

Road 2 Freedom, it all started when I was about 13

Posted by Emes-a-Yid - 23 Nov 2022 13:59

Hi, I want to begin sharing how this all came about and get myself back on track, being vulnerable is hard, but seeing that people like you reading, which is the emes is the only Path that's opened, so without further or do..

I was 13 years old about to take the city bus in 7th grade after school as usual. I normally walk a block to the stop where it will pick me up, and wait about 5-10 minutes. So one afternoon, me and a few friends were there, and all I was doing was listening in and I am telling you I didn't even say anything in the conversation. All I heard was someone saying to the other about "porn", to my knowledge I was just curious to here such a word and didn't know what to make of it. They didn't really say much just those words were spoken as if I was left out of the group and I felt like an idiot not knowing of what it was. So immediately I decided once I get home I will ask google and it will help me find out about what that word is and then I wouldn't be the guy left out. However, once that was put into research I had innocently started my road of Lo-Aleinu. It was just a show then another, and all of a sudden overtime I realized that I had just created a very big secret that no-one knew about, "just me". Even when I turned 15 when people said it again on the way going home, and they asked if I knew anything and with a pause I didn't answer. I was the good kid and from then I realized that no-one would know and that this is something I (the good boy) did. But in reality I was no different then them, and I remember thinking why in the world are they so public about it. I never knew but all that what sayes with me from then was a pile of my worst nightmare that I created.

My cellphone at the time was tagged and thank g-d prevented me to be doing it much more, so the times I would do it, was going to a laptop and seeing such sites. It was so bad that me the good kid would be late during lunch break or so and be late to daven or class. And this happened about 1ce a week. Each time I go in, like I said I was innocent and never planned on it, bit tended to happen that a I get stuck.

Skipping till I was about 18-19, graduated and now in my 1st and 2nd year E'Y beis medrash. I continued failing even in the holy land, which at first I held back because I knew it can't be that I can do such a thing here, (it was my first time there). i then got Tag and then Genteck for specific sites only.

In Short, I kept up the program of SHOVA"VIM and got rewarded and celebrated, one year being 8 weeks and the other 6 weeks, I kept to it and misshaped accidental in my sleep about few times. That feeling of accomplishment and reward was imaginable and indescribable.

Soon after I saw myself keeping like 5 months after, where I was excited, I started doubting myself is this real, there's no way this is real and that's when I realized it can't be true, where I would fail a few more times.

As you can see, I failed and got up, it's hard but you must push and grind and eventually YOU WILL YOURSELF SHTIGHEN MORE!

The next few years I had been in yeshivah where it's impossible to use the internet, so the times I would fail was ben hazmanim, I need a partner for summer to be active so those days were good and the others not good!

Please feel free to comment, I appreciate every feedback!

Hashem has his ways and I want to B'emes get there, I so far deleted an app I was glued to, as in time consuming, but eventually lead me doing something. else not good thanks.

I am now working my way to get back to being fully clean, I have to shteigh in this inyan.

I know that I usually fail only when I have my device opened without a filter, all other times are very mynuute, so I just got to make that stopage at home, I am a bochur with a flip phone, just when I go home since during my breaks I have nothing to do, I then search online either shopping or gaming and then eventually leads to the Lo-Aleinu. I have had some etzah from someone here, which worked but I am not doing those exciting things in a Ra'Giel basis so I mi'mellah fall because I return to my normalcy in those breaks. I need to shtigh on and on, and want to build myself to be a good bachur and hopefully get married without such a issue coming with me. I want to get solved like I did in the past and I know it's possible so B;H with the oilam, I can do this!?

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Re: Road 2 Freedom, it all started when I was about 13
Posted by Emes-a-Yid - 08 Dec 2022 05:24

14, 15 and.....16 It has been 2 weeks and 2 days! Let's keep it up!!

(about 60 days clean as of today)

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Re: Road 2 Freedom, it all started when I was about 13
Posted by Eerie - 08 Dec 2022 18:58

Hi emes-a-yid! First time reading your story, I'm amazed! You are unbelievable! Keep it up, my friend! You can do it

I'm happy to see you didn't ask why you should only date girls who are with you on filtering every device. I don't know how long you should be clean before getting married, I would tell you to reach out to some of the special people here who help others along to get their opinion, but the being that you commented on my thread, I think by now you should as to why you waiting is a good idea. Becasue exposure gives you all the wrong ideas about what it means to be married and be with someone. People that are exposed (like me and you) need time to retrain themselves and their outlook to being together. Not just time, by the way. They need to really educate themselves.

keep up the amazing work, my friend!

