

Deep breath....im opening up....

Posted by helpme! - 07 Dec 2011 12:42

Hi all

the other times i posted on this website i was rushed for time, etc and didnt really have the time to sit down and write all about myself. Today, however, i was left alone in the house to do some errands and was about to leave to give a shiur and BANG. i looked at the computer. the computer looked at me.

'lets just go on for 5 minutes' i thought to myself.

i let out a little cry 'hashem! please help me!'.

'come on, nu, just 5 minutes and then you can leave. i mean, there is no way i can really stay for any longer than 5 minutes because i have to teach a shiur!'

'yeah, but im already late i have to leave now!'

'well, if im already late another 5 minutes wont hurt'

'hashem please help me!'

boom. i sat on the computer, opened up the special browser which does not store information and wish. well, you see i do have K9 (and the filter gabbai has the password) but, with some time, i know how to get around it (ie getting sites that k9 doesnt detect). it does take some time, though, so after 5 minutes i barely had what i had come for. every thing i looked for i told myself 'this and thats it'. then looked for something else. all the meanwhile the clock is ticking, ticking. i hadnt yet benched after what i had eaten so i told myd myself 'you see, you have to bench so dont worry well be finished in time for you to bench'. Slowely but surely, that time passed as well. i had some crumbs from what i had eaten and every now and then would eat some, telling myself 'its OK, you can bench in another 70 minutes'. more images and trying to get video. trying, failing, clock ticking as i work my way through so many internet sites, this one blocked, ok but this one open and no video allowed, etc etc. just kept on going, going, going. after two hours i realise that i have to call my wife. but no i kept on looking, etc. after 3 hours of looking i had a 'good' zera levatala r'l and finally i'm free. so now i have even more extra time as my whole day is messed up. the whole time i felt like i was in a prison. couldnt get out. and it seems that at those moments the only way to get out is zera levatala. because, anyway its going to happen. so lets make it happen after 10 minutes and be free rather than 3 hours. any thoughts on that?

And what happend today? Learnt and davened well. did errands around the house. it was

a really good day. about to leave for a shiur and...

This reminds me of my yeshiva days. i would be in the middle of a sugia and need the toilet. in the toilet before i knew it i was masturbating. out of the blue.

I do feel, however, a feeling of mmmmm, that i dont usually feel which means because i tried to stop myself from hotzos hazera when it finally came out after 3 hours it was more pleasureable

I am reading so much about knowing when your yetzer gets you, etc but with me it seems like ANY DAY ANY TIME! After a good day lying in bed thinking mishnayos or tanya bal peh and BOOM!

Anyway, knowing myself i would think that if the filter gabbai blocks out all websites except for the ones i need i would be a lot better. i cant avoid being at home alone. its too difficult. there is too much to do.

OK...sorry for the scattered thoughts. lets get down to business:

heres goes. i have been doing some deep thinking about what it says in a few places on the internet about figuring out the reason we are doing zera levatala. And pondering about my own childhood. i have revealed that, despite my parents being warm loving and nuturing, they did not really know how to raise a child. the one big problem is that they never really made any effort to see how i feel in anything. especially as i am now working in chinuch and have a very good marriage bh i am learning (from profesionals) what it means to understand/connect to the other person. I have never had anyone do that for me. If i did something wrong i was shouted at. even if it was a mistake. for example, i once droped a Coke bottle on the floor and it exploded. i was shouted at and sent to my room by my mother. i was 8 years old. it was an accident. i was always walking on a tight-rope. one minute everything was OK. i was eating for example. the next minute i was eating too much and im going to be fat. one minute i was playing nicely on the playstation (i am a baal teshuva) and the next minute my parents shout at me becasue i am being too loud. I never really had that 'safe haven' where whatever i do is OK and i am loved, etc. I was also bullied at school and was embarassed to tell my parents. They would ask me 'how was school today, good?' 'did everyone play nicely with you?' and i would obviously answer 'yes mum'. i remember that there was a time when i told them everything but as i grew up i began hiding it from my parents. my parents expected me to be normal so i tried acting like it. When i got older i wouldnt bring certain friends home because i was embarassed that my parents would see my 'nerdy' friends. I had nowhere to run to. not school (i was ill-behaved and got bad marks). not my parents. not my friends. i couldnt play sports properly. so at the beginning i found creating fantasies where i am a famous baseball player, or singer (i even wrote songs), TV programer etc. I was, however, noticing that my father's reaction to all this was negative. for example, my father once found a piece of paper of mine with my own TV schedule (i must hav been 6 or 7) written '600 telethon 900 telethon 1200 telethon etc' becasue i had seen it written in the TV guide. i would study the TV guide and make up my own TV guide and

