

For the bochrin by the bochrin

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

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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 - 14 Oct 2022 01:57

Really struggling today-hopefully things will get easier soon. I've been sick which means in bed and I'm also having a lot of physical discomfort... not a good combo. Not sure what i should do now

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Re: For the bochrin by the bochrin
Posted by Face the challenge - 14 Oct 2022 15:45

I think I'm going to take an extended break from gye. I'm using it to much as a crutch, so good bye for now. I hope i stay strong throughout. (I'm gonna try g-d willing until Chanukah unless I think I'm gonna fall if i don't go on)

-ftc

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Re: For the bochrin by the bochrin
Posted by frank.lee - 16 Oct 2022 14:17

If you see this, for asking your parents to put on a filter, you can tell them you were talking to someone to encourage them to get a filter on their device, and that person has a challenge with looking at inappropriate things, or wasting time. And in order to help him, you made a deal that you will also ask your parents to put a filter on devices... And you can actually do that... They won't suspect a thing

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Re: For the bochrin by the bochrin
Posted by frank.lee - 16 Oct 2022 14:18

I just want to add, to all the guys out there, get ready for Simchas Torah, a big spiritual high can also be a challenge for us. Be aware and try not to fall...

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Re: For the bochrin by the bochrin
Posted by OivedElokim - 26 Jan 2023 22:29

[Face the challenge wrote on 04 Oct 2022 03:25:](#)

Just a quick thought/idea before Yom Kippur (although it really has nothing to do with Yom Kippur):

I've been thinking about something for the past few weeks that i wanted to share with everyone. For all of those who have posted about their struggles and successes I think it would be fair to say that you get a lot of chizuk when people respond to your posts, pm you, or even hit the thank you button. If someone tells you that your post has helped them out, it makes you feel on top of the world. In a way it makes it seem 'worth it' that you went and/or are going through the struggles because you now have the opportunity to try and help others. At least that's how I feel, but feel free to disagree.

Now I am definitely as guilty as anyone here when it comes to shopping around the forum and not responding at all...but what if we changed that. What if collectively, we would let someone know when they gave us chizuk and as a result be mechazek them? Think about the positive effect it can make on so many people when they realize how many people that they are effecting. I think the results could be huge. It could lead to so many people feeling more positive about themselves and maybe, just maybe help us all get out of this hole that we are in.

Anyway, lmk if you agree or disagree—but being that I get chizuk from everyone else responding to me, I am going to try and be more careful about letting others know when they are/were mechazek me.

ftc

bump

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Posted by Teshuvahguy - 26 Jan 2023 23:16

[Face the challenge wrote on 23 May 2022 02:22:](#)

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You are an amazing guy. You ARE your parent's nachas. Look at how hard you have been fighting. All alone for so long. You never gave up in all those years. You are NOT your nisayon. That is not what I see. I see a holy bachur who got caught at a very early age in a trap that is incredibly difficult to escape. But you are doing it. You are pulling yourself out. Every clean day is a win. No fall can negate those wins. Keep going. You will eventually kick this. I feel the fire in your belly. You will succeed. Right, guys? Here, we have a winner! Hatzlacha. Thanks for sharing your story. I'm really pulling for you to see amazing success.

TG.

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Posted by Markz - 27 Jan 2023 01:47

[OivedElokim wrote on 26 Jan 2023 22:29:](#)

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ftc

bump

FAKE

It's a virtual Bump.

A real bump is if you can actually "Face" our friend "FTC".

Disclaimer. We would have to verify first that he's a safe gye (unfortunately trust has been compromised, and I would check out a gye before meeting live, many old timers here are - maybe ask the management.

I have met quite a few and there's NOTHING like it. As Dov says - this forum and chat is fake, but can be a good springboard.

KOT!

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Re: For the bochrin by the bochrin
Posted by Human being - 27 Jan 2023 12:25

[Markz wrote on 27 Jan 2023 01:47:](#)

[OivedElokim wrote on 26 Jan 2023 22:29:](#)

[Face the challenge wrote on 04 Oct 2022 03:25:](#)

Just a quick thought/idea before Yom Kippur (although it really has nothing to do with Yom Kippur):

I've been thinking about something for the past few weeks that i wanted to share with everyone. For all of those who have posted about their struggles and successes I think it would be fair to say that you get a lot of chizuk when people respond to your posts, pm you, or even hit the thank you button. If someone tells you that your post has helped them out, it makes you feel on top of the world. In a way it makes it seem 'worth it' that you went and/or are going through the struggles because you now have the opportunity to try and help others. At least that's how I feel, but feel free to disagree.

