

hopeful but cautious

Posted by daverose - 27 Apr 2025 09:21

Hi ive been on here for a little bit reading others post and I never thought that its for me. I didnt think i need everyone clapping for me to be strong. But now Im trying for the first time for real to reach 90 days I feel that maybe I should share.

I started watching when I was about 12 on a parents unfiltered device and later on a friend introduced me to M and thats been my history since .Im 25 now and I could never control myself for more than a couple days to a week I seriously see how this affects my learning davening. And even more than that my outlook in life the way I see other people even my wife is completely warped. Im hopeful that im on the road to recovery im 10 days in and feeling pretty good. And Im just begging hashem that I shouldnt veer off the path chas vshalom. If anyone has any helpful advice pls share.

Thanks for reading!

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Re: hopeful but cautious

Posted by chaimoigen - 29 May 2025 01:08

This is unbelievably valuable insight!!

recognizing those patterns of thought, and realizing that you **do** have a **choice**- this is invaluable growth!

Change is sweet. The courage to do so is sweeter!

Keep on trucking, Chaver!

Here's a warm hand,

Chaim Oigen

p.s. Tonight the ?????? said that we should be a **Mamaleches** Kohanim and a goy Kadosh. Why a **Mamleches**? Because it takes Malchus to become so. And your self-aware control is the Midda of **MALCHUS!!**

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Re: hopeful but cautious

Posted by daverose - 31 May 2025 20:06

Hi checking in. Im on day 28! 4 weeks! But thats not whats making me happy tonight. This shabbos was complete HELL I had the hardest struggle since I started and prob since the day I was born. I saw something triggering on erev shabbos (not my fault) I didnt take a second look but it was enough to throw my life upside down. I never felt this way in my life. the feeling that I needed to release was SO strong. I BH was able to ignore it and had a extra special friday night davening. BUT it didnt let up I couldnt fall asleep twisting and turning fighting the urges. I finally fell asleep. BUT it didnt let up I was dreaming about the struggle I was having. I dreamt that I was fighting it and bh nothing happened throughout the night. I woke up at 5am to feed my baby and it started all over again. I couldnt fall asleep and when I did, the dreams repeated itself... I woke up in the morning and it didnt let up. After the sveda I was to scared to go take a nap. I sat on my couch and said tehilim for a good part of the afternoon but it wasnt giving up. I pushed myself to the bais medrash and sat and learned for a couple hours. After that BH it calmed down a little. Im not out of the woods yet but im feeling much better BH!!! So here I am 4 weeks clean but what I accomplished in the last 24 hours far out weigh 4 weeks of working and sweating!

Thank you hashem for giving me the koach! Thank you Gye and my amazing mentors for helping reach this place! I hope BE"H Ill only have good news share in the future!

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Re: hopeful but cautious

Posted by ?? ????? - 01 Jun 2025 02:43

Thanks so much for your post now I understand deeper what chazal meant when they said

1. ??? ??? ???

2. ????? ???? ????? ?????

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Re: hopeful but cautious

Posted by daverose - 01 Jun 2025 08:10

Yes thank you. People often wonder why it is that so many of sit and learn the whole day and the torah doesnt help us. Im sure theres plenty of answers ill just say 1 that comes to mind. I once heard from a gadol that the torah doesnt force itself on you. You have to be ready and willing to give up whats meaningful to you and let the torah do its magic! If your going to sit in bais medrash and learn but deep down you still waiting for the opportunity to go back to the shmutz that your doing. Of course its not going to help. But once your on the road to recovery and actually making life changes to help yourself from this struggle then BE"H the torah can begin to do its magic!!

Have an amazing Yom Tov!

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Re: hopeful but cautious

Posted by alex94 - 01 Jun 2025 10:58

[daverose wrote on 01 Jun 2025 08:10:](#)

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Beautiful.

At the same time, maybe all the Torah learned (albeit shelo lishma) up to this point, is the zchus that got you onto the road to recovery.

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Re: hopeful but cautious

Posted by ?? ????? - 01 Jun 2025 12:44

[daverose wrote on 01 Jun 2025 08:10:](#)

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Have an amazing Yom Tov!

Yes very true point, when I finish learning I usually say a small prayer that ????? ???? ???????
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Re: hopeful but cautious

Posted by Muttel - 01 Jun 2025 17:18

[daverose wrote on 31 May 2025 20:06:](#)

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WOW!!

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Re: hopeful but cautious

Posted by amevakesh - 01 Jun 2025 17:49

[Muttel wrote on 01 Jun 2025 17:18:](#)

[daverose wrote on 31 May 2025 20:06:](#)

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WOW!!!