play out the characters. My father shouted at me and told me to stop living in fantasies. So i had to stop that. i still continued, however, in secret. then i found that if i play sport in the backyard and write down my own scores my father didnt mind as much.

shortly thereafter, however, i felt that i was disapointing my parents because i wasnt 'normal'.

In that time i found pornography. A freind showed my a website when i was about 9 and i really liked it. Once, i was in my father's office and saw on the history porn sites! That got me hooked because here is something i like and my father approves of! My father called me to the computer room when i was about 12 or 13 and showed me how to delete history off the computer and that he doesnt want to see any smut on the history. So that was that. My solution. my friend. a place where i belong. a place without limitation. where everyone likes me. home.....or so i thought.

OK...to be continued. i have to go now. i will continue the story, imyh

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Re: Deep breath....im opening up....
Posted by helpme! - 18 Apr 2012 10:31

[Eye.nonymous wrote on 17 Apr 2012 20:56:](#)

What do you mean by "the phone group in Israel"?

--Elyah

There is a phone conference for 12 steps in Israel on Monday afternoons I hope to call up next week

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Re: Deep breath....im opening up....
Posted by helpme! - 22 Apr 2012 13:42

day **81**

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I cant believe that ive come this far. According to my calulations, i have never actually been clean for such a long time. Tomorrow is my first SA meeting on the phone, i cant wait.

Whenever i begin to feel and remember 'wow, i am on day ___' i begin to get lust attacking me. And then i remember that today is really the first day. Today i am going to be miskasher to the Abeishter. Just for today. Its the only thing that works.

One of the really suprising things that have hit me on my journey, despite reading about it, is how difficult the battle begins to really be when my wife is tahor. When she is assur to me, after a few days there isnt really a battle. Every now and then i get lust, pray to Hashem, and go a few minutes at a time and thats it. But when my wife is mutar to me, then its a real nisayon. I lie in bed nearly every night and just daven. really hard. Asking Hashem to help me for just a few more minutes at a time until i fall asleep, thinking torah baal peh to protect me.

Kol hacavod to GYE and its founders. I heard (from a reliable source - yet to see it) that the AriZal says that this sin is stopping moshiach from coming. that it is a very rare expression, that something has the ability to **stop** moshiach from coming, especially when 'we long for Your salvation all day long' (shmonei esrei) and believe that Moshiach is coming right now (13 principles of faith - Rambam). And 'positive is infered b the negative' and i am sure that GYE's

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Re: Deep breath....im opening up....
Posted by helpme! - 23 Apr 2012 10:01

Day **0** :-[:-[:'(:(

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Re: Deep breath....im opening up....
Posted by helpme! - 23 Apr 2012 10:06

I called into Yechezkiel before the fall...and it helped a little bit, but 1 hour 10 minutes on the computer and...

I guess I never really did any of the steps...havent called into a phone conference, dont have a taphsic method so...i guess this is no surprise. As they say it doesnt matter how much you fall, it matters how you get up. 'yerida zu letzorech aliyah',

There is, bh a new phone conference in Israel beginning next week which is at a more appropriate time for me which shouldnt be a problem for me to join.

OK...so whats now, for the next week bli neder

1. Find someone I can speak to here in Israel
2. Read the handbook at least 10 minutes a day
3. Figure out a taphsic method
4. Phone the SA phone group today for the **first time ever**

Thats it. I am **addicted** and need serious help. BH im here where the help is at!

