

Work in progress

Posted by Vehkam - 02 Jan 2022 18:43

Trying to post here on a somewhat regular basis so that I stay on course. I have to rewire my thinking patterns of over thirty years! I set the counter to the last date that I fell in masturbation. I have been able to stay away from other things for longer. I thank Hashem for his kindness in helping me to this point.

this shabbos I was in Florida. Obviously there are a lot more nisyonos. I definitely was more successful than other times in not following my eyes and gazing with the help of GYE. (Not to say that I was successful in every instance- at some point my feet just took me in the wrong direction even though my mind was saying- STOP!)

One thing that helped me alot was a shiur I heard recently that describes the power of a tefila that one has immediately after he withstands a nisayon. When I feel a possible weakness to a temptation, I quickly resolve to turn away and then I immediately daven for something that is very important to me. Each small victory is another tefila. I don't want these nisyonos, but if they are coming anyway at least I have the opportunity to use them for something very meaningful.

=====
=====

Re: Work in progress

Posted by Hashemschild.1 - 09 Dec 2022 18:27

[Hashem Help Me wrote on 09 Dec 2022 17:47:](#)

Mazel Tov on your awesome accomplishment. May Hashem help you further!

I think the reality is that today there is much more acceptance, however there is a bigger issue. If a fellow puts aside his shame and embarrassment, and opens up to a rebbi - now what? Is the rebbi trained to give the guy a bear hug? Does he know what to say? If that one chance that our struggler gave us is squandered, we may not get another opportunity.

Probably there should be a GYE training course given to people (rebbeim, mentors, shul rabbonim) who really care, are passionate, and are willing to volunteer time, to share what is available and be aware of the various methods that have worked.

You are 100% right. The same way there are kinsim against the internet, there should be kinsim and lectures for the rabeim/teachers on how to properly handle with the ones who struggle.

=====
=====

Re: Work in progress
Posted by Human being - 11 Dec 2022 02:52

[Vehkam wrote on 08 Dec 2022 22:02:](#)

I am sitting here waiting for the sun to go down, for the gye counter to allow me to clock one more clean day. One year clean. ?????? ?????? I am overcome with emotion. I just reread many of my posts from the past year. I am thinking about how I have changed and I have been able to impact others. I am not looking at anyone else. I am looking at myself and I feel like my life has taken on a purpose that is unique to me. I feel like I have a place and I belong. Hashem has carried me for this entire year and I daven that he continues to do so.

If you have not read through my thread and are wondering how I was able to get through the year please take the time to read through my posts carefully. I believe that there is a lot of good information. No two people are the same but my thread should be helpful to a lot of you.

I tried to stop many times before but this time was different I went all in and came up with a plan. This included connections and therapy. I could no longer hide. I have been on offense for a year. They have been thousands upon thousands of opportunities for urges but with hashems help I did not let them in. My body still works and I am not asexual however my motivation remains strong and I have not had to deal with overpowering urges (while I was awake) for this entire year. They did not become overpowering because I was committed to move on from them as soon as they occurred.

I sent this recently to a rav that I am getting to know. He is incredibly accepting and has been very supportive.

I was 19. I knew that the things I was doing were wrong. I also did not feel like I had any way to stop. I was desperate to talk to someone. Someone who would not judge me someone who

would understand. I believed that person did not exist anywhere. I did not think it was safe to reveal my secrets anywhere. So I told no one. And every night I cried.

I tried once after I got married. The person was somewhat helpful but they didn't understand. They told me I was playing with my life. And I was. So I stopped for a couple of months at most. And then I fell back into it.

Acting out was my secret. The longer I did it the bigger the secret was. One thing led to another I became entrenched in a deviant lifestyle. I made friends with many people from that lifestyle. It may have been just a few hours a week. At times perhaps the greater part of a day. But during these times I shed most of my commitments to live as a frum yid and engaged in as much promiscuous behavior as I possibly could.

The sensations and highs were liberating and intoxicating. The opportunity was at times the stuff of dreams. When I was done I would compartmentalize my guilt. Put back on my tzitzis, white shirt and black pants and go back to frum society as if nothing had changed.

