

For the bochrin by the bochrin

Posted by Face the challenge - 23 May 2022 02:22

As I near my 50th day clean I decided that number one I'm going to share my full story (sorry if it's a little long) and number two I'm going to start a thread on the forum specifically for bochrin. Why. Because I'm a bachur just like you and I know that the chizuk that you can get from someone who's in the same situation as you can propel you to new heights. It's my hope that all the bochrin on GYE will make use of this thread so that we can get continuous chizuk from each other. Well here goes.

A long time ago...when I was about seven or eight years old I was exposed to porn. It was from my older siblings who are unfortunately otd. Being as young as I was, I "knew" it was wrong but I didn't **really** get it. As far as I could tell this is what my older siblings, my role models, were doing in their free time. Of course I wouldn't ever dream of telling my parents on them. How could I? As time went on I would spend time alone with myself. In my room, in the shower, in the bathroom etc. and I would masturbate. This wasn't really with bad intentions as I was still too young to really understand the ramifications of what I was doing.

Fast forward a few years and I'm getting bar mitzvah. I get tefillin a new hat, a new suit, and I'm ready to join adulthood. But I still got this secret that no one knows about. (By this time I knew it was wrong to be masturbating and watching porn). I decided that with my bar mitzvah I'm going to stop. A fresh new start for me. I'm sure you can guess what happened. Nothing. Absolutely nothing. I continued on in my bad ways for the next two years.

Comes along time for high school and at this point in my life my body is in full lust mode. I decided (with my parents) to go out of town for mesivta so that I wouldn't be around my siblings for them to have a bad influence on me. I'm kinda laughing in the inside because I know it's too late. It's not just my siblings who are otd. It's me. But being that I'm the pride and joy of the family, the "frum" one, I just couldn't let my parents down. I projected an amazing outside image and I was afraid of anyone finding out what was really going on in the inside. So off to high school I went and these were some of the darkest years in my life. In short my daily routine would be that during shachris I would always be taking my tefillin off, going to the bathroom to masturbate, and then coming back, put my tefillin on and make it seem like nothing had happened. On to shiur, I would sit there fantasizing about all the worst things under the sun and then I would "go to the bathroom" again and masturbate. This is how it went for two years. I didn't really care about Hashem, didn't care about learning, didn't really connect to my rebbeim, but all along I was projecting the image of one of the top bachrim in the yeshiva. Mind you for the first two years of high school I only had a phone with talk and text so I couldn't watch porn while I was in yeshiva but that didn't stop me from fantasizing, masturbating, and

running to the computer every off shabbos the moment that I came home so that I could go find my fantasies and fill my head with videos for the next few weeks.

Then 11th grade hit. I was smart. I ordered a 35 dollar smartphone that would work with my SIM card. No one had to know about it. I would keep my other phone around when I was at home and hand in my dumb phone when I got to yeshiva (after removing the SIM card to put in my smartphone). This was a real treat for me. I finally had access to porn in yeshiva and with that I would lay in my bed every night while my roommates were sleeping and watch and watch and watch until I would masturbate, fall asleep, and repeat the next day. But don't forget. I'm still a top bachur who people in yeshiva look up to.

Fast forward a few months and I'm in 12th grade. I got a moment of inspiration. I decided that I really need to pull my life together. I couldn't continue on like this. I was ruining my life and I knew it. I smashed my smartphone. It felt great. I felt like I had just won my life back and with that I started anew. I was on top of the world. This was the new me. Ready to change once and for all. And that lasted until I went home for the next off shabbos upon which I encountered a whole hose filled with unfiltered devices and I didn't even last an hour. I was a goner. I felt horribly guilty. How could I go back to watching porn and masturbating?? I had just smashed my smartphone. What happened to me. I made a kabala/promise that I would never do it again. As I'm sure you already know this didn't last to long. I repeated this process of falling and repeating to promise for the whole year. It was horrible. I knew that I would never be able to get out of this vicious cycle but that didn't stop me from making promise after promise after promise. I was the biggest rasha in the world, but the pride and joy of my parents. Their son, their from son who made them so proud of his learning in yeshiva. He was such a tzadik and they got so much nachas. I'm sure you can imagine the pain that I went through at these times. There's nothing like someone praising you while you know that you are really the most horrible person to walk the planet. (And of course I think I'm the only one who's struggling...).

