

My StoryPosted by helplessjewboy - 22 May 2011 03:33

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 Dov - 28 Aug 2011 04:15

A filter is not recovery. It doesn't even come close to anything like recovery. If anyone who really has a chronic problem "works on their problem" just by putting on a filter, they are kidding themselves.

In that way, putting on a filter will actually perpetuate their problem and mess up their recovery completely - they will think that putting on a filter is all the real action they need to take.

"Phew! I had an alligator in my basement that would sneak up at night and bite my leg. Then someone gave me a great idea and I finally shut the basement door! Finally I can sleep at night."

This alligator-fellow is a weirdo. Who wants an freaking alligator in their basement?! Eventually it will chew through the door, and everybody knows that. Gotta get it outta there.

A filter is only as strong as my acceptance that I cannot afford to test it. Once I test it, I might as well not have it at all. My alligator will eventually get through, guaranteed.

So I say, get any decent filter (I like K-9), and throw away the key, give it to your mother, wife, brother, anybody. Then realize that the filter is just a reminder, nothing more. Evidence to myself that I do not want to screw up my life with crazy obsession with porn and sex with myself, any more. Nor with the struggle against it - which is just as poisonous.

Recovery is my main work now - not learning, not my marriage, not my davening or anything else - just recovery. For it is obvious to any ba'al seichel that if an addict does not get deep into real recovery and take real steps and do real recovery work, he will not have any of those important parts of life anyhow!

In other words, either I will learn how to use a relationship with G-d to save me, or I am finished.

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Re: My Story

Posted by mechazek - 28 Aug 2011 11:27

amen

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Re: My Story

Posted by helplessjewboy - 28 Aug 2011 14:03

Words spoken like a true ben torah. Those were powerful words, and they truly meant something to me. I will be'ezrat hashem, work on everything today. I have nothing else to do (hurricane irene has us locked up in our house).

Those words truly struck home, and I understood the message very well. Be'ezrat hashem, I will work harder towards my goal of being clean one day at a time.

Thank you very much dov.

Jew Boy

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Re: My Story

Posted by mechazek - 28 Aug 2011 17:09

jew boy please let us know what you do to fight this.

v'ani zoicher chasdei avos-have a great day.

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Re: My Story

Posted by Dov - 30 Aug 2011 17:21

So....how's it going in the Irene lock-down smack-down?

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Re: My Story

Posted by helplessjewboy - 30 Aug 2011 22:34

Baruch Hashem, no problems. Just parents troubles and school issues. I am trying to balance too much.

Baruch Hashem, we lost power for only six hours.

I really don't know what to do about my parents, but this is not the blog for that.

I downloaded K-9 Filter, and hope to set it up today (if i have time, which I will make time for).

Baruch Hashem, day 1 today. Day by day we shall see how it goes.

Jew Boy

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Re: My Story

Posted by helplessjewboy - 05 Sep 2011 19:40

After almost killing myself for the stupid problems that the K-9 filter caused, I deleted it, which led to a fall. I need to fully install, and set someone else's email address so that I can never reset it.

On a side note, Baruch Hashem, I have been clean since yesterday. I realize now how hard it can truly be to just ignore the desire. Be'ezrat Hashem and my friends, I will start again to actively and passively work on myself. Starting up the teshuvah process again will be hard, but Yom Kippur is coming soon. I must be ready for whatever Hashem sends me.

Be'ezrat Hashem, I will keep on trucking.

Thank you very much for all your help guys.

You really inspire me to do my best.

Jew Boy

P.S. Anybody know where I can find some from therapy in Brooklyn, NY?

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Re: My Story

Posted by bardichev - 05 Sep 2011 19:42

brooklyn you can ANYTHING in brooklyn

kot!!!!!!!

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Re: My Story

Posted by helplessjewboy - 06 Sep 2011 01:49

I know. But this issue is really sensitive, so it's absolutely necessary to find the right one.

Jew Boy

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Re: My Story

Posted by JackAbbey - 06 Sep 2011 15:17

twersky answers these reffering information

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Re: My Story

Posted by helplessjewboy - 07 Sep 2011 00:07

Thank you so much. Where does he answers these questions?

Jew Boy

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Re: My Story

Posted by JackAbbey - 07 Sep 2011 00:21

in writing

maybe on the phone

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Re: My Story

Posted by Yosef Hatzadik - 07 Sep 2011 14:51

Relief Referral

718-431-9501

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Re: My Story

Posted by Gevura Shebyesod - 16 Sep 2011 19:57

Hey JB, how's it going? Did you find someone to talk to yet? Filter working?

Have a great Shabbat,

Gevura!

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