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Re: Deep breath....im opening up....
Posted by chaimyakov - 23 Apr 2012 13:26

[helpme! wrote on 23 Apr 2012 10:01:](#)

Day 0 :-[:-[:(':(

Look how you have grown. You have 81 more clean days that will accompany you forever. In mathematical terms you are so close to perfect it is amazing.

$81 \text{ days} * 24 \text{ hours/day} = 1944 \text{ hours}$ $1944 - 1.167 \text{ hrs (fall - at most)} / 1944 = .9993998628$.

You have been 99.9399% perfect in this area. We should be celebrating your great accomplishment not lamenting what you "lost". Until i found this site i was in general 99% not perfect.

Keep up the great work, with the additions to your avodah you are certainly going to go far, Ad Meah v'Esrim Shanos(one day at a time)

Hatzlacha in all things GOOD.

chaimyakov

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Re: Deep breath....im opening up....
Posted by Eye.nonymous - 23 Apr 2012 15:06

Join the Duvid Chaim calls! A new cycle starting TODAY (Monday, April 23).

Here's a crude cut-and-paste of the info from a recent GYE chizuk E-mail:

TOMORROW! The launch of the BIG BOOK STUDY GROUP 12-Step Phone Conference
(Monday, April 23)

Have you been trying to recover without success? This is your chance to learn what REALLY works!

Mondays through Thursdays:
8:30 AM (Steve), 12 PM (Duvid Chaim), 10:20 PM (Shlomo)

See this page for more info

For all our calls, see this page

And if you want to help your wife deal with what she has to go through, have her join GYE's new S-Anon Phone Conference calls, starting tomorrow as well!

Good News! We will be using a new call-in number and PIN which allows people to call in from almost anywhere in the world as a LOCAL CALL!

U.S: +1 209 255 1000

Canada: +1 559 670 1000

Israel: 076 599 0060

South Africa: +27 87 825 0150

Australia: +61 1300 051 796

United Kingdom: +44 (0) 784 843 2913

The Participant Access Code for ALL countries is the SAME: 637207#

For other countries, see this page.

Looking forward to seeing you on board!

Good luck,

--Elyah

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Re: Deep breath....im opening up....

Posted by jack - 23 Apr 2012 17:30

what a great first run! put this streak in your little bag, and refer to it on your next shot! even if you fall 1000 times, you must get up again!

jack

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Re: Deep breath....im opening up....

Posted by helpme! - 25 Apr 2012 15:02

Hi all,

fell again.

I am a big baal gaiva. (Hence, beginning the sentence with / . So many people think so much of me. etc etc. So its just natural that i do as well... :- . I thought i had it 'knocked down'. 82 days clean. Just need a little chizuk from SA and thats it. I have to learn that I cant be clean for one second without hashem's constant help, constant reading and doing what it says in the attitude handbook and gye guide.

So, for my first time ever, yesterday (before fall number 2) i tuned in to a phone 12 steps GYE SA conference here in israel(in hebrew). I was walking at the street at the time, so did not participate in the conference. One of the things that striked me the most is that they asked 'how much are you willing to give to deal with lust?'. This question shot through me. How much am i willing to do? Well....there was a time, perhaps a couple of months ago, that i would have given a lot. But now... and then i hear on the phone that the others are pretty much saying the same thing. At the beginning they were willing to give everything, now I was just thinking how much work i have when one of the participants mentions that he has so much work to do, commitments, how much he is really prepared to give is next to zero. I was pretty much in the same boat. I missed a whole lot due to bad reception, but i remember the conductor saying that this is something we have to work on. without it nothing will work. i started to think about all the efforts i had done in my 82 days. not much. called 1 person. asked hashem for help. at the beginning i begged and begged every day. then, only when i had a nisayon. then, a fall. Thats it. No taphsic method. no reading the attitude handbook. no reading the guide. Started giving advice on GYE like i am free from everything. But really ive done nothing in comparision to what i should and could be doing. And how much i want to do? When i think of were i could end up in. Away from my wife. my family. My parents could very well disown me. I have been on drugs

before and, if sent from my wife, who knows were i could end up? When i think of that...a lot...and where i could be if this lust goes away....a shaliach...a father...a husband...a Jew....and i think about it a lot...i start to realise just how much i want this. But i have to think about it a lot. and all the time.