I fooled myself into thinking that I was doing a good job of hiding everything. That I could continue the frum path and one day just stop all the deviant behaviors. Nothing could be further from the truth. I could not stop. The longer I engaged in these behaviors the less desire I had to stop. Every aspect of my spiritual life suffered. My learning, my davening, my speech, what I ate, who I related to were all affected. I was addicted to a lifestyle that was destroying me. And yet nobody in the world knew.

It took me over three decades of struggling but bh With the help of Guard Your Eyes and intense therapy I am just about a year fully clean and sober. I am a healthier person than I was for my entire adult life. I am active on the GYE forums and try to help others whenever I can.

I think back and ask myself what should I have done different. In whom should I have confided? Who in my life would have understood and who would have been able to help me? Sadly I still believe the answer to that question is that no one could have helped. I don't believe that there was someone out there with whom I would have felt safe sharing and I don't believe there was anyone in my life equipped to help me and not to judge me.

This includes all of my family, rebbeim, rosh Yeshivas and friends. That level of acceptance just was not there.

We need to change that. We need to get the message out there that good people are suffering. None of us want to be addicted or to feel compelled to engage in these behaviors. Yet all of us

want to be understood. To have people around us with whom we can share and who will be able to help us without judging us. This needs to be our goal. The world is a different place and the time is right for these conversations. Thank you for reading this. please do your part in creating that nonjudgmental atmosphere which would give us addicts greater opportunity to be helped. Together we can make a difference.

Unreal. I want to cry from reading your post at how you understand the need for many of us to just feel like a human being around at least a few live people.. *Struggles included.*

=====
=====

Re: Work in progress

Posted by Human being - 11 Dec 2022 02:58

[Teshuvahguy wrote on 09 Dec 2022 18:16:](#)

[Hashem Help Me wrote on 09 Dec 2022 17:47:](#)

Mazel Tov on your awesome accomplishment. May Hashem help you further!

I think the reality is that today there is much more acceptance, however there is a bigger issue. If a fellow puts aside his shame and embarrassment, and opens up to a rebbi - now what? Is the rebbi trained to give the guy a bear hug? Does he know what to say? If that one chance that our struggler gave us is squandered, we may not get another opportunity.

Probably there should be a GYE training course given to people (rebbeim, mentors, shul rabbonim) who really care, are passionate, and are willing to volunteer time, to share what is available and be aware of the various methods that have worked.

I am about to find out for myself how this scenario will play out. I'm really scared of what might happen. I have to just have faith that I chose a person wisely (and a wise person) who will give me the support and encouragement I need. Because I need to share my past experience (not graphically, of course) of my previous life with men before becoming a Baal Teshuvah, so it's

not just that I hope he knows about the problems people have with P and M, but I also hope he can accept what happened to me in the past. So I hope it is not a huge mistake. Even though I know he will not share the information with anyone, he may never look at me the same way. Any thoughts? By the way, today is day 51!!!!

I would journal and work through it cognitively. If cognitively you believe he is a safe person to share it, then go ahead and share!! Its hard but it feels really liberating, even though, yes. It is scary.

=====
====

Re: Work in progress
Posted by Emes-a-Yid - 11 Dec 2022 04:16

[Vehkam wrote on 08 Dec 2022 22:02:](#)

I am sitting here waiting for the sun to go down, for the gye counter to allow me to clock one more clean day. One year clean. ?????? ???? ????? I am overcome with emotion. I just reread many of my posts from the past year. I am thinking about how I have changed and I have been able to impact others. I am not looking at anyone else. I am looking at myself and i feel like my life has taken on a purpose that is unique to me. I feel like I have a place and I belong. Hashem has carried me for this entire year and I daven that he continues to do so.

If you have not read through my thread and are wondering how I was able to get through the year please take the time to read through my posts carefully. I believe that there is a lot of good information. No two people are the same but my thread should be helpful to a lot of you.

I tried to stop many times before but this time was different I went all in and came up with a plan. This included connections and therapy. I could no longer hide. I have been on offense for a year. They have been thousands upon thousands of opportunities for urges but with hashems help I did not let them in. My body still works and I am not asexual however my motivation remains strong and I have not had to deal with overpowering urges (while I was awake)for this entire year. They did not become overpowering because I was committed to move on from them as soon as they occurred.