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Re: Road 2 Freedom, it all started when I was about 13
Posted by Emes-a-Yid - 11 Dec 2022 03:26

[Eerie wrote on 08 Dec 2022 18:58:](#)

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anyways I thought you read it before lol, nws now.

So, yes I did mean that I know it's bad although she might, she shouldn't be as unaware of nowadays society of how bad it is out there is outrages if she is that oblivious, if they have a filter device it depends how filtered and it's purpose, I don't see a reason to have a device it's only a matter of need and what for.. TAGing it is the only solution if that were the type of girl I would come across, no "funny business filtering" go big or go home...

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keep up the amazing work, my friend!

I don't clearly understand if you agree to wait a year, and for what reason if so. It's an obvious to me regarding ppl exposed need some Yidiah etc.. but not to the point "unless it's outrageous type that the guy has no grip on himself" to wait, especially factoring ppl that know about this stuff already... I think you chap what I mean.. waiting makes no sense to ppl that know about it all so education wouldn't be necessary, only an accountability or so. That's my own opinion.

sorry if I come across harsh feel free to respond back

emesayid

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Re: Road 2 Freedom, it all started when I was about 13
Posted by Emes-a-Yid - 11 Dec 2022 03:30

anyone there to join the lechaim.

Also adding the last few days I flew away to somewhere not the best place, bikitsur. I did great, I believe it is all thanks to gye, and the oilam here thanks. The one thing that annoyed me most was ppl's screen on board, why is it so normal for couples watching an almost undressed or imodest girl, which I saw a split glance... whatever, bh doing great!!

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Re: Road 2 Freedom, it all started when I was about 13
Posted by Emes-a-Yid - 11 Dec 2022 04:25

[Vehkam wrote on 23 Nov 2022 16:22:](#)

welcome! Thank you for sharing your story which is unfortunately way too common. It appears that you are dealing with this in a healthy and positive way. If you deal with this now (as you are doing) you will avoid alot of heartache down the road...

I am sure that you understand that the temptations and urges that you feel are perfectly normal. That is how hashem created us. Our job is to learn how process and deal with those feelings. It is not our job to get rid of them.

I hope you also know that these challenges are not annoyances that are getting in the way of our growth. Quite the opposite, the challenges are sent specifically by hashem and our opportunities for growth. Every time that you hold back from something inappropriate is another rung climbed on the ladder of greatness.

If you look at your history with honesty (emes) you will see that you are resisting the temptations far more times then you are giving in. This should continue to be a source of pride and confidence for you.

Since you indicate that your struggles are limited when you don't have access to the internet, It would be wise to use that time to strengthen your resistance to these temptations. Strengthening your resistance means actively pushing forward. For myself that includes reading a chapter of the book "the battle of the generation" each and every day. For you it may be something else. Whatever it is, it should be something that will build up your awareness of your connection with hashem. Something that will reinforce your desire to be a complete eved hashem. When the desire to serve hashem is stronger then the desire to run after temptation, the challenges in this area will be much less. (while it is always wise to have filters etc... the goal is to become so committed to serving hashem, that even with an unfiltered device in a closed room, your desire to serve hashem will be stronger and you will not succumb to other desires.)

It is also important to be aware that if you see that it is not working to your satisfaction having a

partner or mentor to talk to is usually extremely helpful.

Wishing you tremendous hatzlocha

vehkam

This is one example as you have helped me although I kept quiet, congratz on 365 days complete, tbh if I were GYE, it's a bit crum but rewarding where I got this from about what idea YT does for ppl reaching their goals in subs , here too do a lchaim but should recieve a plack it's a bit interesting in our case because we may not want it to be hanging on the wall,so maybe a personal email not just a "automated" email to everyone, although I am sure all the staff work way too hard i just personally think it can help the oilam, si be 365days or even 1 month similar to the badges that's shown online, just one with more messaging from a live person

emesayid

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Re: Road 2 Freedom, it all started when I was about 13
Posted by Eerie - 11 Dec 2022 22:51

[Emes-a-Yid wrote on 11 Dec 2022 03:26:](#)

I don't clearly understand if you agree to wait a year, and for what reason if so. It's an obvious to me regarding ppl exposed need some Yidiah etc.. but not to the point "unless it's outrageous type that the guy has no grip on himself" to wait, especially factoring ppl that know about this stuff already... I think you chap what I mean.. waiting makes no sense to ppl that know about it