I decide to go to Israel for yeshiva. This time I was going to do it right. I got a strict kosher phone and went off to yeshiva. I started getting turned on to Judaism in a way that I had never felt before. I was really connecting. That Elul in first year I shteiged so much. I was clean from p and m for the whole zman. I had heartfelt tefilos on rosh hashana and Yom Kippur and I was sure that this time I really made it. (If you are still reading this-thank you(-:) I really had sincere tshuva and I promised hashem that I was done. And I really meant it. But then bein hazmanim hit in Israel. With no structure and a hot climate I slowly but surely started slipping. I was outside and would stare a little to long at the girls walking by. I would go to the separate beaches but on the way there I made sure to feast my eyes on the coed beach. There was nothing rationale about what I was doing and I knew it. But I didn't stop. I fell. I fell hard and this just made me sink down into a deeper feeling of guilt. I had just come off of my best Yom Kippur davening and I was right back to where I started. I recommitted to winter zman and I shteiged alot. Mind you I would fall here and there but I was in a much better place then when I got to yeshiva. Fast forward to pesach break. Im sitting in the airport trying my best not to look around at all the unclad people there. I had not been exposed to immodestly dressed women since sukkos and I was able to a pretty good job at guarding my eyes. I felt accomplished. I said to myself that this

vacation I'm going to do it. I'm going to pass by without falling into the trap of the yetzer hara. I won't watch porn. I'm not going to masturbate. I was on guard the whole flight home and I felt accomplished. I really did a good job.

I get home and I'm exhausted so I tell my parents good night and head up to my room to go to sleep. Then I see it. I see an iPod touch in my room and I say to myself don't do it. Don't pick it up. Just go to sleep and feel good in the morning. But then my "yetzer tov" spoke up. "Remember that shiur that you were listening to on YouTube from that rabbi that you really liked hearing. Why don't you find another shiur from him and listen to it until you fall asleep. There's nothing better than listening to torah while falling asleep..." So I picked it up and got down to listening to a shiur. As I go scrolling through the videos looking for some more shiurim to listen to I end up flying past several extremely immodestly dressed women. Be it advertising or the 'next video suggestion' but whatever it is it triggers me. I eventually decide that there's nothing wrong with getting a little entertainment so I go on AGT to watch some magicians. To put it simply the judges aren't dressed to the standards of a bas yisrael. It escalated very quickly from there and before I knew it I was typing in my favorite porn site to the browser. I told myself don't do it. Stop. But all rationale thought was gone. I fell. I fell real bad. For the rest of break I fell a few times a day. And I would keep promising myself that it would stop. But it never worked. I dug myself deeper and deeper into my hole and I was got super depressed.

In short this is what happened for the rest of my years in Israel. I would be mostly fine during the zman with a fall here and there and then bein hazmanim I was done for. I'm sure this is familiar to you. But the hardest part for me wasn't the falls. It was much worse. It was the fact that I was my parents nachas. Their pride and joy that they have a frum child who likes learning. All they would ever see is their son who's growing and growing. And when they would give me a bracha on Friday night I knew that there were always thinking of my older siblings and how they were so proud that they at least had me. I was ashamed. Mortified. I couldn't believe how I deceived them. But this wasn't the only problem that came about from my p and m habits. As a result of my "addiction" I would never have real conversations with Rebbeim. I had no connection to them. I just felt that I wasn't worthy to talk to them. I had no one in my life that I could talk to. I was all alone with no way out from porn. To further bring on the pain, while I watched my friends grow in their learning and grow yiras hashem, I watched myself sit on the sidelines because I never had really invested into my learning and I could see the gap getting bigger and bigger. This is what I came home to after being in Israel for a few years.

These feelings of being all alone in the world while everyone thought that I was a top guy who's ready to become something big. It was comical how many people were telling me that I should go into shidduchim. I just pushed them away saying that I wanted a few more years to learn while in truth i needed a few more years to put my life together.

This past bein hazmanim I fell in one of the worst ways that I could. I went to a level that I had never gone to before and I'm to embarrassed to say what i did. But it was bad. And I was so

depressed and angry at myself. Immediately after my fall I talked to hashem. I said to him that I'm not going to ask forgiveness. I had played that game to many times. I said that I was going to commit to find a way out and only after I had done something different, something to show that this wasn't the same me who was asking forgiveness and making more empty promises, only then I would ask for forgiveness. For a way to start again. I went on to google and I started searching for people who had broken free from porn addictions.

