

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
- 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 sdny - 04 Sep 2025 04:14

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i may be wrong, but when someone watches porn they constantly need bigger and bigger stimulants to get him gratified therefore someone dressed modestly will not be enough of a trigger. but when one stops watching the brain by default looks for that sexual experience and looks for it in things that are less explicit as it is getting more desperate

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Re: Kavey's Journey

Posted by kavey - 04 Sep 2025 16:40

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I'm not sure what this is in relation to but I think the key is your comment about desperation...who says desperation has to increase till it reaches a crescendo of desperation?

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Re: Kavey's Journey

Posted by sdny - 05 Sep 2025 00:25

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my post was in regard to getting triggered by modestly dressed women on the street

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Re: Kavey's Journey

Posted by kavey - 05 Sep 2025 08:49

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