

Lion Free journey each day!

Posted by lionfree - 10 Mar 2024 18:53

---

Day #1

I relapsed a ton of pornography. Right now I'm feeling the urge to continue watching porn. Hopefully things will get better. I don't see if future or I'm Watching porn forever.

=====

Re: Lion Free journey each day!

Posted by notezy - 25 Apr 2024 20:25

---

Maybe if it's a possibility you should consider trying to find an alternative to the college you are in or at least discuss it with the chabad rabbi on campus see if he has any ideas ( I am not saying to abandon getting an education.)

=====

Re: Lion Free journey each day!

Posted by lionfree - 28 Apr 2024 20:46

---

I spoke to my chabad rabbi and he recommended this sight. Most therapists treat masturbation like it's healthy. Technically it's not killing you but it's not great for your mental health

=====

Re: Lion Free journey each day!

Posted by yitzchokm - 01 May 2024 09:27

---

You seem to be wavering between hookup apps and true intimacy, Conservative Judaism, non-Jewish relationships and Orthodox Judaism. It seems that it is clear to you that hookup apps are

harmful and that Conservative Judaism is false and yet you are willing to consider them. It seems to me that what you are lacking is a commitment to Orthodox Judaism, notwithstanding that you might agree that it is the path you ought to be taking for the sake of truth. You have two paths to choose from; one that will make your life meaningful but it requires work, and the other one that is easygoing but that will make life meaningless to a certain degree. This is a decision that we can't make for you and it isn't addressed anywhere on GYE.

The Torah writes (Deuteronomy 30:19-20) "I call heaven and earth today to bear witness against you: I have placed life and death before you, blessing and curse; and you shall choose life, so that you will live, you and your offspring - to love Hashem, your G-d, to listen to His voice and to cleave to Him, for He is your life and the length of your days".

The choice is yours and the two options aren't whether you will do good or bad to Hashem but rather what choices you are going to make for yourself; whether you will choose life or death. If you want what is in your best interest then choose life. This isn't optional. The Torah commands you "and you shall choose life" because Hashem wants you to live; He wants what is best for you and commands you to do so, but at the end of the day Hashem gives you the option to choose death because without that there wouldn't be free will and you wouldn't get rewarded for choosing life. For your own sake and the sake of "your offspring" I beg of you, please choose life.

It is worth connecting with other Orthodox Jews so that you can experience firsthand the life of Orthodox Judaism and all the good that it has to offer. If there is an Orthodox Jewish program on campus then attend what they offer and if your Chabad rabbi is offering Orthodox Judaism then go for it. The only ones you are benefitting are yourself and your offspring. Don't miss this opportunity because once you enter a real relationship with a woman who isn't an Orthodox Jew it becomes very difficult to choose Orthodox Judaism. It may become a missed opportunity for life.

My father grew up Conservative and chose to become Orthodox. He says that it required a lot of work but that it would be harder for him to be a non-Orthodox Jew. He is a proud Jew and he experiences constant pleasure from the life he chose. I suggest that you do the same. There will be some bumps on the road, somewhat similar to the bumps that people on GYE experience until they reach lasting freedom, but the reward in this world is immeasurable. Although I also enjoy being an Orthodox Jew, you will be able to treasure your accomplishments in a way that I who grew up Orthodox cannot. Eventually you won't want to look back. It is well worth it.

Please let us know about future developments. We sincerely care about you. Wishing you the

best decision.

=====

=====

Re: Lion Free journey each day!

Posted by proudyungerman - 21 May 2024 17:04

---

How's it going, buddy?

Everything ok?

=====

=====

Re: Lion Free journey each day!

Posted by lionfree - 08 Jul 2024 04:02

---

**\*\*Day 119\*\***

I am enjoying my stay at the Ivy League Torah study program and am learning so much about my yiddishkeit.

I always imagine myself caught between the battle of two animals: a green, slippery viper and a big, strong dog. The dog represents my yetzer tov, as dogs are smart, loyal, and kind, while the viper is cold, calculating, deceptive, and sneaky, representing my yetzer hara.

I know that I need to take drastic measures to finally free myself of this affliction, but I'm afraid. One of the instructors in the program mentioned he has an app that charges him money every time he opens a dirty site. However, I'm not sure if this method will work for me because it feels coercive.

He also mentioned that there really is no need for a smartphone unless you are a busy professional. It's really just the fear of missing out.

The problem is that my smartphone isn't all bad. I'm using it for Duolingo to learn Hebrew, Audible to read more non-fiction, and Canvas to track my activities. Plus, I can use various apps to enhance my Jewish learning, such as studying Torah or connecting with other Jewish communities.

The problem is that even if I use YouTube 90% of the time to watch educational content, maybe 10% of the time I might watch softcore porn.

The screen time settings on the phone aren't effective. They are easy to turn off as the settings are different for adults. Additionally, third-party blockers can be turned off without requiring a code. And this isn't just an issue with porn; my screen time is way too high.

Perhaps I need to be extreme. I once challenged myself to use a flip phone for a few weeks, and it was great. But then I realized that it wasn't sustainable for a secular environment.

I also don't want my future children to grow up thinking this behavior is okay. It would be unfair for whoever I marry to have to suffer the effects of this addiction. What if I get urges to masturbate or watch porn during her menstrual cleansing process before the mikva?

