

"GUE" you ruined my world ! (in a good way)

Posted by Tzadikel Yossele - 19 Aug 2011 00:46

hi All,

today i posted my first post by introducing myself, but i didn't really express my struggles or what they come from, hopefully now i feel a bit more comfortable to share, which is usually very hard for me, even to the people closest to me.

so again, i am in my mid 20' and till about a year ago i was involved heavily and intimately with married woman, went to therapy, meetings got out of it BH. that was all a year ago, now as i mentioned in my previous post, my mind started swirling again with all kinds of fantasies about this woman or that 1, and i start to recall how much pleasure actual physical contact with these woman gave me, of course now i know that its all short term and that in the long term i will regret it & that it would destroy everything that i worked so hard for the past few years, namely to become a better person in eyes of Hashem.

the problem is that this only makes sense on paper, my brain doesn't buy this anymore, for some reason it ignores it. and not knowing how to stop my brain from actually acting out, i went back to p**n (which is where all this started in late teen years) - and i told myself - that its just so i can calm myself, pleasure myself to a degree where i can push off these ideas of approaching these woman again, and so far for the past few weeks it worked, but then something happened....

what happened ??? i came across this wonderful website GUE and it killed me !!! know why ? because i saw that i am so SO far from perfect, so many people struggle with stuff that i take so lightly, i feel ashamed of myself for calling myself "clean for one year", how can i say i am CLEAN when i watch the ugliest of fantasies that there are on p**n just to satisfy my urge to do something worse?

there are people who struggle here about not looking on the street on a frum woman who is dressed top to bottom, and I AM the one who is CLEAN ? so yeah, GUE YOU RUINED MY WORD for me, i take a look at myself now i see a guy who is living in a tiny little bubble, satisfying himself with self destructive behavior while patting himself on the back by saying, HEY buddy you are doing a great job because at least you are not actually having a relationship with a married woman ! pathetic :-[, i know. :-X

so i guess my question to you guys here is, where do i go from here ? what do i need to do ?
and how do i do it?

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Re: "GUE" you ruined my world ! (in a good way)
Posted by heuni memass - 06 Sep 2011 19:16

r yoseleh, vie bised du? eifo ata? vere are u?

how r u?

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Re: "GUE" you ruined my world ! (in a good way)
Posted by bardichev - 06 Sep 2011 19:31

v bist du hm??

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Re: "GUE" you ruined my world ! (in a good way)
Posted by heuni memass - 06 Sep 2011 19:36

in bardstown going to daven mincha. I think ve need you for de minyan

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Re: "GUE" you ruined my world ! (in a good way)
Posted by Tzadikel Yossele - 08 Sep 2011 15:03

hi All,

i was a bit busy with a few personal matters the past 2 weeks so i didn't get to post anything, so i will update you guys a bit, for those who wanna know.

i am happy to tell you that last night when i went to sleep i was up to 14 CLEAN DAYS!!! BH, i am so happy that i was able to do it, it wasnt easy, it still isn't, but i hope to work further and accomplish something great with all of your help.

(a 'wanna be') Tzadikel.

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Re: "GUE" you ruined my world ! (in a good way)
Posted by Gevura Shebyesod - 08 Sep 2011 15:17

WTG!!!!!!

Say it with me: YES WE CAN!!!!!!!!!!

Gevura!

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Re: "GUE" you ruined my world ! (in a good way)
Posted by heuni memass - 08 Sep 2011 16:26

R ' yossele,

great to hear!

not easy? we will be paid for our work.

never let your guard down.

keep us updated.

make it a beautiful day 15

--hm

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Re: "GUE" you ruined my world ! (in a good way)
Posted by Dov - 08 Sep 2011 16:29

Fantastico amigo!! Alei v'hatzlach!