Now I am definitely as guilty as anyone here when it comes to shopping around the forum and not responding at all...but what if we changed that. What if collectively, we would let someone know when they gave us chizuk and as a result be mechazek them? Think about the positive effect it can make on so many people when they realize how many people that they are effecting. I think the results could be huge. It could lead to so many people feeling more positive about themselves and maybe, just maybe help us all get out of this hole that we are in.

Anyway, lmk if you agree or disagree—but being that I get chizuk from everyone else responding to me, I am going to try and be more careful about letting others know when they are/were mechazek me.

ftc

bump

FAKE

It's a virtual Bump.

A real bump is if you can actually "Face" our friend "FTC".

Disclaimer. We would have to verify first that he's a safe gye (unfortunately trust has been compromised, and I would check out a gye before meeting live, many old timers here are - maybe ask the management.

Are you up for the Challenge?

I have met quite a few and there's NOTHING like it. As Dov says - this forum and chat is fake, but can be a good springboard.

KOT!

hhm --verified safe :-)

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Re: For the bochrin by the bochrin
Posted by Markz - 27 Jan 2023 14:45

HB 2?

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Re: For the bochrin by the bochrin
Posted by Markz - 01 Feb 2023 04:09

FACE THE CHALLENGE, NICE TO SEE YOU BACK.

How's life in general. Are things looking up for you?

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Re: For the bochrin by the bochrin

Posted by Face the challenge - 01 Feb 2023 04:16

It's been a really long time since I posted last and I've been going through some big ups and downs over these last few months. I figured I would share an update of how things are going.

I fell into a really bad rut a while back for about two weeks and I felt like I lost all the progress that I made so far. It was by far the worst I've done in years... That culminated with me taking a neder upon myself to tell my father what was going on and that he should filter my house. It took me about a week of back and forth in my head until I finally worked up the courage to sit down and write a letter to him explaining what was going on. That was probably the hardest thing that I've ever had to do in my life. Baruch Hashem he took it very well and filtered down our house, changed the network password, etc. I felt on top of the world. It was a liberating feeling, I only wished that I had done it sooner. Learning started going well for me and for the first time in a while I had the hope again that this time it would be different. However that was not to be the case.

I had a smartphone for a while now that was locked up by my father. I helped him configure the settings because I knew what I knew how to get around and what I didn't know. It was locked down really tight and all was going well until I decided to give it a go at guessing the code and lo and behold I figured it out. That spelled really bad news for me and again for a bunch of days I just slipped up and continued to fall. After a particularly bad fall I had enough (again) and decided that I needed time on my own to figure out my priorities without any distractions and I made the choice right then and there to take my sim-card out of my phone and I broke it in half. Now I didn't have a phone that I could use, I didn't know the wifi password, and I was pretty much guaranteed to be safe at home. So for the last five weeks or so I've been phoneless and it's been the greatest most feeling out there. I've been totally disconnected from the world and I've been steadily working on myself to get the distractions out of my life and make learning my go-to activity and it has been working well for about five weeks. (For those of you who I've not been in touch with (and you know who you are) I'm sorry for not giving any forewarning to being out of touch. It was a decision that I made in the moment and didn't have time to explain what was going on.)

Anyway, all was going great until I made a decision (which was really stupid) to go somewhere on vacation for a few days. I knew in the back of my mind that this was a disastrous idea but I chose to ignore it. I compromised on all of my standards, ended up at a water park, watching tv and movies, and eventually sneaking out in middle of the night to take a phone that belonged to someone else in the family...and the rest is history. So that was a really rough few days for me

especially coming off of a high for so many good weeks of immersing myself in torah.

To make matters worse, I figured out a way to get an old laptop in my house connected to the internet even though I don't know the password (not going into any details because I don't want to give any ideas to someone else) and managed to fall again within a few hours of being home. And that's where I'm writing this from.