It's been 49 days since I discovered gye that night. And I've been clean since. I would sit there for hours reading the forum of all the people who were going through the same exact struggles as me. It was so comforting hearing people over and over and over describing the same exact issues that I had. I couldn't believe it. I wasn't the only one. I used all the free time that I used to watch porn and instead just kept going back onto gye. (I clocked in over 40 hours in one week which would have otherwise probably been used for porn.) Bh I slowly started pulling myself out of the muck that I was in. I made real safeguards for myself in the areas that I used to slip the most and I've been focusing all my efforts in making sure that the yetzer hara doesn't get his foot in the door because I know that if he does I won't win. (I'll post later what these included...) I eventually got on the phone after 5 days of internal struggle back and forth with myself and back and forth again. I called HHM to get help. I wanted to know what else I should know to make sure I wouldn't fall back into this problem. He is so knowledgeable and gave me over an hour on the phone. I can't thank him enough for the time he gave me or for the encouragement and inspiration to keep going. He put everything that I was doing into a real life perspective and made me realize that I can really do this.

I'm here in yeshiva in America now and while i still struggle in that my learning abilities are behind my friends, and I don't yet have a strong relationship with rebbeim, I take comfort in the fact that I'm putting my life together again one day at a time. I'll move onto to figure out the other areas of my life later. I got to go one step at time. Ones day at a time. Im sure with hashems help I'll get there. It's been a journey of 14-15 years but I hope and pray that this is the last stop.

To hashem. I haven't asked forgiveness since 49 days ago because I knew that I had to come and show that I was different. Is 49 days clean good enough. Will I be forgiven? I can only beg of you to forgive me and help me fight every single day to face this challenge. I know it's not going to be easy but I'm doing this for you. I want to get a real connection to you. Please let me come back.

To all my friends at gye. You guys are what kept me going this whole time. Never stop posting and giving chizuk to others. You don't know who you can impact. It doesn't matter if people don't always respond. There will always be people like me who are reading your posts to get chizuk and fight our yetzer hara.

to gye-you are angels sent from heaven to help us all come back to hashem. May hashem give you much success in helping many others out of their situation.

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Re: For the bochrin by the bochrin

Posted by Face the challenge - 16 Sep 2022 03:57

Question for anyone/everyone: just some background, i do have a smartphone but it's completely locked down to the best of my knowledge. I don't have any games, social media, etc. and my browser is white listed with apple restrictions. Recently there have been a few reasons that made me want to get WhatsApp as i don't even have that now because i feared that it would be a time waster with chats... But putting the time waster aspect on the side as I can make a decision if the pros beat out the cons in that sense, i was wondering what are or if there are other ramifications of getting WhatsApp and if it should be avoided for people in our situation. I honestly have never used WhatsApp before so i don't really know what it is. To the best of my knowledge it's just like any another texting platform, like iMessages, etc. So, please let me know what your experience has been with it and if you think i should avoid it or if there's no problem.

Thank you guys!

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Re: For the bochrin by the bochrin

Posted by OivedElokim - 16 Sep 2022 04:54

From my own experience WhatsApp is just another way to keep in touch with friends and family. Haven't had any serious nisyonos with it, but that's just my personal take. It can be a time waster but otherwise it's harmless...

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Re: For the bochrin by the bochrin

Posted by Vehkam - 16 Sep 2022 11:52

If you are careful to limit your participation in "groups" to groups that maintain the same standards as you do I believe you should be ok.

Also if you use the status feature you will see the statuses of anyone in your contacts that has posted something to their status.

I know that there are many people that have had problems on WhatsApp but to the best of my understanding it comes from being in groups.

I am in a few Daf Yomi groups. There was one instance that someone that didn't belong joined the group and posted a bad picture. It only happened once and everyone quickly deleted the picture. It never happened again. I think they changed some settings on who could join after that.

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Re: For the bochrim by the bochrim
Posted by Face the challenge - 18 Sep 2022 01:22

Had a very hard shabbos. My mind kept getting plagued with bad thoughts and i kept fighting to get them out. I would go to learn, try listening to a shiur from one of the rebbeim in my yeshiva, but overall it was tough. I came out on top though thank g-d, and I obviously feel very good about myself right now!! I didn't want to fall on shabbat (especially right before selichot...), but i was thinking to myself that maybe this is why the yetzer hara is trying so hard right now. He knows that the one thing that will get me down about myself right now is if i have to start selichot with a low self image. His tricks didn't work though as i came out on top! I must reiterate that a big part of me being able to push through the hard times is by reading a chapter of the battle of the generation every night. It really is a game changer... Either way, I'm up to day 30 again on the chart (a third of the way to my next goal) and I hope that I will continue having the strength to keep fighting for what I know to be right!

