleep (probably the biggest issue) and meditation, which I will be focusing on.

=====
=====

Re: Want to be BT again

Posted by Trouble - 03 Feb 2022 20:24

[BT Again wrote on 03 Feb 2022 20:15:](#)

Well, I fell (no visual stimulation) this morning, after oversleeping. It's been weeks in the making honestly, with built-up stress, triggers, and numerous close calls. This was a 48-day streak, but I recognize that my progress is not lost. I'm unbelievably grateful for this long and transformative clean streak.

I learned from this that I need to strengthen my shvuah; I did one of the distractions beforehand but it didn't stop me. I will be fasting until chatzos tomorrow, in line with the knas I put in place. I also added a second shvuah, which prohibits me from accessing certain triggering things and from edging (M without finish)--I am confident that this will truly make a difference.

I also need to prioritize sleep (probably the biggest issue) and meditation, which I will be

focusing on.

sorry to hear that; onward!

during the 48-day-streak, you were edging (of which i wrote about once without calling it out by name)?

=====
=====

Re: Want to be BT again
Posted by BT Again - 03 Feb 2022 23:20

Yes, I didn't count it as a fall and didn't include it in my shvuah. It definitely didn't help.

=====
=====

Re: Want to be BT again
Posted by committed_togrowth - 04 Feb 2022 04:14

I am amazed by your response to your fall. I hope you realize how special both your attitude

=====
=====

Re: Want to be BT again
Posted by BT Again - 09 Feb 2022 23:03

Clean and no edging! 54 days no P, 6 days no M. Lots of mental health issues lately, but not really interested in falling because it won't help. Started working on 4th step (cheshbon hanefesh).

Kinda related since my secular job is affecting things--does anyone know of any way I can learn in yeshiva but still provide for my family financially?

=====
=====

Re: Want to be BT again

Posted by Hashem Help Me - 10 Feb 2022 12:34

Do you have a rav/rosh yeshiva? This is a discussion to have with such an individual... Here you can get sympathy, chizuk, and the like.... for the "real thing" let's ask someone who knows you.

=====
====