I sent this recently to a rav that I am getting to know. He is incredibly accepting and has been very supportive.

I was 19. I knew that the things I was doing were wrong. I also did not feel like I had any way to stop. I was desperate to talk to someone. Someone who would not judge me someone who would understand. I believed that person did not exist anywhere. I did not think it was safe to reveal my secrets anywhere. So I told no one. And every night I cried.

I tried once after I got married. The person was somewhat helpful but they didn't understand. They told me I was playing with my life. And I was. So I stopped for a couple of months at most. And then I fell back into it.

Acting out was my secret. The longer I did it the bigger the secret was. One thing led to another I became entrenched in a deviant lifestyle. I made friends with many people from that lifestyle. It may have been just a few hours a week. At times perhaps the greater part of a day. But during these times I shed most of my commitments to live as a frum yid and engaged in as much promiscuous behavior as I possibly could.

The sensations and highs were liberating and intoxicating. The opportunity was at times the stuff of dreams. When I was done I would compartmentalize my guilt. Put back on my tzitzis, white shirt and black pants and go back to frum society as if nothing had changed.

I fooled myself into thinking that I was doing a good job of hiding everything. That I could continue the frum path and one day just stop all the deviant behaviors. Nothing could be further from the truth. I could not stop. The longer I engaged in these behaviors the less desire I had to stop. Every aspect of my spiritual life suffered. My learning, my davening, my speech, what I ate, who I related to were all affected. I was addicted to a lifestyle that was destroying me. And yet nobody in the world knew.

It took me over three decades of struggling but bh With the help of Guard Your Eyes and intense therapy I am just about a year fully clean and sober. I am a healthier person than I was for my entire adult life. I am active on the GYE forums and try to help others whenever I can.

I think back and ask myself what should I have done different. In whom should I have confided? Who in my life would have understood and who would have been able to help me? Sadly I still believe the answer to that question is that no one could have helped. I don't believe that there was someone out there with whom I would have felt safe sharing and I don't believe there was anyone in my life equipped to help me and not to judge me.

This includes all of my family, rebbeim, rosh Yeshivas and friends. That level of acceptance just

was not there.

We need to change that. We need to get the message out there that good people are suffering. None of us want to be addicted or to feel compelled to engage in these behaviors. Yet all of us want to be understood. To have people around us with whom we can share and who will be able to help us without judging us. This needs to be our goal. The world is a different place and the time is right for these conversations. Thank you for reading this. please do your part in creating that nonjudgmental atmosphere which would give us addicts greater opportunity to be helped. Together we can make a difference.

Although I like writing, just when I see an option to type (write) or read, I would choose read, with that being said. I will probably type shortly so, sorry in advance.

I am very proud to hear this from you Vehkam You should continue with the Derech of what ever you are using till now, you have helped me along the way I am 1/4 towards a year (about 65days), will be there soon too, Keep it up, It is great hatzlacha!!

=====
=====

Re: Work in progress
Posted by Vehkam - 19 Dec 2022 21:26

There is nothing more dangerous for me then prolonged sadness. The past week has been difficult on my mood. I see the yetzer hara trying to take advantage by putting all sorts of memories of improper good times into my head. Bh my resolve is strong but I need to get myself into a healthier mood.

=====
=====

Re: Work in progress
Posted by Geshmak! - 20 Dec 2022 02:23

[Vehkam wrote on 19 Dec 2022 21:26:](#)

There is nothing more dangerous for me then prolonged sadness. The past week has been difficult on my mood. I see the yetzer hara trying to take advantage by putting all sorts of memories of improper good times into my head. Bh my resolve is strong but I need to get

myself into a healthier mood.

So what's your plan???

Do you like doing exercises?? Like maybe go to the gym and do some work out it can really

=====
=====

Re: Work in progress
feel wired giving you ideas it's usually you that is giving the ideas
Posted by Venkam - 20 Dec 2022 04:45

[Geshmak! wrote on 20 Dec 2022 02:23:](#)

change your mood and besides it can burn off all the donuts you ate so far...