So...

realisticly. i have to be realistic about what i am going to do and honest about my limitations

so...

Im fairly unorganised anyway, so to make a whole lot of general comitments is a little bit foolish for me in my opinion. So, i am making for myself projects.

I am still contemplating a full taphsic method. Until then, i am considering making the following one:

30 minutes before a fall i must open the daily sicha from the Lubavitcher Rebbe (about 10 minutes) and listen to it in Yiddish while reading the translation. then, i must call one of the numbers i recieved from Yechezkiel, from the GYE hotline in Israel.

This is a beginning, i know i have to add, etc. Money is just not an option for me. Too little wont hurt and too much isnt shayach. Its just that until i add things it could take a week or so, so i decided that in the meantime i will do this. After hearing the Rebbe's voice for 10 minutes and understanding what the Rebbe is saying from the translation, would i still be mesugal to sin? Perhaps. but the chances are for sure a lot less! Any thoughts?

My projects, imyh:

I want to call my very close Rabbi/mashpia, who helped me and brought me close to Yiddishkeit, and calls me his 'best student ever'...and make an appointment with him. And tell him everything. I never really felt i could, i was always ashamed. But thanks to GYE i know that this is an addiction, not a flaw in my character. and i can tell that to him. And after that, i can add something else to the taphsic method: After learning the sicha, talking to someone from the hotline and i still want to sin...i must call my rabbi and tell him what i am going to do. This is a

Next, there is a new phone conference GYE 12 steps in Israel beginning next week by one of Dovid Chaim's students on Monday at a very convinient time for me. I am going to call in and, bli neder be able to speak.

As for the 10 minutes i mentioned earlier of looking into the handbook i have to be honest that i did not do that. Maybe it should be 2 minutes. more realistic. 2 minutes for now. bli neder.

Another thing: No crying over spoilt milk. Whats done is done. What will be doneah

thankyou for listening. i need your support at this time. and i need comments, advice, suggestions, etc etc.

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Re: Deep breath....im opening up....

Posted by helpme! - 25 Apr 2012 15:05

btw...last time i did a silly taphsic method (involving writing out 'i am a jew' 500 times) which did not work. i didnt consult anyone before doing it. i just made it. so i would like to hear advice, opinions, etc before actually making the shevua.

Also behashgocho protis i just read today's chizuk and it had something about confessing secrets to your rov...:

One should relate before ones teacher who instructs him in the way of HaShem, or even before a good friend, all of one's thoughts that are contrary to the Holy Torah that the Yetzer HaRah causes to arise in his mind or heart. [This is the case whether they occur] when he is learning Torah, or praying, sitting in his bed or during the day. And he should not withhold anything because of shame. He will find that by relating these things he will gain the power to break the strength of the Yetzer HaRah so that it will no longer be able to overcome him another time. This is besides the good advice you will receive from your friend, which is the way of HaShem. This is a wonderful remedy

I guess im on the right track then...

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Re: Deep breath....im opening up....
Posted by helpme! - 26 Apr 2012 12:27

ok...

day 1

today, i asked hashem to help me, i focused and thought deeply on how much i want to be

connected to Him, especially during Shachris.

Then, i made up my mind to fall. im sure you are all aware of that feeling. I even opened up the internet and began my usual path at picking away the k9, which takes a while. by hoshgocho protis, before i saw anything i needed the toilet. after that, i decided to make my taphsic shevua NOW a hin and a her and i made it. that today, if i 'fall' chas veshalom within 30 minutes beforehand i must listen to the Rebbe's daily sicha on www.sichos.com/dailysicha.htm and look at the translation. I immediately went to the sicha, and was angry at myself because i just wanted to fall already! I opened up the sicha. It happened to be about taharas hamishpocho and how it affects future generations. 2 minutes 41 seconds into the sicha i had already lost all

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Re: Deep breath....im opening up....

