

**My Story**Posted by helplessjewboy - 22 May 2011 03:33

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I am posting my story as a way of expression and as a plea for help.

If anybody has any ideas regarding what I can and should do, it would be highly appreciated.

It all started when I was thirteen years old. I didn't even know what masturbation was, but I did it anyway. I wasn't even old enough to release anything yet, and by the time I was, I had masturbated countless times. I was in a yeshivah where the kids were very open with each other, and would touch each other a lot, especially in private areas. I believe that is what prompted me to start masturbating. I did it anywhere I could, and I almost got caught in class once or twice. I finally realized at fourteen years old that I was doing something wrong, but it didn't feel wrong, so I continued. But something must be inherently wrong in the act, because I myself felt ashamed to do it in public. At fifteen years old, I finally tried stopping myself, and trying to make sure that I wouldn't fail. That ended in complete and utter failure. My first full week of sobriety was done on vacation, where I was fully and completely cut off from the internet, and was able to control myself to a certain extent. I realize now that I was deluding myself that I could continue it back at home, with full access to the internet. The worst part in all these falls was that they all dealt with not only porn, but gay porn. I had and have successfully deluded myself into thinking that I am attracted to men. At seventeen years old, I finally opened up to a close friend and found that he struggled from similar issues. I didn't tell him everything, but I told him a lot. I later found guardyoureyes, while searching for it for my cousin (who opened up to me about it), and signed up. I recently opened to a very close Rabbi of mine, who recommended guardyoureyes to me. I recently had my birthday and I am now a struggling eighteen year old amidst enormous problems.

I am now struggling to keep clean. Today is my second clean day, only kept that way because I have been in my family's and friends' companies the whole day. I have tried so much and it all seems to fail. I have enacted filters upon filters, and yet there is always one more way to access the bad sites. The problem is exacerbated by the fact that all the bachurim in my yeshivah are lovely guys who are so caring. I love each and every one of them, but sometimes I delude myself into thinking bad thoughts about them. But I know that I could never go that far in real life. I wouldn't allow myself to, because I am NOT gay. I believe the only reason I believe that is because I want to be able to look at women without feeling guilty about making an aveirah.

I plan on enacting the TaPhSiC method by making myself swear to open up to my Rabbi each time I act out.

My only issue now is that I need chizuk, guidance, motivation, and wake-up call (preferably someone to slap me across the face and yell at me).

Please help!!!

Helpless Jew Boy

P.S. By the way, yes, I am Sephardic.

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Re: My Story

Posted by Gevura Shebyesod - 18 Jan 2012 22:01

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NewAvraham, I am with you 100%. I never actually did anything with someone else, but i was so many times in situations where it could have happened. It was only my extreme shyness that held me back from starting something, or even responding when it was obvious that the other guy was asking for it....

Those moments became my favorite fantasies. For years after i would relive them, and imagine what could have come next... :-[ I also fantasize about meeting them again and picking up where we left off :-[ ...

It's a good thing that I have lost contact with most of them.

Now in recovery, i am dying to be able to share what I am going through with real people who have the same struggle. But I'm too scared of what could happen....I can't afford the risk right now. It's a shame, because loneliness and isolation is what gets us into this mess. Maybe down the road, when I am more secure in feeling able to control myself....

Meanwhile sharing here and on gchat will have to do...

Keep strong and KOMT!

Gevura!

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Re: My Story

Posted by helplessjewboy - 18 Jan 2012 22:41

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I appreciate the fact that my forum could be a spot to help other people. I invite everybody and anybody to come on my forum and post their problems. I would love to help out anyone that wants advice.

Newavraham, I understand what you're feeling, even though I've never done anything with a guy. I understand how difficult it could be so close to someone who would be so receptive to everything you do to them, and who could help you fulfill every fantasy of yours. I understand the desire to act out so much and how much pleasure can arise from this guilty action. As well, I'm no one to give advice. I have barely lasted 9 days (I don't plan on falling anytime soon, though). There are people that have lasted years.

But, IT'S JUST NOT WORTH IT! Know that. Internalize it. Remember it for the rest of your life. Keep reminders around yourself saying this plain and simple message. You've got to remember just what you are, and just what you want to do.

And if you'd like to plain, simple truths, know this: the torah commands that mishkav zachor is not only a Jewish commandment, rather a commandment for everybody to fulfill. Those goyim that try to justify their actions are morons and don't understand the severity of this action. Remember that you must distance yourself from any and every poisonous thought. Remember that people with this particular problem are usually the ones that are the harder cases. We can't talk to women because it's not right, and the only people we can talk to are of the type that we are attracted to at the moment. It is a very difficult dilemma. Know that you are definitely not alone and that any help you need, you know where to find it.

If anybody ever needs anything, they can just pm me here or email me at

[Helplessjewboy@gmail.com](mailto:Helplessjewboy@gmail.com). I am usually very quick in answering emails, but not the quickest.

Hope this helps anybody and everybody who sees this,

JB

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Re: My Story

Posted by elihelp - 19 Jan 2012 17:41

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I wish I could speak to someone myself too. But i cant risk my reputation. I CAN speak to some of my old "friends", and though they would try to help me, they'd also fall if I had a weakness one day.

I am upset that the moderator took away half my story, I think people would realize that they could fight the yetzer horah if when IN the fire.

People like me, who dont feel ra'uy (fit) to give chizuk (like you said about yourself) give me - and im sure others like mee too, the most chizuk. Thanks for your story. Keep up your good work.

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Re: My Story

Posted by Dov - 19 Jan 2012 17:45

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How would speaking with another frum person in recovery risk your reputation? They are as concerned with losing their reputation as you'd be? Anonymity is precious to those who are serious about recovery, in both directions.

