

### 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 alexeliezer - 17 Feb 2012 15:54

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[helplessjewboy wrote on 16 Feb 2012 22:04:](#)

I could enjoy myself 1000 fold, and let myself completely go. I would lose my religiosity, yes, but I would gain a sense of self-esteem that I cannot detect in myself now. I am so emotional these days, and am prone to long hours spent scouring the low-lives of the internet to find a way to release pent-up emotion,

JB my friend,

It's the other way around. You would gain a false sense of self esteem if that. True self esteem, and true happiness come from overcoming difficult challenges.

Your challenge is complex. You have SSA. And you are a lust addict. The two are deeply intertwined. You haven't had success doing this on your own. You need a therapist. And a live SA group. No more excuses.

Shabbat Shalom,

Alex

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Re: My Story

Posted by helplessjewboy - 17 Feb 2012 16:00

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Alex,

Thanks for your support. Be'ezrat Hashem, I will meet up with a therapist really soon. Probably by next week.

Hope to get rid of this once and for all,

Joey

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Re: My Story

Posted by Eye.nonymous - 12 Mar 2012 18:36

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[esh\\_tamid wrote on 17 Feb 2012 16:00:](#)

Hope to get rid of this once and for all,

Looks like he was successful!

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Re: My Story

Posted by emunah17 - 20 Mar 2012 03:33

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I think its important for you to internalize the message of this story it is from the sa book step 1 surrender

Enjoy

There is another story of the man who fell off a cliff in the dark and on the way down grasped a branch and hung on for dear life. Weakening, he finally cried out to heaven, "Please help me!" and the answer came, "Let go!" "But if I let go I'll die," the man replied. "Let go!" was all he heard. When finally he could hold on no longer, he did let go, knowing it was the horrible end. To his great surprise, the ground was only a foot below him.

As long as we either clung to it or tried to fight it into submission, our habit fought back, and being more powerful than we, it always won! Only when we let go does the release come, as though God mercifully raises the very earth itself to meet us.

Merely knowing and admitting we were powerless over lust, or whatever form our acting out took, didn't help until we gave up our right to do it and let it go. There was no mistaking this change of heart when it happened; we knew it and those about us knew it. There is no faking surrender. And thank God, when we did give up and stop fighting, He was always there, waiting with open arms. Instead of killing us as we had feared, surrender killed the compulsion!

You said how You only feel in control while your lusting and acting out it is important to surrender that feeling and trust G-d that He will uplift you and help you with the emotions. You must LET GO of this urge and you'll realize that the "ground is right beneath your feet and that G-d WILL welcome you with open arms

Hatzlachah

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Re: My Story

Posted by emunah17 - 03 Apr 2012 02:29

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How are you doing?

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Re: My Story

Posted by helplessjewboy - 30 Apr 2012 02:00

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Everyone,

I moved to here: [www.guardyoureyes.org/forum/index.php?topic=5154.0](http://www.guardyoureyes.org/forum/index.php?topic=5154.0)

Joey

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