What should I do? I'm caught between the dog and the viper. I want the dog to win, but the viper has poison. I know that if I don't solve this problem, it could cost me my future marriage!

=====

Re: Lion Free journey each day!  
Posted by notezy - 09 Jul 2024 21:18

---

As a genral rule your kids will copy you and if u want them to do somthing you have to lead by example so keep that in mind...

I would say dont overextend yourself do what you can maintain at a steady pace so you can be proud of your progress in a few months... in regards to youtbe u can block websites pretty well with Covenant eyes or at least you can with webchaver (which is the same thing\*).

if you are running an android phone i would reccomend trying the "lock me out" app it is a bit better then most of what the play store had to offer in terms of protection (it stops free form windows) I am sure their are also filters that can do a better job it depends how locked down u want your device would be.

To respond to the specific idea of needing to be extreme.

in my opinion thithis fight is an endurance race so going **at the fastest pace you can maintain** is the way to go.

=====

=====

Re: Lion Free journey each day!  
Posted by lionfree - 18 Jul 2024 04:31

---

So you think I don't need to give up my smart phone?

=====

=====

Re: Lion Free journey each day!  
Posted by BenHashemBH - 18 Jul 2024 12:20

---

[lionfree wrote on 18 Jul 2024 04:31:](#)

So you think I don't need to give up my smart phone?

If you can get rid of it or filter it properly, that is ideal. So many hazards in addition to wasted time.

A word of caution, you need to be realistic with yourself that it won't trigger worse things. I'd suggest having a plan for the things you want/need and make sure you've got an idea of other ways to fill the time you would normally have spent on the phone. Voids like to be filled - better to be the one who fills it productively and not wait to see what drops in.

All the best!

=====

=====

Re: Lion Free journey each day!  
Posted by notezy - 18 Jul 2024 15:21

---

[lionfree wrote on 18 Jul 2024 04:31:](#)

So you think I don't need to give up my smart phone?

Yes. Of course that's just my opinion.

But I would say u should definitely filter it and set guard rails for yourself.

In the first mishnah of pirka avot it talks about building a fence around the torah ect...

=====

Re: Lion Free journey each day!  
Posted by lionfree - 24 Jul 2024 09:12

---

Day 135

I've realized something inspirational from an unfortunate interaction in my personal life.

I've been objectifying women without realizing it. Whether it is because I zoom in on a girl's Instagram feed, talk about a girl's parts with friends, or stare too long.

My younger sister is well past puberty, just turned 18, and is now posting bikini pics on her Instagram. I got mad at her because I worry about another man objectifying her (and perhaps masturbating), but that's what I've been doing. Of course, I didn't bring up masturbation, but it's what I was worried about.

I tried to talk to her but she got angry!

she's secular and brainwashed and I was not empathetic and immature in how I expressed it!

All the girls I've fantasized about are someone's sister.

It is impossible to masturbate without objectifying someone and thus feeling worse about yourself.

I've been off porn for 5 days. And I'm proud of myself. But masturbation is trickier. But the realization I had about my sister is inspiring me to do better.

Whether I conjure up an image in my head or look up a photo her brother would be furious.

I wish I can impart the value of modesty onto my sister but I can't control her. But I can be a role model by serving Hashem!

=====

Re: Lion Free journey each day!

Posted by BenHashemBH - 24 Jul 2024 10:09

---

Thank you. You wrote it so clearly.

It bothers the hell out of me when people look at my wife (or I think about them looking, or worse CV).

That didn't stop me from doing what I used to do. The hypocrisy of it all.

You have wise thoughts, and greater yet, you are implementing it.

All the best!

=====

Re: Lion Free journey each day!

Posted by yiftach - 24 Jul 2024 11:18

---

[lionfree wrote on 24 Jul 2024 09:12:](#)

Day 135

I've realized something inspirational from an unfortunate interaction in my personal life.

I've been objectifying women without realizing it. Whether it is because I zoom in on a girl's Instagram feed, talk about a girl's parts with friends, or stare too long.

My younger sister is well past puberty, just turned 18, and is now posting bikini pics on her Instagram. I got mad at her because I worry about another man objectifying her (and perhaps masturbating), but that's what I've been doing. Of course, I didn't bring up masturbation, but it's what I was worried about.

I tried to talk to her but she got angry!

she's secular and brainwashed and I was not empathetic and immature in how I expressed it!

All the girls I've fantasized about are someone's sister.

It is impossible to masturbate without objectifying someone and thus feeling worse about yourself.

I've been off porn for 5 days. And I'm proud of myself. But masturbation is trickier. But the realization I had about my sister is inspiring me to do better.

Whether I conjure up an image in my head or look up a photo her brother would be furious.

I wish I can impart the value of modesty onto my sister but I can't control her. But I can be a role model by serving Hashem!

The way you articulated that was absolutely perfect. It really resonated with me because it's so undeniably true!

=====

Re: Lion Free journey each day!  
Posted by lionfree - 24 Jul 2024 13:14

---

You mean even in the orthodox community people talk that way about women

=====

Re: Lion Free journey each day!  
Posted by BenHashemBH - 24 Jul 2024 13:22

---

[lionfree wrote on 24 Jul 2024 13:14:](#)

You mean even in the orthodox community people talk that way about women

Sorry. I'm not following. Talk what way?

=====