[Vehkam wrote on 19 Dec 2022 21:26:](#)

There is nothing more dangerous for me then prolonged sadness. The past week has been difficult on my mood. I see the yetzer hara trying to take advantage by putting all sorts of memories of improper good times into my head. Bh my resolve is strong but I need to get myself into a healthier mood.

So what's your plan???

Do you like doing exercises?? Like maybe go to the gym and do some work out it can really

Thanks for trying but Actually not looking for ideas. I have a good idea of what I need to do. It would be great if I could exercise but right now that is not a possibility.

Now if you offered to bake me chocolate chip cookies that might be something I would take you up on....!!!

=====
=====

Re: Work in progress
Posted by Geshmak! - 20 Dec 2022 04:51

I'm in! Send me an Uber eats and I'll send it right over brother! I owe it to you you got me to start reading the book the battle...

so that would be the least I can do to pay you back!!

=====
=====

Re: Work in progress
Posted by Human being - 20 Dec 2022 05:10

[Vehkam wrote on 20 Dec 2022 04:45:](#)

[Geshmak! wrote on 20 Dec 2022 02:23:](#)

[Vehkam wrote on 19 Dec 2022 21:26:](#)

There is nothing more dangerous for me then prolonged sadness. The past week has been difficult on my mood. I see the yetzer hara trying to take advantage by putting all sorts of memories of improper good times into my head. Bh my resolve is strong but I need to get myself into a healthier mood.

So what's your plan???

Do you like doing exercises?? Like maybe go to the gym and do some work out it can really

I feel wired giving you ideas it's usually you that is giving the ideas

change your mood and besides it can burn off all the donuts you ate so far...

Thanks for trying but Actually not looking for ideas. I have a good idea of what I need to do. It would be great if I could exercise but right now that is not a possibility.

Now if you offered to bake me chocolate chip cookies that might be something I would take you up on....!!!

Here's a hug. IM sorry your going through the slog of feeling down for so long. Sounds annoying more then anything. Love. Hugs. Hearts. Stay strong my friend.

=====
=====

Re: Work in progress
Posted by Vehkam - 22 Dec 2022 21:18

bh that mood is gone. hopefully not coming back anytime soon!

the following contributed to my difficult mood:

anxiety, uncertainty

winter (cold, dark and rainy)

being sick

not eating properly

unanticipated hurt from a few places

the following helped me get out of it

talking to a professional - relieving some of the anxiety

allowing myself to sleep and recover

accepting the pain of being hurt

lots of music

sticking with my program

posting my feelings on gye...

if i had to pick which was the most impactful, it was the time spent talking with my therapist.

best wishes

vehkam

=====
=====

Re: Work in progress

Posted by Vehkam - 22 Dec 2022 21:21

[Geshmak! wrote on 20 Dec 2022 04:51:](#)

I'm in! Send me an Uber eats and I'll send it right over brother! I owe it to you you got me to start reading the book the battle...

so that would be the least I can do to pay you back!!

are you reading the book regularly? i'm halfway through on the sixth round!

=====
=====

Re: Work in progress
Posted by Teshuvahguy - 26 Dec 2022 02:43

Wow, Vehkam! These two posts are amazing and inspiring. Thank you so much for these tools!

=====
=====

Re: Work in progress
Posted by Vehkam - 26 Dec 2022 02:47

[Teshuvahguy wrote on 26 Dec 2022 02:43:](#)

Wow, Vehkam! These two posts are amazing and inspiring. Thank you so much for these tools!

can i assume that you are referring to these?

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/375452-Work-in-progress?limit=15&start=60#380629

and these

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/375452-Work-in-progress?limit=15&start=60#380709

=====
=====

Re: Work in progress

Posted by Vehkam - 27 Dec 2022 00:50

This chanukah was very meaningful. I am not that good at spending time looking at the neiros. Even though many talk about it, somehow it usually doesn't happen for me.

however, i had a new understanding in Al Hanisim. Probably from many of the boosts and inspiration that i heard. I could not help but think of the fact that there is a pure part inside of me that can never be defiled, no matter what i did. When i tap into that purity with sincerity, hashem can help me build and expand that part of me until it wipes away all of the impurities that engulfed me. I had this in mind during davening and the meaning of the days felt closer to home then ever.... May this inspiration stay with me (and you) through the winter....

=====
====