

Kavey's Journey

Posted by Kavey - 08 Jun 2022 02:28

Hi, I've been trolling this site for about 2 weeks and have been wanting to start my own thread to chronicle my journey and put down some thoughts. So here goes.

A bit of background:

Right now my current streak is 14 days B"H. Before that I had been in a serious funk for a number of weeks with multiple P&M episodes throughout. I reached out to a Rabbi who I'm close to and got a referral to a therapist. It's been pretty helpful and the therapist suggested

Prior to this I'd been struggling with P&M for about the past 9 years (I had the issue when I was single as well) and actually had a clean period of about 4 months starting from Rosh Hashana time frame, when I made some kabbalos and was pretty strict about avoiding triggers. However, as is all too common my urges started to really increase (I think about 9 or 10 on the F2F scale of 1 to 10) and coupled with a decreased resolve I fell and never really got back up.

A few comments about site learnings:

- You never really know who's struggling in real life. In particular the early threads from Kaneshner and bardichev really blew my mind
- I'll admit to using 'triggering keywords' in the forum search...however what I found was spending an least an hour a day on this site so here I am eye opening and full of humanity. People go through very difficult journeys
- The thing I probably find scariest are the falls after 5, 10 or 15 years.
 - ?It's something I think probably the most about with respect to this site and know that creating personal life conditions conducive to long term success is going to be critical for success in this struggle long term. Right now, I spend my time thinking 'what does Hashem want me to be doing right now' which has been tremendously helpful but I'm not convinced that I can maintain the urgency about what the will of the Creator is over the long term.

I'm going to try to keep this current and really hope the number counter continues going maalah maalah.

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Re: Kavey's Journey
Posted by Kavey - 26 Jul 2022 17:49

Day 62

Started heavy work on intimacy issues with HHM and therapist. Trying to go off the deep end in terms of 'her wants' vs 'my needs' and also working on the emotional connection.

You got it
Not easy.

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Re: Kavey's Journey
Posted by Lchaim Tovim - 26 Jul 2022 19:23

[Kavey wrote on 26 Jul 2022 17:49:](#)

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Wow, that's heavy stuff. Hatzlocha, I hope I didn't open a can of worms...

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Re: Kavey's Journey

Posted by YeshivaGuy - 29 Jul 2022 03:33

Seeing your thread now.

Dude you legit rock.

You keep a cheshbon ha nefesh diary? Wow- you're my hero man.

Keep shteiging, keep in touch. Always!

yeshivaguy

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Re: Kavey's Journey

Posted by Kavey - 29 Jul 2022 03:40

[Lchaim Tovim wrote on 26 Jul 2022 19:23:](#)

[Kavey wrote on 26 Jul 2022 17:49:](#)

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Not so heavy I think. I think it's related to Mikva Edition #29 though I haven't the ziss fleish to read through that one. The hard part is that it really feels like you're rewiring your brain.

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Posted by Kavey - 29 Jul 2022 03:51

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It really works wonders for me. Though I think it's less intense than people think, just recording my thoughts about things I've been struggling with.

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Re: Kavey's Journey

Posted by Lchaim Tovim - 29 Jul 2022 14:38

[Kavey wrote on 29 Jul 2022 03:40:](#)

[Lchaim Tovim wrote on 26 Jul 2022 19:23:](#)

[Kavey wrote on 26 Jul 2022 17:49:](#)

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I'm working on that as well. It's interesting, when it comes to my wife, I feel like I'm doing internal work, trying to change my perspective and feelings. I highly recommend reading that thread completely. It really opened my eyes.

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Re: Kavey's Journey

Posted by Kavey - 15 Aug 2022 17:16

Day 82

Stress and confusion over the weekend that I wasn't able to resolve and I think I get the message. Early in my journey I had some real crying sessions particularly one Shabbos early on with my Tallis over my face and during Kel Adon, silent sobs to the Master of the World.

But since then my davening has been off. I think I get the message. Time to daven. Hashem wants me back.

