

My new life

Posted by bochur23 - 25 Jan 2022 11:45

I was debating if I should just continue my old thread

(<https://guardyoureyes.com/forum/19-Introduce-Yourself/359379-restarting>), but I decided to make a fresh start.

I've "tried" many times before to fight this, without much success. Over the past year, I've had some better times, but so far nothing lasting.

What's different now is that boruch hashem I have constant access to GYE on a filtered device (until now it was always on unfiltered devices, which is why I didn't visit too often). Hopefully that will help things along, as I'll be able to use all the resources available to help me.

Im yirtzeh hashem I will now be able to update every day, and I plan to do so.

So today starts day 1 of the rest of my life!

Bochur23

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Re: My new life

Posted by bochur23 - 24 Jun 2022 05:16

Went home for shabbos, so far clean for today.

I'm in a little bit of a tough situation (though not unexpected): My parents want me to start shidduchim. Like right now. They already have some suggestions that they want to look into. I would also like to; I'm already 24 and most of my friends are married, some already with a kid).

But I don't think it would be healthy for me in my current situation. I'm still struggling too much and haven't yet had steady success, although I think (*hope...*) I'm going in the right direction. I also can't imagine myself telling a girl about this (My issue has been serious and long enough that I don't think it's right not to tell, unless someone can convince me otherwise).

Although my parents know that I've struggled in the past, they don't know the extent of it and think that after I had four consultations two years ago - I'm all good.

I think they realize something isn't right since I keep pushing them off, but I don't feel comfortable telling them I don't want to start since I'm still watching porn.

I don't know how (or if there is even a way) to handle this well.

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Re: My new life

Posted by frank.lee - 24 Jun 2022 05:47

Great shayla! My personal opinion is that you are very normal, like most healthy bochrin, and if you stay shiduchim and get engaged beH, it can help you get a clean streak...

I think no reason to tell your wife in general, she likely won't be able to understand...

Be healthy!

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Re: My new life

Posted by frank.lee - 24 Jun 2022 05:48

One more point - can you ask your therapist? What about a Rebbe who knows you, v who you feel comfortable consulting with openly?

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Re: My new life

Posted by bochur23 - 24 Jun 2022 06:16

Everyone is entitled to their opinion, but just wondering: these are articles on this website, Does anyone know if the official advice changed since then? Because I've seen a lot of people give other advice without any pushback at all. Does nobody agree with these articles anymore?

or am I misunderstanding something?

https://guardyoureyes.com/articles/rabbi-twierski/item/dating-as-an-adict?category_id=292

https://guardyoureyes.com/articles/questions-and-answers/item/disclosure-while-dating?category_id=36

https://guardyoureyes.com/articles/questions-and-answers/item/dating-advice?category_id=36

https://guardyoureyes.com/articles/questions-and-answers/item/do-i-have-to-tell-my-date?category_id=36

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Re: My new life

Posted by bochur23 - 24 Jun 2022 06:38

[frank.lee wrote on 24 Jun 2022 05:48:](#)

One more point - can you ask your therapist? What about a Rebbi who knows you, v who you feel comfortable consulting with openly?

I don't have a therapist. I spoke to one four times two years ago, but it fizzled out. Whatever.

i really want to speak to someone but, besides for my friend that I managed to tell, I don't have the courage to... (See my [earlier](#) posts)

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Re: My new life

Posted by wilnevergiveup - 24 Jun 2022 09:35

[bochur23 wrote on 24 Jun 2022 06:16:](#)

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It really depends on the person and your current situation.

As a general rule, people usually separate addicts from non-addicts. Rabbi Twerski was talking about an addict.

What exactly is an addict? now that's a different story. The best thing is to talk this over with a mentor/Rebbe who knows you and can guide you. second best option is to call a GYE mentor and be real honest about your struggles and where you are holding.

If you are the run of the mill bachur who struggles here and there, it's very different than if you find this struggle taking over your life, becoming a focus on your life, or constantly taking you away from your goals.

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Re: My new life

Posted by Vehkam - 24 Jun 2022 12:52

[bochur23 wrote on 24 Jun 2022 05:16:](#)

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Although my parents know that I've struggled in the past, they don't know the extent of it and think that after I had four consultations two years ago - I'm all good.

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I don't know how (or if there is even a way) to handle this well.

