

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 whish. 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 profesionales) 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 dropped 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 becassue 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' becassue 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 alexeliezer - 17 May 2012 14:23

Nedarim hand in hand with recovery steps.

Now you're cookin' with gas!

I wish everyone would read your post and understand that vows are tools. Filters are tools.

Anything that forces me not to act out is but a tool. A powerful tool. But they are only effective in the long term when coupled with real recovery -- true abstinence from lust, surrendering our lust to Hashem, and personal growth.

Hatzlocha today!

Alex

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

Posted by Eye.nonymous - 17 May 2012 15:07

Glad you're doing well. Thanks for the update.

(By the way, I'm glad you managed to stop touching your pills to maticulate!)

--Elyah

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Re: Deep breath....im opening up....
Posted by obormottel - 18 May 2012 00:00

Mizmor shir chanukas habais speaks to me as well. There is enough there to cure a bunch of sexaholics, pretty much each posuk is relevant to out struggles and GYE's vital work...

Lots of Hatzlocho!

BTW, I thought it was "touching pupils to manipulate". Thanks, Elyah, for clarifying that!

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Re: Deep breath....im opening up....
Posted by Dov - 18 May 2012 03:00

That mizmor is sometimes the most important part of my shacharis. Even more important than sh'ma and sh'moneh esrei. Halocha of what the ikkar of davening is really is not the issue here. The RMB"M clearly defines the mitzvha of tefillah as reaching out to your G-d when you really need Him. And I believe the connection - wherever I find it on any particular day in the davening - is also so very precious to Hashem, too. He wants my heart - Rachmona leeba bo'i, right? Well, there it is for Him. Where I am zocheh to express a bit of my gratitude naturally, rather than some dramatic religious romanticism...but as natural and calm gratitude that is coupled with responsibility and hope for my continued success in the future because He is helping me because he loves me...well, how can I ask for more?

Thanks. May every shacharis have at least a little bit of that, one day at a time.

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

Posted by Gevura Shebyesod - 18 May 2012 03:19

Ditto on Mizmor Shir Chanukas...

Other parts that I find particularly inspiring are kappitel vov (Tachanun) and Tefilla Ledovid (before Shir shel Yom). Also Elokai Netzor (especially the added part in most Nusach Sfard siddurim).

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

Posted by Blind Beggar - 18 May 2012 08:49

Can you believe these guys? Saying the words of davenning and getting meaning from them! Tachanun?! I bet Dov says the words in English sometimes. This is a great Forum. I might try davenning myself one day it sounds so good the way they describe it.

Good Shabbos!

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

Posted by obormottel - 18 May 2012 16:18

That is very funny, BB, and timely, too: just yesterday as I was pummeling my chest during viduy, I realized I'm not sure what most of those words mean, and meant to look it up in english so I don't just do lipservice.

On the other hand, there is a maase, published previously on GYE, about a teenager involved with bad company, who was brought before Satmar Ruv. The latter asked the boy if he knows the teich of "usmageir" in the brocho of v'al malshinim. When the boy responded in negative, the Ruv said: I don't know either, but when I see that its in the company of us'shabeir v'sachnia, I know it means nothing good.

So perhaps its ok to rely on context sometimes...

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

Posted by helpme! - 20 May 2012 11:16

There is a reason why the anshei kneses hagdola were metaken each part of davening from right at the beginning, korbonos, all of pesukei dezmirah, brochos of krias shema, brochos afterwards (the two latter werent anshei kneses hagdola, they are mentioned in the mishna), everything we say after shmonei esrei, etc, etc. If they were metaken such things for us to say *every day of our lives*, how can one possibly not know their meaning? Sometimes its a good idea just to sit and daven word by word, looking in the english for help and start communicating with Hashem. If there is a minyan that you want to daven with, you can even time yourself so you can daven shmonei esrei with them. ie get up earlier and start davening before the minyan. There are of course poskim (which I hold by) who say that it is better to daven all the words becavono and miss s/esrei with the minyan (being present at the minyan and hearing all the kadeishim, chozoros hashas, etc, etc remains an absolute chiyuv, of course) than skipping parts, davening w/out covono and focussing on making the minyan.

The actual holochos of davening, incl davening with a minyan, etc, are the body. the covono of davening is the soul. What's the use getting the body 100% right if there isnt a soul? Especially such an inyan where we talk to our creator every single morning. we have the ability to think about Hashem, get excited about Hashem and about doing his mitzvos and learning his Torah. Being such an important asset to yiddishkeit, in kaballah (if im not mistaken its also mentioned in the gemorrah) davening is the spine/backbone of yiddishkeit, how could one be so particular about the body of such an inyan and not put any neshomo into it? My advice, if you want to take it, to anyone who doesnt understand davening is take an english-hebrew siddur, start translating word by word day by day a little bit more until you start davening the way a yid is supposed to....

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

Posted by helpme! - 23 May 2012 14:28

I've fallen quite a number of times in a few many days, and it hurts. The first time, i forgot the protim of the shvua and just went for it. second time i refused to do my taphsic shevua of listening to a sicha of the Lubavitcher Rebbe, and i now owe 850shekels to tzedoko within a couple more days before it turns into 1500shek...any one want to donate? ???