DOUBLE WOW!!!

Who knows what terrible decrees were averted as a result of this ????? ???. Thank you for staying strong!

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Re: hopeful but cautious

Posted by vehkam - 01 Jun 2025 20:11

[amevakesh wrote on 01 Jun 2025 17:49:](#)

[Muttel wrote on 01 Jun 2025 17:18:](#)

[daverose wrote on 31 May 2025 20:06:](#)

Hi checking in. Im on day 28! 4 weeks! But thats not whats making me happy tonight. This shabbos was complete HELL I had the hardest struggle since I started and prob since the day I was born. I saw something triggering on erev shabbos (not my fault) I didnt take a second look but it was enough to throw my life upside down. I never felt this way in my life. the feeling that I needed to release was SO strong. I BH was able to ignore it and had a extra special friday night davening. BUT it didnt let up I couldnt fall asleep twisting and turning fighting the urges. I finally fell asleep. BUT it didnt let up I was dreaming about the struggle I was having. I dreamt that I was fighting it and bh nothing happened throughout the night. I woke up at 5am to feed my baby and it started all over again. I couldnt fall asleep and when I did, the dreams repeated itself... I woke up in the morning and it didnt let up. After the sveda I was to scared to go take a nap. I sat on my couch and said tehilim for a good part of the afternoon but it wasnt giving up. I pushed myself to the bais medrash and sat and learned for a couple hours. After that BH it calmed down a little. Im not out of the woods yet but im feeling much better BH!!! So here I am 4 weeks clean but what I accomplished in the last 24 hours far out weigh 4 weeks of working and sweating!

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WOW!!!

DOUBLE WOW!!!

Who knows what terrible decrees were averted as a result of this ????? ???. Thank you for staying strong!

Incredible gevura!

Something that in the past has sometimes been helpful to me, is to take that all consuming urge and separate the feeling "that I need this" from the negative behavior that it is pulling you towards. You can redirect that neediness towards something that you really want such as davening for the bais hamikdash etc.

if you try this, please let me know if it works for you.

best regards

vehkam

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Re: hopeful but cautious

Posted by daverose - 04 Jun 2025 06:52

Hi BH the first day shavous was day 30 for me!!! I had a picture in my head what that day would feel like. But it doesnt feel like I thought. I just feel terrible the whole yom tov I was overwhelmed with desire BH I didnt P or M. But I let myself get aroused and I lusted on the street. I was assur with my wife for the past 2+ weeks and after the past couple days I lost control, I needed the release. I didnt let myself get it, although at the time thats what I wanted. Bh we became mutter and now I feel even worse. I couldnt control myself I needed it and even though I got it b'heter I feel like I gave in. I allowed myself to be overtaken with desire. And I allowed myself the release. Even though it was with my wife it still feels like I gave in. I can use chizzuk!!!

I know that its unreasonable to expect myself to be completely healed after just 32 days but it still feels like im back at day 1 even though the counter isnt reset.

Any advice???

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Re: hopeful but cautious

Posted by chaimoigen - 04 Jun 2025 15:26

Hey, here's a warm hand.

Hang on, don't fall into despondency- for now focus on your win, please, which is pretty impressive. The journey takes time. The other part of your question is worth a conversation- please reach out if you'd like to shmooze it through a bit...

In the meantime, here's a hug,

chaimoigen

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Re: hopeful but cautious

Posted by eerie - 04 Jun 2025 17:43

I second the motion of you having a conversation with CO. Grab the invite!

My friend, when we get stuck in our negative thinking, it becomes so hard to see the truth. And that's why we have friends, who can listen to us, and can help us see the truth, can help us see how amazing we are, how normal our urges are, how proud we should be of ourselves

Dave, you're doing wonderful work. Please reach out to a friend for a real tight hug.

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Re: hopeful but cautious

Posted by proudyungerman - 04 Jun 2025 19:51

[eerie wrote on 04 Jun 2025 17:43:](#)

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Dave, you're doing wonderful work. Please reach out to a friend for a real tight hug.

In the meantime, here's mine

If you've got CO and eerie at your side, you're a lucky man!

Grab that invite!

Don't let eerie go!

My friend, those "feelings" that you were expecting can come, but they take time...

KOMT!

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Re: hopeful but cautious

Posted by daverose - 11 Jun 2025 11:19

Bh ive been in a good place for the past week or so. Thank you everyone for your help!

be"h tomorrow will be day 40!!!

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