-ftc

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Re: For the bochrim by the bochrim
Posted by retrych - 19 Sep 2022 18:09

I've had that in a few groups... theres probably some way to prevent it

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Re: For the bochrin by the bochrin

Posted by Face the challenge - 23 Sep 2022 19:27

Just wanted to share some thoughts as we go into rosh hashana:

Last year rosh hashana time i was down in the dumps. Again. Memories of my life kept coming back to mind as I went through the various stages of my life. My thoughts were something like this. "I wasted last year on porn, i wasted the year before that on porn and so on and so forth for the last 14ish years... I'm going to ruin my life, never gonna be able to get married, I'm probably gonna die soon because of all the masturbating that i did. Hashem has no interest in my davening or learning—im just a faker anyway... if my parents or friends find out then I'm absolutely done for..."

Anyway you get the basic idea of what my mental state of mind was. Bad. Very bad. But i didn't know what to do. Every year i had made a kabala (actually multiple times throughout the year) to quit porn and masturbation and whatta you know, it didn't work. I was more mature at this point in time and i knew that making another kabala to stop wasn't going to do anything for me. I had a chazaka that it didn't work(-: So, i decided to do something different that year. I didn't make a kabala to stop, rather i made a kabala that within 'x' amount of days, i was going to tell one of two of my rebbeim what was going on... I had never shared this story with anyone before and i was scared. I don't know how i had the courage to to take the kabala on, but i ended up breaking down to a rebbi telling him what was going on. He listened to me and gave me chizuk, but at the end of the day it didn't help me long term. He didn't have any concrete things to tell me except to try and make sure that i keep myself occupied during bein hazmanim (which is true that i do have to do that, but i needed more advice than that). So, back to the next bein hazmanim (after i was back in America) I ended up falling yet again... but as usual after a fall you get some type of clarity to want to make a proper decision. And i was scared. I was scared because i was back in America, going to go into shiduchim in the near future and i didn't know how i was going to solve my problems.

And that was the night that I discovered GYE and my life has been different ever since. I was welcomed with loving arms into a community of people that have been where i was, are where i was, and some of them worse off. I never imagined that there were so many people like me. I started getting practical advice of how to deal with this issue. I didn't post often for the first 50 days as i was mostly just taking in all the information but after that i started posting more often. I

got so much chizuk from the community here and it was the most unbelievable feeling I've ever had. I started feeling like I wasn't living a double standard anymore and I now had the mindset that I would be able to break free. I wasn't going to be stuck in this matzav forever!

I managed to get all the way to 121 days before I fell. It had been a rough Bein Hazmanim and nothing worked out the way I wanted it to. I was also in a very negative mindset about the Pritzus everywhere and I didn't know how to deal with it properly. I posted about my fall which was one of the hardest things to do. I wanted to be that person of inspiration—the guy who was able to break free after 15 years and start helping others, but I felt deflated. I had fallen again and was back to square one. But everyone responded to me and I got so much chizuk from everyone here. You guys helped me to get back on my feet to which I'm forever grateful for. I realized that a fall after 120 days does not put me back to square one. Additionally, with the encouragement of Vehkam, I started reading a chapter of the battle of the generation every night. My entire perspective towards this challenge that we all face has thus shifted dramatically. I'm no longer depressed about the challenge that we have although at times it can be really hard and excruciatingly painful. I accept that this is the challenge of our generation and realize that this is exactly how I'm meant to grow bigger! **It's not despite the challenge that I will grow, it's the challenge that enables me to grow!**

I will always be fighting this battle. That's just how life is. And I'm ok with that now. I know that I have an unprecedented opportunity to grow, in a way that no one in Europe could ever have imagined. I now have a new lease on life. I have a much more positive outlook and I'm much more emotionally stable. I don't know what this coming year is going to entail, but I now know one thing for certain. This year really will be different.

Wishing everyone here a gmar chasima tova and a year full of hatzlacha and siyata dishmaya!!!

-ftc

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Re: For the bochrim by the bochrim

Posted by Face the challenge - 28 Sep 2022 18:03

Post Rosh Hashana:

Davening was not good. On the first night and day I was barely able to get into it. I didn't have

any strong emotional feelings like in years past. On the second day in middle of psukei d'zimra I had a total burnout in davening. I didn't feel like I was talking to anyone and I was just growing impatient with the slow pace. I left davening for a 10 minute walk and came back and just learnt from a sefer while the shliach tzibur was going. I just learnt and learnt and tried keeping my mind off of davening. After a break for kiddush, I got back to shul and no longer felt the same way as I did during shachris, but I still wasn't able to 'get into' the davening. During tkias shofer if i tried closing my eyes to concentrate, bad images would begin flooding my mind. All in all it wasn't a very inspiring rosh hashana for me and I wasn't in the greatest of moods.

