

Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 28 Jan 2021 21:27

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Hey guys just wanted to get myself out on the forum- I saw a few people say that being on the forum is helpful so I figured I may as well try it out and what better way to get started than to introduce myself?

Im leaving for a yeshiva in Eretz Yisrael this coming Elul and my goal is to have enough control by the time I leave for yeshiva that I can go into yeshiva with a solid sense of control.

Im writing this as i recover from a fall i just had - i had 16 days clean and just fell, and writing this is actually pretty therapeutic. Prior to joining GYE my longest streak was 10 days as of this year (I've gone for 8 weeks longest probably) so GYE has been super helpful - this organization and everyone who helps in any way is truly incredible.

My issues are not so extreme in my opinion- I've never seen porn and dont feel myself being pulled towards that but I do suffer from mzl which almost always stems from embarrassing fantasies. I rarely feel that its impossible for me to stop - I've always had a lot of determination and at first I used to be helpless against my desires but now I almost *choose* to indulge myself but have the willpower to refuse, if that makes sense.

I dont have a filter on my phone but am working up courage to ask my parents for one - I hear netspark is good..

Thats all for now- excited to start being more active on the forum!

Eved Hashem

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Re: Aiming to be better. Introducing myself :)

Posted by HappyYid - 25 May 2021 17:43

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EvedHashem, did you get lost?

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 27 May 2021 19:12

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I'm back!

For reasons I won't get into I haven't been on GYE for the last few days but now I'm here again!

Holding at 115 days BH

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 06 Jun 2021 04:08

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Update: Been doing exceptionally well and holding at 125 days!

Has been incredible - no major urges at all since my little fiasco right after 90 (so about a month ago). I still get the occasional thought while I'm in bed either going to sleep or waking up but have been pretty good at changing thought topics pretty quickly if that makes sense

If anything have been becoming more vigilant as opposed to more lax. Every night I do a little 10 min "night seder" going through a day of living emunah (rabbi ashear), a day of battle of the generation, and a day of shmiras halashon (newly added yesterday) and this is prob one of the biggest reasons I think I have been really smooth its such constant chizzuk its incredible. I use a hard copy of battle of generation for this easily worth the investment (10 bucks)

My goal was 90 days by elul but bezH I'll have 180 days by then!

Keeping going strong,

Eved Hashem

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Re: Aiming to be better. Introducing myself :)  
Posted by HappyYid - 06 Jun 2021 04:48

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You're awesome!

Keep it up!

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 17 Jun 2021 03:47

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136! more than halfway from 90 to 180

trucking

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Re: Aiming to be better. Introducing myself :)  
Posted by ??????? - 17 Jun 2021 03:57

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Wow way to go bro!

Keep up the good work and being an inspiration

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 30 Jun 2021 01:20

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If you asked me in february if I thought I would be where I am today...

Life is so much better this way

I feel kind of guilty because I might be able to help other people more but kind of just don't - part of that is probably due to the weird nature of mentoring 40 year olds as a 18 year old but still feel like I should be doing more.

I think the responsibility would help me too, but don't want anything influencing me to go back to my old ways. Even reading some content here gets me triggered (which is ok, thats the nature of this website), but I wouldn't want that to be something I have the *responsibility* to deal with.

Thoughts?

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Re: Aiming to be better. Introducing myself :)  
Posted by ??? ????? ????? ??? - 30 Jun 2021 14:08

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[EvedHashem1836 wrote on 30 Jun 2021 01:20:](#)

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I feel kind of guilty because I might be able to help other people more but kind of just don't - part of that is probably due to the weird nature of mentoring 40 year olds as a 18 year old but still feel like I should be doing more.

I think the responsibility would help me too, but don't want anything influencing me to go back to my old ways. Even reading some content here gets me triggered (which is ok, thats the nature of this website), but I wouldn't want that to be something I have the *responsibility* to deal with.

Thoughts?

I wouldn't worry about the age gap. If you have something to offer, offer it! In terms of the triggers, if you find yourself in a mentoring role, you can make rules about how many and what kind of details the mentee shares.

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Re: Aiming to be better. Introducing myself :)  
Posted by Hashem Help Me - 30 Jun 2021 20:22

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Mentoring married guys may be very triggering. There are enough bochurim out there that can use your chizuk and advice.

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Re: Aiming to be better. Introducing myself :)  
Posted by wilnevergiveup - 01 Jul 2021 05:08

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[Hashem Help Me wrote on 30 Jun 2021 20:22:](#)

Mentoring married guys may be very triggering. There are enough bochurim out there that can

use your chizuk and advice.

Probably wouldn't work either, you need to understand someone in order to mentor them and I find it hard to believe that a bachur could understand a married guy.

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Re: Aiming to be better. Introducing myself :)  
Posted by Captain - 04 Jul 2021 14:39

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I think you would probably be the most effective with younger students in your school.

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Re: Aiming to be better. Introducing myself :)  
Posted by Captain - 22 Jul 2021 03:02

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Hey EvedHashem1836, how's it going?

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 01 Aug 2021 15:17

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180. Big number.

My goal was to get to 90 by elul and now I got to 180 BH.

Recently I've found it more helpful to *not* be on GYE personally because I often find myself getting triggered here. Which is ok - GYE is not meant to be a trigger free zone, people post about their problems which inevitably will trigger other people. For me the biggest issue though is when people get too specific. They say, last night I struggled with xxxx or xxxxx and I would think to myself what is that so I would head over to google and boom I'd get triggered. Or it would be something I know but I pushed to the back of my head and I'd be reminded again. So

for that reason mostly I'd say I haven't been here for a while and not sure if I'm going to return to my active posting ways.

That being said I owe an incredible debt to GYE for bringing me to where I am today - without GYE and the incredible chevra here I doubt i'd have gotten past 14 days over the entire year.

To clarify - I'm not advising dropping GYE I'm just saying what was helpful for me. Also keep in mind that I am not the traditional addict I always had a lot of motivation and drive and never even saw real hardcore porn (although I've seen plenty of really bad stuff that might qualify) so for most people its probably helpful to talk about these things but for me its almost better if I don't talk about it because talking about it almost gives it validity and at this point the less I think about it the less its an issue.

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 01 Aug 2021 15:19

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Shoutout to my buddy HappyYid for being in this journey with me.

My next goal is to work on not touching myself

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Re: Aiming to be better. Introducing myself :)  
Posted by HappyYid - 02 Aug 2021 01:21

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I have to work on this too

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