

Want to be BT again

Posted by BT Again - 18 Nov 2021 17:12

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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.

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Re: Want to be BT again  
Posted by BT Again - 02 Mar 2022 16:23

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Fell without visuals (aka no porn). I have come to the difficult realization that a part of me really doesn't want to let this addiction go, and I have to overcome that thinking if I want to make it out.

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Re: Want to be BT again  
Posted by 5Uu80\*cdwB#^ - 02 Mar 2022 21:39

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Hi BT Again. I'm sorry to hear about your fall. I am cheering for you.

Please consider the following seriously, because based on what you just posted about "no visuals", I see that you are [with almost 100% probability, but I could be wrong,] making the mistake that kept me addicted to masturbation for YEARS.

When you fell "without visuals", **were you visualizing things in your head?**

I would bet the answer is that you were. Very likely, you had a whole scene going on in your head there with some lady of your dreams **to which** you masturbated, and **without which you**

**would NOT have masturbated.** Again, **to which** you masturbated, and **without which you would NOT have masturbated.**

**Fantasizing is the problem!!!**

**Fantasizing is the problem!!! It's not just about guarding your eyes. It's also about guarding your mind and not attending to fantasies!**

As I recently posted on a different thread to someone else, you have to launch a full attack at the extremely pernicious (and absolutely life-ruining) idea that it's ???? to attend to fantasies in your head and let them grow to the point where you ultimately feel compelled to masturbate while thinking about them.

So much of GYE's discussions are about guarding your **eyes**. This is obviously the first step. But it cannot possibly be expected that if you guard your eyes but still allow yourself to build erotic fantasies **in your head** that you will be able to kick the addiction of masturbating.

You can do it! But you have to realize that while abstaining from watching porn is a huge and chashuv and important start to quitting masturbation, the taivos are kept alive by fantasy **in the mind!**

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Re: Want to be BT again  
Posted by Captain - 03 Mar 2022 13:57

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[5Uu80\\*cdwB#^ wrote on 02 Mar 2022 21:39:](#)

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Golden post! They should put this on the GYE Daily Chizuk! (Maybe a few times in a row...)

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Re: Want to be BT again  
Posted by Shtarkandemotional - 03 Mar 2022 17:40

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[5Uu80\\*cdwB#^ wrote on 02 Mar 2022 21:39:](#)

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Very true! This is the Realization I came too that has helped me tremendously as well! So much is in our minds! If I can add.. if we wanna notice that this is 100% accurate write down the combining thoughts that have made you wanna masturbate you'll see a you were fantasizing! And one last thing, fantasizing is not only about pretty woman or what not. It can also be dreaming how good masturbation will feel. Or thinking how long you haven't let it all out! It's all the same! Proof to this is.. if our thinking would freeze for an hour we wouldn't fall with masturbation. Cuz it's all stemming from millions of thoughts that lead up to this urge. Let's try to reduce them and automatically reduce masturbation.

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Re: Want to be BT again

Posted by Shtarkandemotional - 03 Mar 2022 17:45

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[5Uu80\\*cdwB#^ wrote on 02 Mar 2022 21:39:](#)

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This is backed by psychology...called CBT how our thoughts effect our feelings and actions. And before every action there was a whole bunch of thoughts that caused it! If we would change those thoughts the actions would change too!

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Re: Want to be BT again  
Posted by Hashem Help Me - 04 Mar 2022 11:58

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Maybe you have to rewire your thinking about it. We train ourselves to have really skewed ideas about this stuff that are far from the truth. I think the most common one - which is in essence a torturing thought - "there is a need to ejaculate within a specific time frame, so why am i just

pushing off the inevitable? - just let me do it already, and get it over with"

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Re: Want to be BT again

Posted by BT Again - 07 Mar 2022 19:11

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[5Uu80\\*cdwB#^ wrote on 02 Mar 2022 21:39:](#)

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You are 100% right!

I've been clean for 4 days as of now. Now counting edging as a fall, and pushing out fantasies to the best of my ability. Doing well currently. I wrote up several statements to remind myself why I need to be clean and will review daily, bli neder.

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Re: Want to be BT again  
Posted by BT Again - 08 Mar 2022 19:53

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Squeaky clean. Happy to have a neshama and the power, as a human, to overpower my animalistic drives. Very grateful to Hashem for making me a Jew as well so that I have Torah to help me. I go on a secular form for P&M recovery as well, and I have to say that goyim who also struggle with this wish that they had the tools that we do.

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Re: Want to be BT again  
Posted by BT Again - 13 Mar 2022 23:53

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Last week was going well, without even fantasizing, but then I fell really badly several times in a row on my one device that was still weakly filtered. I don't even know why I did it, since things were going so well. Fell without porn this morning also. In response, I have now filtered that device and I don't think I have any way to access porn at this point. Also going to spend some time on F2F and talking with my therapist tomorrow to overcome the mindset that is continuing to send me down this path.

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Re: Want to be BT again  
Posted by committed\_togrowth - 30 Mar 2022 19:52

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Hi how is it going?

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Re: Want to be BT again  
Posted by BT Again - 03 Apr 2022 22:43

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It's been a while. Checking in at 14 days. Most of this run has been pretty good and productive, but I got some really disappointing news last Wednesday and went into a depression for a couple of days. I didn't relapse BH but have seen myself backsliding and I'm trying to reverse the flow. Really, I just need to get back on my good habits, cut back screen time, and work on 12 steps. I also joined a 12 step meeting that has been pretty helpful.

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Re: Want to be BT again  
Posted by ??? ????? - 04 Apr 2022 03:39

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Wow! gevaldig!!!

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Re: Want to be BT again  
Posted by Hashem Help Me - 04 Apr 2022 11:32

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Very impressive how dedicated you are and all the various hishtadlus you are doing.

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Re: Want to be BT again  
Posted by BT Again - 05 Apr 2022 15:36

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I'm clean. Looking back at the past few days, it really has been a perfect storm for a fall. Still dealing with the large disappointment I had last week, plus struggling to control my taiva towards a certain person I know, plus general depression, plus niddah so there's no outlet. While I haven't been perfect I am proud to have remained clean through this challenging time. Trying to move out of the funk I'm in; if anyone has any tips please share.

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