Last night I restarted the battle of the generation. Read the first chapter and reinforced in my mind that the challenges that I'm put through is the reason that I'm in this world. I'm here to fight the battles and win. If I'm not challenged I won't be able to grow. If I stop getting challenged, it means that there is no more hope for me. Challenges are what I'm in this world for. I reinforced this idea in my head over and over and over again.

During shachris this morning I was very tired as I didn't have my usual hot cup of coffee. I was also mentally drained after davening for two days straight and not in the mood for another long davening. The yetzer hara decided that in middle of selichos would be the most opportune time to give me tons of flashbacks of bad movie scenes etc. (don't want to get into too much detail) that I watched. These were scenes that were lying dormant in my memory for years. I hadn't thought of some of these things in 5 years! But obviously they are going to come up now as I'm trying to concentrate on the words "?? ?? ?? ????? ??????". I was going to cry that I had to deal with this now. Can't I just have a break from my bad thoughts? Will I ever be able to function like a 'normal' person? And then it hit me...

I took a deep breath and let out a big smile. I was being challenged and it was a really really tough challenge. But I was being challenged! That meant that hashem hasn't given up on me! If he had given up on me there would be no point in challenging me. Challenges are only there for us to grow and come closer to hashem and I knew that if this was the challenge that was given to me, then I had the kochos to pass. So, I smiled. I smiled because I realized that I had an amazing opportunity. I had the opportunity, during the aseres yemei tshvua, to show hashem that I am not the same person who would love to dwell on my thoughts and fantasies from years past. I smiled because there was nothing else that could be done except to smile. Sure enough those images in my head started fading away. And as more thoughts and memories started to attack me, I just kept smiling more and more. And those images also faded away. And so it was for the next few minutes until the yetzer hara had enough of me and just left me alone...

While in the midst of an attack of desire and lust, it seems that there is no way out. There are feelings of despair. There are feelings of wanting to give up. But at that moment of despair you have to realize that **this is your opportunity of greatness!** This is the challenge that hashem

gave specifically to you. So smile! Smile because that's the only thing to do! Realize at that moment that you are being attacked and that you can show hashem how hard you fight to win. If you try this you will see that the yetzer hara won't seem so powerful anymore. You will realize that you can overcome it and reach true gadlus! (But as for me it only works if I do some external action to show that I know I'm being challenged, i.e., smile, laugh, etc.— Knowing this idea in my head hasn't done the trick...)

So, I may not have had the most inspiring rosh hashana and awe filled davening, but I have had the opportunity to show hashem my true colors and with hashem's help I will be able to continue fighting day in and day out.

May we all have hatzlacha and siyata dishmaya in our challenges and be zoche to break free!

-ftc

Ps. I'm hungry...

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Re: For the bochrim by the bochrim
Posted by Ki Sorisa - 28 Sep 2022 18:33

wow wow Im floored! such gadlus! This post is probably the most beautiful thing I ever read in my life!

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Re: For the bochrim by the bochrim
Posted by Kavey - 28 Sep 2022 19:31

I don't usually like to post this because I don't think I personally can tell people to daven but given that it's the Aseres Yemei Teshuva:

Per Rav Pincus it's totally fine to call out silently to Hashem to give you inspiration for davening

and to take bad thoughts away.

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Re: For the bochrim by the bochrim
Posted by Vehkam - 28 Sep 2022 19:56
BTW smiling is huge

[Face the challenge wrote on 28 Sep 2022 18:03:](#)

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-ftc

Ps. I'm hungry...

Beautiful post. I can relate to all of it.

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Re: For the bochrin by the bochrin

Posted by committed_togrowth - 28 Sep 2022 20:47

Inspiring post, thank you for sharing. I'm sure you know this already based on how you write, but there is a big difference between feeling close to Hashem and actually being close to Hashem. Someone might "feel" close to Hashem while they play guitar on Shabbos or riding an emotional high during davening without actually focusing on Who they are davening to. While you may have not *felt* close to Hashem, you most certainly *were* close to Hashem. Keep sharing the inspiration.