Ill have to be breif because im pressed for time

Ive had a rough couple of weeks, it is quite clear that my wife has post-traumatic which explains

her acting towards me like a monster lately. The way she has been acting towards me, then crying and apologising, and back and forth treating me like a yoyo has just destroyed me mentally. It is something that came up a year and a half ago when she gave birth, and then it remained in the 'lurks' popping out every now and then but now it is really strong. Im emotionally broken. BH, she has begun seeing a psychologist, but i think i am in need of one more than her!

On Friday night, i had enough and downed a whole bottle of wine without my wife even noticing. Ah..finally everything was ok. I was so happy and could not care less what she said or did to me. I sand nigunim with our one and a half year old daughter while my wife just sat on the couch, staring into deep space.

Shabbos by day, my wife asked someone to call me early from shule. I entered the house, and she was howling and crying in our bedroom. I couldnt take all of this. I wanted just to m***** or something to get my mind off of everything that was going on. But, Shabbos...there are *some* limitations to my madness. But I needed *something*. I took a bottle of wine out of the cupboard and chugged about 2-3 glasses down in 1 go. Ive never drunken like this since I was about 17. But the wine wasnt enough, I walked into our bedroom and saw my wife lying face down kicking her legs on the floor howling like anything. Our neighbours probably think ive been beating her with all the havoc going on the last few weeks... I just stare at her. Normally, I would comfort her blah blah blah. But how can I come close to someone who has been treating me like a piece of garbage for the last 2 days, and on and off for much longer? There comes a point where enough is enough, right? So, blah blah blah eventually i sat down on the floor and cried with her. etc etc etc. I eventually burst out into tears screaming 'I hate you!' over and over again with my head in her arms.

Eventually, everything 'calmed down' and went 'back to normal'. We had seudas shabbos, etc. She BH went on a holiday for a few days.

Sunday, I woke up and had my coffee. I sat down to learn and just felt a hole inside my stomach. I cant quite explain it. Like something is missing. Anyway, I had to go shopping with my wife and that was when I had my first fall. I just couldnt take it anymore. And I just keep falling. again and again. I am so broken...so confused

I cried after the last fall and hit myself on the head a few times.

There are just times when I feel so empty inside. I cant do anything. For all I care, I could take a drink. And another one and another. But, I figure its better to keep to one addiction, than go to other addictions....

Like I said on a previous post, my mother is a prescription drug addict. My father is a sex addict. They still are married, and my mother acts like everything is normal. So does my father. I come from a history of crazy things happening and just 'acting normal'. As a teenager, I got hooked on Marijuana and ciggarettes. MJ was pretty easy to quit, ciggerettes were a nightmare. In the end I quit, though. But, this thing is not comparable whatsoever to those addictions. I mean, there was a stage where I would buy a ciggarette pack and say 'last one ever' over and over again but, in the end I stopped cold turkey. P***/M***** is just not the same.

Thankyou for giving me to let everything out. It feels a little better.

I know these things arent normal. I know I have to learn how to cope with things in life. I dont know if Im going to learn how in 12 steps or by a psychologist, but somehow Im going to cope. Sharing things with other people makes me feel a little better so thanks for listening

Anyway, i have so much work to catch up on because of all this. BH Im doing mesirus nefesh to maintain my daily learning schedule.

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Re: Deep breath....im opening up....
Posted by helpme! - 23 May 2012 14:32

Btw, the more I have K9 the more sites Im finding with ... Im trying to contact the filter gabbai to ban some of these sites i found, but he is not answering.

OK...after a fall I have to reasses my recovery

1. I have written in my diary the time of a 12 step program on the phone so I have that time free (If there was a 12-step program face-to-face in my area I would do it)
2. Contact k9 filter gabbai to block more sites
3. Write down a set taphsic shevua nusach, instead of having to say it baal peh every day
4. Talk to a local Rabbi about this issue
5. Read 5 minutes a day of the GYE handbook

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Re: Deep breath....im opening up....
Posted by Machshovo Tova - 23 May 2012 14:57

Dear chaver,

It breaks my heart to read what you are going through. There are no words I can think of. The

wounds are still fresh and I feel quite a bit of the pain and agony. I just wanted you to know that we out here are 'listening' and feeling with you, and davening for you that you should see the "yeshuas Hashem keheref ayin". Please keep strong, for your sake, for your wife's sake, and for your childrens' sake. May you see bekorov much nachas from yourself and from your lovely family.

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Re: Deep breath....im opening up....
Posted by alexeliezer - 23 May 2012 15:25

Wow! You're dealing with a lot.
Daven constantly, before every interaction with your wife.
If you haven't read Garden of Peace by R' Shalom Arush, I think you will find him speaking to you. I realize your wife has some special needs, but I think his mehalech will still be helpful.

I had a psychology professor who taught me that the moment a person takes a drink to solve a problem, he stops growing.

One day at a time. Really.

Love,
Alex

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Re: Deep breath....im opening up....
Posted by helpme! - 10 Jun 2012 08:03

Hi all,
Thats it.... i have decided to join SA face to face meetings, even though they are a 2 and a half hour bus ride away. I am telling my wife that i am going to a food addicts annonymous (because i do have a terrible eating problem..) group....any thoughts?

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

Posted by Blind Beggar - 10 Jun 2012 09:49

Yes. Tell her it is Overeaters Anonymous, which is real and not something you made up which does not exist (unless it does). And if she is an over eater she might join you one day, so you might have to tell her it is a Def Leppard Appreciation Society meeting unless she is a heavy-metal fan in which case you should tell her.....

Oh, and hatzlocho in SA. Great move - it has saved me for the last 443 days.

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