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Re: "GUE" you ruined my world ! (in a good way)
Posted by ZemirosShabbos - 08 Sep 2011 17:23

gevaldig!

thanks for sharing the goodies

much continued hatzlocha

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Re: "GUE" you ruined my world ! (in a good way)
Posted by Tzadikel Yossele - 08 Sep 2011 17:37

thanks All.

i will not deny it, i had help to do that, but the feeling that i have of being 'clean' is such an amazing feeling, i m so scared that it could go back to square one in any moment that i let my guard down and i will find myself back where i was a few weeks ago, which btw, i totally feel like i am not this person that i am now, i feel like i am fooling myself and others, its like a game show for me, donno why, it doesnt feel like the 'real' me. i guess i was doing all these things for so many years that it became a part of me, it became me, when these feelings come up i wonder myself, 'who is the REAL me' ? WHO AM I ? what do i REALLY wanna do ? who am i trying to impress anyway ?

sounds more like an identity issue rather than fighting addiction, but thats how i feel, please if anyone can help me with personal experience i'd really appreciate it.

wanna be - Tzadikel.

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Re: "GUE" you ruined my world ! (in a good way)

Posted by gibbor120 - 08 Sep 2011 18:10

You're on your way to creating a new "real you"!

Hatzlacha!

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Re: "GUE" you ruined my world ! (in a good way)

Posted by alexeliezer - 08 Sep 2011 19:04

That's your neshama peeking out after years of being buried and unable to breathe.
Discovering your real potential will be a process.

On a simpler level, yes, this addiction takes over our personalities in many ways. It desensitizes us to life's true pleasure, to the real value of a person.

Keep taking it one day at a time. Never let your guard down. The Y"H has plenty of tricks left, and you can prevail. Keep asking Hashem for help.

If you're not doing it yet, see if you can schedule in some time to learn every day. Fill the void and feed your neshama.

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Re: "GUE" you ruined my world ! (in a good way)
Posted by Gevura Shebyesod - 08 Sep 2011 20:28

[Tzadikel Yossele wrote on 08 Sep 2011 17:37:](#)

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wanna be - Tzadikel.

I so understand you. When I started recovery on my own, and then I found GYE and just lurked for a while, it was the most emotionally intense period of my life. Then I finally posted my story, and got some responses, and I felt like a huge weight had been taken off me. It's like when you have a stomach-ache, and you puke your guts out, and it feels so much better afterwards. For a few days afterwards I literally felt empty, like i was completely hollowed out. I felt so NORMAL, and I missed the emotional and physical intensity of the early days of withdrawal, when every moment was pain and struggle. But like you I came to realize that I can't afford to become complacent about it, and I need to strike a balance of keeping the struggle alive without letting it overwhelm me. Taking an interest in and feeling the pain of others who are also struggling is one thing that helps me stay focused.

I hope this helps you.

KVT & KOT!!!

Gevura!

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Re: "GUE" you ruined my world ! (in a good way)

Posted by silentbattle - 12 Sep 2011 01:17

It can be a totally new feeling, and there's a part of us that wonders how long we can keep doing this. And the answer? Today.

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Re: "GUE" you ruined my world ! (in a good way)

Posted by Tzadikel Yossele - 16 Sep 2011 14:55

hi GUE!!

i am trying to get to know the 'new me' as you guys called it, it is a bit weird to discover new personalities or characteristics within yourself after think for quite a while that you had yourself figured out already, and a lot of times i doubt myself if this guy who looks at porn, hooks up with girls is not the real me, so i try to prove to myself a day at a time that 'yes i can' , yes, i am in control of myself and on my body and i would only do stuff that i really wanna do but not out of lust but out of love.

well, i am now in my 22 consecutive day that i am clean of mtz"l and porn, certain days its easy but some days i feel like its the end of me, as if im not gonna do it i will not be able to get through the day.

i do have another problem at hand, an old female friend that i haven't talked in over a year and a half emailed me a few days ago, we were never physical or anything, just good friends (i had alot of those), well after 2 days i broke and i replied to the email, i know that its a email and nothing more, more the rush in my body, the fix that i felt was the same i used to get back in the day when i would start a casual encounter with someone, i felt like 'me' again, so of course i told myself TZADIKEL, this is the REAL you, drop everything and just go enjoy yourself, thats who you are and that is what you know best, you are comfortable doing, the heck with this whole Guard Your Eyes thing...

i have to tell you guys that a few hours later i felt so depressed, here i am doing 22 clean days, i stopped watching p**n, hell i have stopped watching everything all together, i believe me i used to watch almost every show available , and with all that i can not stop myself from replying to an email from a girl i haven spoken to in 18 months ? whats wrong with me?

never the less, i need support and a help to get through this.

thanks GUE for letting me write my insecurities on such an anonymous forum.

a 'wanna be' Tzadikel

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