I believe that you are definitely going in the right direction. I also agree with frank.lee that you are normal like most healthy bochurim. However, I am not convinced that staying in shidduchim (I've done a few ???? ???? shifts recently

and getting engaged is likely to solve the problem. There may be a temporary reprieve because you are busy but there is definitely significant risk that there will not be a reprieve and that even if there is a temporary change, the problem will come back in full force.

How many people on this site can say that they have a successful happy marriage while also occasionally seeking out pornography? If there are any such people I hope they will identify themselves. They will likely have far better insight then I do.

You are in a tough place. You want to start shidduchim, but you know deep down that you cannot be fully honest. This is a serious issue and should not be glossed over. You run a high risk of making wrong decisions when you are not being fully honest with a potential wife and with yourself.

This does not mean that you are between a rock and a hard place. You can use the desire to start shidduchim as a motivator to address this struggle full force. This cannot be accomplished without outside help. I very much recommend that you seek out a therapist that is trained in this specific area. You can call Relief on your own. They are very helpful. You do not need to go through your parents. A trained therapist can also guide you on what and when to disclose to a potential wife.

You can tell your parents that you would also like to start shidduchim but that you have some internal conflicts that you are going to sort out with a therapist. You do not need to share what these conflicts are. This does not need to take a long time. If you are focused and driven you can accomplish the necessary goals to begin dating in less time than you think. However it will not be just three or four visits.

You also mention that you have not had the courage to open up to a rebbi. A therapist may be able to help you with that. You absolutely will gain a tremendous amount by having a rebbi that really knows you. You need to find that rebbi and open up. This is your whole life in front of you, don't just "wing it" and hope that everything will be ok. Of course it has to be the right rebbi, it is usually obvious who those rebbeim are. Your friend may be able to help with that as well.

I apologize if my opinion comes across as negative or harsh. Perhaps i am too much of an alarmist. These are my thoughts. I feel for you and want you to have the best life and the best marriage possible.

Please don't hesitate to reach out privately.

vehkam

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Re: My new life

Posted by bochur23 - 24 Jun 2022 23:51

A gut Shabbos, clean for today boruch hashem.

??? ????? - including the situation I'm in now, Just gotta figure out how.

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Re: My new life

Posted by bochur23 - 26 Jun 2022 05:28

Clean Shabbos boruch hashem. Tomorrow going back to where I stay.

I hope I'll be able to speak to the person I wanted to this week.

?My parents wouldn't mind if I tell them that I'm not ready until a specific time. The issue is that I can't give them a date when I'll be ready, and this is even if I would be speaking to someone and getting help.

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Re: My new life

Posted by Vehkam - 26 Jun 2022 14:33

Obviously I am at a different stage in life than you are. However for me my answer to people has always been check with me in three months and I will let you know if I am ready. Bh I am getting very close to being ready and I am confident that you can get there as well.

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Re: My new life

Posted by bochur23 - 27 Jun 2022 02:11

Clean boruch hashem, went back today.

on the CBA worksheet. , but I guess that gives me until then to focus

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Re: My new life
The flight to freedom website is down until Friday
Posted by bochur23 - 28 Jun 2022 02:50

Another day clean boruch hashem.

I need to work on the CBA worksheet, and I need to speak to that person IYH.

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Re: My new life
Posted by bochur23 - 29 Jun 2022 03:19

Clean another day boruch hashem.

I'm a bit confused about my count (not that I care so much, just curious). I fell last Monday morning, and since then I'm clean. On the 90 Day chart it's counting Monday itself, so I'm up to day 9. but on the flight to freedom website it starts from Tuesday, so I'm up to day 8. Strange.

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Re: My new life
Posted by Kavey - 29 Jun 2022 16:25

[bochur23 wrote on 29 Jun 2022 03:19:](#)

Clean another day boruch hashem.

I'm a bit confused about my count (not that I care so much, just curious). I fell last Monday morning, and since then I'm clean. On the 90 Day chart it's counting Monday itself, so I'm up to day 9. but on the flight to freedom website it starts from Tuesday, so I'm up to day 8. Strange.

I've also noticed the discrepancy but are you sure they are different really? I think the 90 day chart also counts Tuesday just it's the halachic day so it's from the night before. Just my two cents.

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When are you going to speak to that person. Make it happen, this is your life