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Re: My Story

Posted by elihelp - 19 Jan 2012 18:10

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We'll get there soon. Thanks.

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Re: My Story

Posted by helplessjewboy - 19 Jan 2012 18:48

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Wow. Something really true was spoken on this forum.

Newavraham, it sounds like you don't need a friend, you need a rabbi.

For me, these past 10 days (it's been 10 days already??? Hashem thank you!!) have been very easy, and for a few main reasons. One, I have the Rabbi, who I spilled the beans to recently, living down the block from me, passing by me every so often and if I fall I know that I won't be able to look at him, and he knows it as well. It's kind of like being aware that Hashem is right there in the room and that the guilt would kill you (simulation of yirat shamayim much?).

I have found that having this Rabbi/friend/accountability partner see you every day and interact with you makes a huge difference.

Have someone like that, and you're guaranteed to succeed. It doesn't have to be someone close to you or anything, just someone who will commit to making sure you succeed. Someone who kind of doesn't have a life (just kidding!).

Anyway, I do want to mention a side, unrelated note: I will be going away for a few days with minimal internet access. If anybody needs to contact me for whatever reason, email me @ [helplessjewboy@gmail.com](mailto:helplessjewboy@gmail.com). I will reply as soon as physically and emotionally possible.

I wish all the best for all your endeavors.

Beshem HASHEM na'aseh venatzliach.

Lev Tahor Bera Li Elokim, veruach nachon chadesh bekirbi.

Or zarua latzaddik ulyishrei lev simchah.

Esh tamid tukkad al hamizbeach, lo tichbeh.

We WILL get through this.

Newavraham, keep your head held up high, your hands above your waist, and your focus straight ahead: you CAN do this!

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Re: My Story

Posted by emunah17 - 20 Jan 2012 17:34

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Good luck when you go away and keep strong your doing amazing

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Re: My Story

Posted by helplessjewboy - 22 Jan 2012 03:26

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not actually doing so amazing on vacation. could really use some chizzuk here! really resorting too basest measures for some relief. not dying to masturbate, but dying to be with a guy.

JB

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Re: My Story

Posted by emunah17 - 22 Jan 2012 03:47

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Hey sounds almost like me im dying to be with a girl we are all in this together i just said a perek of tehillim for you(pray like you mean it ,it is a very liberating feeling it helps Hashem helps).How long are you clean? ten days thats amazing how many times did you say no? do something that will make you feel holy like prey or go to a mikva even now and try to take it one day at a time you can be clean just for today. Thinking of you.

Emunah18 hatzlachah and KEEP STRONG we are with you

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Re: My Story

Posted by helplessjewboy - 22 Jan 2012 03:54

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It's been twelve days now, Baruch Hashem.

Unfortunately, it has been really easy to say no to down there, but not as easy as say no to chatting with the hot guys I found online. It's hard for me to say no to myself.

Any advice?

JB

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Re: My Story

Posted by Gevura Shebyesod - 22 Jan 2012 04:03

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I'm clean a lot longer, but I too still have challenges and urges all the time. I'm learning how to push them away, but it's still strictly "one day at a time".

JB, don't you have a filter? Maybe you should just block the chat site.

And use those ideas your Rav gave you. Say the pesukim, over and over if necessary. BTW I have tried the "Aish Tomid" one a few times and it works for me too. The problem is when the trigger is in front of me and the urge is overwhelming, the *eitzos* kind of get forgotten....

Another posuk i have seen that is supposed to be helpful is to say "hakenaani vehaperizi vehayevusi etc." (i don't remember it exactly).

And maybe you can give your Rav a call and speak to him...

All the best, hang in there and Keep on Trucking!!!!

Gevura!

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Re: My Story

Posted by helplessjewboy - 22 Jan 2012 04:06

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They're both definitely asleep.

Another problem is that it is all texting. I accidentally gave them my number once, and now they're dying to get in bed with me. Every day brings me a little closer to them.

JB

P.S. Thanks for the prayers.

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Re: My Story

Posted by Gevura Shebyesod - 22 Jan 2012 04:59

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If you really want to make a clean break from it, maybe you need to change your number. i know it will be a huge inconvenience. But if that's the only way to tear yourself away from them, it's worth it.

And if your parents or friends question it (?) you can tell them you were being harassed or stalked or something....

Hang in there, we are all rooting for you!

Gevura!

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Re: My Story

Posted by Dov - 22 Jan 2012 06:15

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Uh-oh...**suggestions** coming. I hate doing this, cuz they always look really stupid to the listener....till about a year later:

Consider changing your phone number **now**. If that is *intolerable*, then that may mean that inappropriate sex really *is* tolerable to you. Hey, at least admit it if it is.

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meanwhile i guess just turn off your phone. And go to sleep

Consider working a **first** and **second** step in *writing*, with a sponsor on the phone. It will change everything. You may still have problems, but they will be framed entirely differently if you do it even *close* to the right way.

Consider calling a recovering person to establish a way to work on steps 1 and 2.

SA's White Book (beautifully) reads: In lust, we believed that "the only way to ever become free of it (the nagging lust) was *to do it* (act it out)!" Yet years ago, after giving my number to sex-workers and sluts many, many times, I learned that one of the things that happens when I pursue my fantasies is that I get *more* powerless, *more* bound to them, and *more* needy and entangled. I spend more time getting needy and entangled with *G-d*, now. But I had to get through some of the steps, to do that. And I could not get anywhere with them on my own, though I tried for two years....nowhere except worse and worse.

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