Posted by Gevura Shebyesod - 26 Apr 2012 13:45

See, Hashem is showing you that you ARE connected to Him! Nothing "happens to be". Hold on tight, He will pull you up!

desire to sin. I figured i shouldnt go and finish the sicha because.... :

Gevura!

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Re: Deep breath....im opening up....

Posted by helpme! - 26 Apr 2012 14:35

Id like to share some of my thoughts...

i know im fairly new in all of this recovery stuff but..

there have been many times where i have thought 'thats it, ive found the thing that will conquer this forever'. sometimes its been a good davening, learning, memorising Torah bal peh, reading material on GYE, etc. Lately, it was the 90-day journey, speaking to one person, etc.

Now i thought it was my new taphsic method

but, thats not true. there is no magical cure that you just do and thats recovery. recovery needs constant growth. More steps. more commitment. chosing a method that works well is good. but it might only last a day. 10 days. 80 days. but if we want to move forward, we must constantly

grow in our recovery. think about how much we want this. do more steps. commit ourselves more to what we are doing. as for me, i need to develop my taphsic method, read more material on GYE. I think the taphsic method could be something constantly developed and added to all the time, making it bigger and scarier as time progresses...we have to make constant cheshbon hanefeshes as to where we are heading to. G-d willing, Monday 1-30pm i am tuning in to the new GYE live phone conference in Israel.

Thankyou, gevurah shebesod for your encouraging words

I want to note that i have been focussing on this part of davening the past few days, crying out to Hashem 'mabetza bedami, berideti el shachas?!' what is achieved by my blood? [what is achieved] by my decent into the depths of G-----? My cavana is screaming out to Hashem: what is the point of You sending me back into the g----- of p--n! in my spiritual death! 'hayodcha afar, hayagid amitecha?!' Will dust acknowledge you, and tell of your truthness? When You let me fall, I am like dust, and cannot acknowledge You, connect to You and Your truth. 'shema Hashem vechaneni, Hashem heyay oizer li!' Hear Hashem and have mercy on me. Hashem HELP ME!!!!!! 'Hashem Elokai leyolam odeka!' Hashem, my G-d I will forever acknowledge You! After I ask Hashem to help me, He becomes my G-d and I will forever be connected to Him. Day by day

May Hashem truly 'help me!'

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Re: Deep breath....im opening up....

Posted by alexeliezer - 26 Apr 2012 14:56

Helpme,

I admire your commitment and willingness to do what it takes. I have found that when I make a vow about this, it immediately sets me at peace. The vow to call your rebbe before you act out sounds like it has the potential to be very effective, assuming you can reach him. This may not work if you are gripped by desire at 1 AM.

I am struck by how your struggle intensifies when Mrs Helpme is tavor. This, and some other nuances, suggests to me that you haven't fully given up lust. Are there areas of your daily life where you're still sneaking hits of lust? On the street? On the computer? In the house? In the bedroom? If you continue to feed it even small morsels, eventually it will be strong enough to demand a meal. Even "benign" surfing can feed lust. Just allowing yourself to swim in those

waters. If you don't absolutely have to be on the computer, get the h*** off and out of the room.

BTW, I find your insights and chizuk on other's threads very on target. So please don't stop helping just because you're not perfect.

With love,
Alex

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Re: Deep breath....im opening up....
Posted by helpme! - 29 Apr 2012 10:51

OK...Im quite suprised, and thankful to H and just how effective the taphsic method is. I still have the simple shevua of listening to a sicha of the Lubavitcher Rebbe for 10 minutes before a fall. Today, I was left alone with the computer and wanted to fall. I quickly made the shevua until 6pm today and all the thoughts went away. I have to work on being sure to make the shevua a few minutes before each one runs out. And i need help thinking about expanding the taphsic shevua...

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