

Kavey's Journey

Posted by Kavey - 08 Jun 2022 02:28

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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 - Yesterday 14:18

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Woohoo!

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Re: Kavey's Journey  
Posted by shulem25 - Yesterday 15:01

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For 21 days, I had been clean, and it felt like a major victory. I was finally starting to regain some control over my life and my actions. But recently, I've found myself triggered once again, especially when I encounter women or think about past behaviors. I feel like I'm back at square one, and I'm struggling to climb back up from the bottom of the hill I worked so hard to get up. It's frustrating, disheartening, and overwhelming.

I'm reaching out because I know I can't handle this on my own. I would appreciate any advice, suggestions, or personal stories from others who have been through similar struggles. What strategies have helped you stay on track, or how have you managed triggers when they seem so overwhelming?

Also, if there's anything I should avoid or be mindful of in my journey, I'd love to hear about that as well. I want to be better and continue growing, but I feel like I need more support and guidance to make sure I don't fall back into old patterns.

and now its not so much porn, its the heimisha women and girls that turn me on loke nuts.

PLS PLS HELP HELP HELP!!!!!!!!!!!!!!!!!!!!!!

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Re: Kavey's Journey  
Posted by shulem25 - Yesterday 15:04

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its my neighbors, family members, women in stoors, i am post watching porn, but the heimisha women and girls are a bigger trigger for me noe.

pls any advice?

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Re: Kavey's Journey  
Posted by kavey - Yesterday 17:09

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Reach out to some of the mentors here (HHM, Muttel, Eerie, etc.) they have a lot of experience and great suggestions.

What you're experiencing is completely normal

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