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Re: For the bochrin by the bochrin

Posted by Face the challenge - 30 Sep 2022 04:30

[Kavey wrote on 28 Sep 2022 19:31:](#)

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Per Rav Pincus it's totally fine to call out silently to Hashem to give you inspiration for davening and to take bad thoughts away.

I definitely hear the idea in theory, but as for the practical application i felt that when i davened to not have bad thoughts, it was just a gateway for more bad thoughts to come in. I try to avoid bringing bad thoughts to the forefront of my attention even if it's for the purpose of asking hashem to make me not have them as I find it ends up being counterproductive. That's why i didn't opt for that option... But hey, if it works for you, then keep it up! I am only talking from personal experience. I'm not trying to say other ideas won't work, rather, it hasn't worked for me.

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Re: For the bochrin by the bochrin
Posted by Hopefulposek - 30 Sep 2022 14:49

Thank you so much for sharing your story.

I am in a similar situation. My older siblings introduced me to P and they all went OTD. I am the pride and joy of my parents who were Balei Teshuvah and desired that all their sons should be sitting and learning and I am the only one in yeshiva. My parents have no idea the struggles I am facing, all they see is one of the top guys in yeshiva with a wife and child being shomer torah and mitzvos. All the nachas they have makes me feel worse about my struggles.

It gave me a lot of strength to know that there was someone out there with a similar story.
Thank you!

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Re: For the bochrin by the bochrin
Posted by 5Uu80*cdwB#^ - 30 Sep 2022 16:16

[Face the challenge wrote on 30 Sep 2022 04:30:](#)

[Kavey wrote on 28 Sep 2022 19:31:](#)

I don't usually like to post this because I don't think I personally can tell people to daven but given that it's the Aseres Yemei Teshuva:

Per Rav Pincus it's totally fine to call out silently to Hashem to give you inspiration for davening and to take bad thoughts away.

I definitely hear the idea in theory, but as for the practical application i felt that when i davened to not have bad thoughts, it was just a gateway for more bad thoughts to come in. I try to avoid bringing bad thoughts to the forefront of my attention even if it's for the purpose of asking

hashem to make me not have them as I find it ends up being counterproductive. That's why i didn't opt for that option... But hey, if it works for you, then keep it up! I am only talking from personal experience. I'm not trying to say other ideas won't work, rather, it hasn't worked for me.

Correct. The only thing that putting your mind's spot light on lustful thoughts will do is strengthen them. The only way to move on in life from "impure thoughts" (what I know as lust addiction) is to muster the strength and courage to move your mind on to better thoughts and busy yourself with better actions. Of course you have to daven, but attending to thoughts you want to get rid of is the classic blue elephant parable.

The brain circuitry of lust addiction is not something that will probably ever go away completely for those of us who spent years fantasizing, polluting our minds with garbage, or worse. It certainly does get fainter and fainter as time passes, though. We have to learn how to deal with it in a healthy way and then we can stay in remission. For example, I am Baruch Hashem over a year clean now, but just two days ago, I had a moderate and real struggle after some "thoughts" entered my mind that I didn't want to think about. Around a year ago, I would have continued to focus and focus on them until ultimately falling, maybe even several times. What did I do two days ago? I calmed myself down and closed my eyes. I then had the following discussion with myself in my mind: "Hm, I'm having some lustful thoughts. This is certainly uncomfortable! But, Baruch Hashem, I am attracted to women and have a healthy, working hormonal system! Man, this is definitely uncomfortable. I feel physical discomfort right now! I am in discomfort! I sure would love to go to be ????? ??? ????? and get rid of this physical discomfort! But, you know what, what else in life do I have to accomplish right now? I have LOTS to accomplish. So, let's move on now, brain, because we a have a lot do in life." I moved on. I didn't look back. I went and got some exercise and learned. Here I am 2 days later. I didn't fall. I meditated on and acknowledged the physical discomfort I was in, meditated on the feelings pulling me towards my past unhealthy habits, I was real with myself in the midst of a struggle, and I made the decision to just move my mind on instead of wallowing in lust and guilt and falling after so many days of success. This is how a person recovers. Is it easy? **OF COURSE IT'S NOT EASY!!!! YOU HAVE TO BE READY TO ENDURE PHYSICAL DISCOMFORT TO ACCOMPLISH ANYTHING WORTHWHILE IN THIS WORLD!!!** Recovery means learning how to thrive in the midst of discomfort because we want to be be something greater in our lives than to be masturbators and porn addicts!

Good Shabbos and wishing everyone a wonderful Yom Kippur.

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