Warning: Spoiler!

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Re: Kavey's Journey

Posted by Kavey - 16 Aug 2022 13:54

Day 83

I think a crucial difference between this time and other times that I've tried to deepen my connection to the Ribono Shel Olam and work on my Bitachon is that other times I would ultimately experience some cognitive dissonance from not closing my laptop and learning all day. Where is my trust in the Ribono Shel Olam? I would be asking myself.

This journey has opened my eyes to the reality that I don't live in a house with roommates in a mutually beneficial relationship but rather I have a wife and kids. Life decisions that we make truly have to be holistic. And unless it's crystal clear that sitting and learning all day is what's best for my family right now then I feel confident that it's Ratzon Hashem that I stay the course.

And there is a lot of room for Bitachon in the workplace.

- Kavey

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Re: Kavey's Journey

Posted by Kavey - 26 Aug 2022 15:15

Day 93

It definitely feels good. More to say but here's what I sent to GYE about my journey:

Briefly what worked for me:

Hitting a rock bottom where I knew I needed help and fast

Therapy and encouragement by my therapist to really spend time on the forum

Initially focusing all my energy on the fight. Lots of exercise and lots of time on the forum. Also lots of time processing what I read and trying to formulate my own view.

Leveraging the stability from not running after my taavos to improve other areas in my life

With help from a GYE mentor (HHM) trying to change my outlook on sex and intimacy and

learning how to prepare for vulnerable situations like business travel.

Have a good Shabbos!

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Re: Kavey's Journey

Posted by Kavey - 31 Aug 2022 00:23

Day 98

Been thinking about relationship with wife. I heard from Rav Pincus that people who leave their home's for a week at a time to learn day and night (as he himself did at one point), don't just leave their wife hanging. Rather they are able to inspire their wives to such an extent (saying things like all my Torah is yours etc.) that the inspiration lasts the whole week and the separation is that much easier that the wife doesn't really miss the husband and feel like she's left hanging.

I think that's the true pshat in the story of Rabbi Akiva leaving for 24 years. When he came back after 12 years, he realized that there was more depth to the connection he had created with his wife so went back for 12 more years. Really flips the script on the whole story IMO.

For me at my level it just reinforces the idea that we don't exist in a vacuum and we have to take our spouses/families with us on any life decisions.

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Re: Kavey's Journey

Posted by Kavey - 27 Oct 2022 13:29

Day 155

Still going strong, had a slip yesterday looking at some Wikipedia pages as a reminder that "Lapesach Chatas Rovetz".

Been feeling down and that always makes me want to look for escapes. The body wants what it wants and what it knows.

It's amazing though the tools we have. We have the ability with Hashem's help to sit and not follow our yetzer. We also have the ability with Hashem's help to realize that struggling is good and doesn't have to lead to frustration.

p.s. if we're being honest with ourselves we also have the ability with Hashem's help to hold on to our streak for dear life #motivation

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Re: Kavey's Journey

Posted by kavey - 20 Mar 2025 13:09

Day 9

Ok picking this back up...I think I'm really strongly coming around to the belated recognition that once the surfing starts I'm powerless.

So as such I was mekabel bli neder not to use technology for distractions or relaxation (other than watching netflix with my wife or over my kids' shoulders lol).

So far so good...

Hai then you'll ask me how do I relax. *L'maaseh* in my years I've found that exercise can improve a mood but doesn't really relax. Talking and hanging out is kind of the same maybe a little bit better maybe the introvert at play.

What I think my body craves is a deep escape...which I can then emerge from. So I'm going to a yetzer hara that for me pre-dates internet and television...books! Not chas veshalom books with pritzus and sex scenes...because yatza s'charo behefsedo. Rather making doing with the lean meat of the books my kids take out from the public library...Charlie Bone anybody?

It seems to somewhat hit the mark and the need. Still has an impact on my work because I get distracted but at least not in quite the same soul sucking way the internet and whatsapp channels have. And...it's more to talk about with the kids!

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Can we be in touch?

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