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emesayid

Hi! It seems like I wasn't clear enough, so I'll try. I have no idea how long one should be clean before getting married. I suggest reaching out to one of the special mentors that can be found here, they would probably have a good idea. But from your response it seems that you understand the reason behind the wait is to make sure that you don't slip in, so only someone who doesn't have a handle on themselves should wait. No, my dear friend. It has nothing to do with falling again. When people are exposed to the garbage that is porn they get all the wrong ideas of what it means to get married, of what it means be with their wives. I unfortunately learned this on my flesh, even though my exposure to porn was *after* I got married, and I already had an idea of what intimacy is all about. But still, the exposure corrupted me and my ideas about intimacy. I will not go into detail now, but i was doing things that did not belong in a marriage that is built on trust, caring, love, mutual respect. If you had exposure then your mind has already created ideas of what your marriage will look like, what you're going to do, etc. and all those ideas are dead wrong. So, to give yourself the best shot at having a successful marriage you will need to reeducate yourself at what it means to be married. That takes time and education. It's an effort that you and every single guy out there must make before you get married, because you cannot enter a marriage and expect everything to work out if your mind is filled with all the wrong ideas. So again, you need time, to let the wrong ideas fade, and to educate yourself as to the correct way in marriage. If you will not educate yourself you are bound to fall back to the knowledge that is stored in your mind, knowledge that is disastrous to marriages. How should you educate yourself properly? I asked that question, and one of the special mentors here wrote that the best and most effective way is face-to-face with a rebbe/frum therapist/GYE approved person. I hope I've been clear. If not, feel free to ask again.

Keep up the streak! We are rooting for you!

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Re: Road 2 Freedom, it all started when I was about 13
Posted by jackthejew - 12 Dec 2022 09:58

[Eerie wrote on 11 Dec 2022 22:51:](#)

[Emes-a-Yid wrote on 11 Dec 2022 03:26:](#)

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Keep up the streak! We are rooting for you!

I think that sometimes, the hard-and-fast timeframe of how long can be overemphasized. If someone is getting into a clean streak in order to go into dating "clean for x amount of time", without an attitude change, it's basically the same situation as before he "got clean". Porn use isn't viewed as a lasting problem (because surely it'll go away when he gets married...) as much as a barrier to him dating. After his clean time he may even still have the same attitude towards sex and maybe towards porn, so basically he's just getting clean in order to get rid of his problem B'Heter (in this post I believe there may be a To'eles to wording this a little more

sharply.)

Warning: Spoiler!

So he's kept himself in the same lusting cycle. Someone like this may actually feel worse after a fall during his clean time, because he's just further pushed off his goal of eventually being able to physically be with a girl. That's if there's no attitude shift. But if someone can successfully work on rewiring his attitude towards porn, attraction, lust, and sex, that makes him a much safer person to date and marry. Therefore, I believe the timeframes are probably more based on the assumption that the work will be done, whether through connections here on the forum, with one's Rebbi/ Rav/ Mentor, in therapy or SA. The year or 6 months or whatever is recognition of the fact that true change can't happen overnight.

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Re: Road 2 Freedom, it all started when I was about 13
Posted by Emes-a-Yid - 15 Dec 2022 04:50

... 23 days completed Sorry to the oilam, I haven't been active, B"H it has been going very well my gye buddies

To respond to the bottom comments, thanks for putting in your time and I read it both, I just am not at the moment going to respond on it, both of you have made great points and deserve a proper response, hatzlacha, will try to get back to it soon!

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Re: Road 2 Freedom, it all started when I was about 13
Posted by Emes-a-Yid - 22 Dec 2022 10:15

30 days..

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Re: Road 2 Freedom, it all started when I was about 13
Posted by Emes-a-Yid - 02 Jan 2023 05:45

41 days completed, almost half way!

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Re: Road 2 Freedom, it all started when I was about 13
Posted by Emes-a-Yid - 10 Jan 2023 21:20

[Emes-a-Yid wrote on 02 Jan 2023 05:45:](#)

41 days completed, almost half way!

almost 50,

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Re: Road 2 Freedom, it all started when I was about 13
Posted by chizuk246 - 10 Jan 2023 23:27

great listen interview with a frum therapist

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Re: Road 2 Freedom, it all started when I was about 13
Posted by Emes-a-Yid - 13 Mar 2023 04:23

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Re: Road 2 Freedom, it all started when I was about 13
Posted by 1084 - 19 Mar 2023 03:56

the goal is to become so committed to serving hashem, that even with an unfiltered device in a closed room, your desire to serve hashem will be stronger and you will not succumb to other desires.)

I'll be honest... I'm not sure I agree with that. there's a reason why the torah created a concept called yichud. perhaps, the goal shouldn't be to "withstand temptation" with an unfiltered device in a closed room (that's a very scary and dangerous thing in my opinion) ... the goal should be not to be in that situation in the first place.

"Some people mistakenly think that the real hero is the one who faces temptation and resists it. In truth, the real hero is the one who avoids temptation in the first place." - R' Noach Weinberg

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