I'm at my wits end not knowing what to do with myself anymore. I can go weeks upon weeks without doing anything bad only to lose it all as soon as I'm around any device with open internet. My only defense is when I have absolutely no access to anything, but somehow I just keep finding new ways and I feel like I'm hopeless because there will always be another way to access something bad. I think that I need to start seeing a therapist/psychologist but I haven't worked up the courage yet. Anyway that's it for now. I still won't have a phone or email access until at least next week, and I hope I will be able to recheck what's going on here.

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Re: For the bochrin by the bochrin
Posted by Face the challenge - 01 Feb 2023 04:44

For the benefit of anyone who may have the courage to reach out to their parents and let them know about filtering the devices etc., I've decided to post the letter that I wrote to my father here. (Feel free to copy it if you need an idea of how to say it over to your parents):

"Dear Abba,

I don't know exactly how to say this so you'll have to bear with me for a little bit. Over the last five years I've had a major change in my life. I became turned on to tefilah, torah, and Judaism in general. I've seen myself growing tremendously and I'm sure you've seen the changes as well. This is all thanks to you and Imma for your continued support and letting me learn in yeshiva. For that I will be forever grateful and this is not a sufficient thank you. However, I've also had something along the way which has been impairing my growth and that's what I wanted to talk to you about.

There's a gemara in kedushin which I'm sure you are familiar with that talks about a story where there were captured women that were brought to rav amram chasida and he stuck them in his attic. He then had the ladder removed so that he would not be able to be secluded with them.

But as one of them passed by he saw how beautiful she was and had such a strong desire to be with her, that he managed to move the ladder which normally took ten people to lift and moved it to the attic so that he could go up. When he was halfway up the ladder he yelled out that there was a fire in his house so that the neighbors would come running and he would be embarrassed and refrain from doing the aveira. The rabanan came and said to him "you have put us to shame" to which he famously replied "better to be ashamed in this world than to be shamed in the next world which is eternal."

There are two points that I'm taking out of the story. The first is that we see how strong desire is and that it affects everyone. Secondly, it's better to be embarrassed in this world than the next world. I have come to the point where I've realized that it's better for me to be embarrassed in this world than the next. So here goes...

The problem that I've been dealing with is inappropriate use with the internet. I've had this struggle for a while with lots varying degrees of success. I have worked on myself quite a lot in this area and have had people who have been guiding me along this process. I've tried many different tactics and am in a far better place than I was a few years ago, however, I've come to realize with absolute certainty that I'm not Yosef Hatzadik. It's simply too hard for me to beat my yetzer hara head on. I just won't win. I've come to the absolute recognition that if I'm in the vicinity of unlocked/unfiltered devices, I'm going to keep failing. Therefore I'm asking of you to please change the password on all tablets, laptops, computers etc. in the house and not keep even one around that I can get to because I know myself and I know my yetzer hara and I know that I won't be able to overcome it. This is the only way out for me and the only way I see myself becoming successful in this area. This is my last chance.

If you are angry or disappointed with me I fully understand and I'm willing to bear the consequences of my actions, but nevertheless I felt that I needed to say this. This letter admittedly is probably the hardest thing I've ever had to do in my life. No child ever wants to disappoint their parents, especially in this way. You have provided me with everything that I can ask for and have tried nonstop to help me grow into a Ben Torah. I'm forever indebted to you and that I would go behind your back for so long and not tell you makes me feel horrible and for that I'm truly sorry. The only thing I wish that would have went differently though is that I would have had the courage to tell you earlier in life.

Through making our home a safe environment for me, Hashem should give you and imma siyata dishmaya and hatzlacha for many more years to come and I hope that you will be able to have true Nachas from me and the rest of your children. Thank you and I'm sorry."

(I've done a little editing on some of the details, but this is more or less the raw letter that I wrote. Bh my father took it very well. I hope that posting this may give someone else the courage to make the big leap and help them in their own homes.)

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Re: For the bochrin by the bochrin
Posted by Markz - 01 Feb 2023 05:14

I see a thank you button. Ok I'll click that.

There should really be a Like button option.

And for something like your latest post there needs to be a Hug button!

Mr Dev - Where did it go????

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Re: For the bochrin by the bochrin
Posted by Ybird - 01 Feb 2023 17:46

I use that story in a different way, i would rather be embarrassed of my boss seeing that I'm on GYE looking for chizzuk, rather than being caught searching for loopholes

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