

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 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

=====

Re: Deep breath....im opening up....
Posted by Dov - 11 Jun 2012 15:44

How much worse could she treat you, anyhow?

Is the baby safe when you go to shul, the supermarket, and other places?

Chazak ve-ematz, you are not alone.

Have a really nice time at the meetings. If it is a *healthy* meeting, then within two or three of them you should be laughing your head off there. That's the way it should be. Recovery always leads to us dropping our heaviness and self-preocccupation that this placve (and every place addicts are) is ugezaf with.

And you will bring home the peace (and maybe a little giggle) to your confused and not-well wife, be"H. You will see proof of your own recovery in a few weeks or months, when the two of you giggle together more, and cry together less.

Amein!!

=====

Re: Deep breath....im opening up....
Posted by Eye.nonymous - 13 Jun 2012 12:36

How's it going, Helpme?

--Elyah

=====

Re: Deep breath....im opening up....
Posted by helpme! - 13 Jun 2012 13:33

Thanks for all the replies...unfortunately i am yet to attend an SA meeting...The guy in charge of the meeting 2 and a half hours away is trying to start up a new SA meeting here where i live with me and another person. It was supposed to be Tuesday night, but something came up and he couldn't make it. He told me he will be in touch with me over the next few days about making a time and place for the first meeting.

If there isnt a meeting within the next week or so, i think that for now at least until something gets started over here, i might go for that meeting 2 and a half hours away.

As for what i tell my wife...there is such a thing as Food Addiction Anonymous, FAA but they don't have one in my area. I am seeing that my addiction to lust and my...well its a lot harder to say and i still havent really gotten to terms with it but....'addiction' to eating unhealthily are crossing paths with each other. If there is a lot of stress, depression, etc, i just jump on the ride as it were and munch food, look at p*** and just cant seem to stop myself. So with the food, i dont really try and stop anymore, i use the aitzos of the Tanya if someone has a serious craving for food that he cant stop to have in mind that it is for coach to serve H, until it becomes regulation and the person will stop eating unhealthily because it is disturbing him from serving

H(Although many years of doing this may prove that i am indeed an addict...). But with the p*** when little i try and stop, i feel like a captive tied up, unable to freely move, forced into doing these things. Like something just 'takes over' and controls me without my will. Thats when i realised that i have a serious problem and need serious help.

As for your concerns about my wife and my 1 and a half year old daughter...her depression is pretty up and down. She has told me that she hasnt been feeding our daughter when im not at home so i can trust her to be honest with me, at least at those times when she is acting more herself. During the week, our daughttrer goes to a 'metapelet' (?carer? in english???) and my wife stil makes sure that there is dinner despite her depression...i have to admit that she is pretty amazing. All i have to worry about is fridays and shabbos, and try and have everything figured out..

=====
=====

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

Posted by Dov - 13 Jun 2012 17:24

Well, then please make sure to *let her know* how much you admire her dinner-making, and how much you love her and are dedicated to her no matter what happens, and that you think she is an amazing person. Then leave her alone for a while and expect nothing in return, at all.

Continued hatzlocha!!

=====
=====

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

Posted by helpme! - 13 Jul 2012 10:35

BS"D

Hi all. 48 hours clean. 5 SA face-to-face meetings over the past 3 weeks. And doing a **lot** of soul searching. Once in SA, my entire recovery has changed. Slowly by slowly I am seeing more and more problems inside of myself. So much so that I see that lust is really just an external problem. I harbour a lot of hatred, resentment, hurtfulness especially towards my parents. Its really suprising for me that i have so many other issues, being revealed to me one by one by the grace of G-d, apart from my lust. I havent been on GYE because in doing so i feel that I am also feeding my general internet addiction and can get caught reading posts for a long amount of time. I have heard that finding a temporary replacement for the lust addiction is OK at

first like lust, etc, but i find that feeding other addictions just leads me to my lust. In SA, I feel the reality of my problem, while in GYE I feel that my problem is just p****, m****, just on the computer, etc, can be solved by a quick 'taphsic method, etc. It could be that for many of the GYE members this is the truth and it works for them. For me, though, it just doesn't ork. I need SA. I am really sick. I am a baal teshuva that reached a point of no return, admitted powerlessness, turned to G-d for help, wrote my whole life story down, contemplated on my wrongs, apologised to G-d for it and asked G-d to show me His will. He did, 6 years ago, by taking me to yeshiva. I succeeded, BH, but unfortunately shut the door on G-d unknowingly and started 'drinking' gaiva, honour, etc. Not suprisingly, lust, which had accompanied me all my life, was soon to follow. Here is an important excerpt from my new diary i am writing that I wanted to share with you:

"It is surely interesting that lust is just a side effect of a deep inner problem. To some degree, it is even comforting to know that my problem is not that I like to be 'bad' and can't stop it. My problem is much deeper. As a matter of fact, I don't have a problem. Rather, **I myself** am the problem. I always blamed it on something else: lust, hatred, not enough learning, davening, etc. However I was the problem all along. However, when I let go and let G-d, well, life seems to start happening from there. Just today, G-d, give me life"

Thankyou, GYE, for getting me to where I am.

=====

=====

Re: Deep breath....im opening up....
Posted by alexeliezer - 13 Jul 2012 17:39

Amazing work. Thank you for sharing that.
I tend to agree. GYE is more about P&M.
For everything else, there's [s]VISA[s] Dov ;D

=====

=====

Re: Deep breath....im opening up....
Posted by helpme! - 15 Jul 2012 15:03

100 hours clean...i dont know, it feels better to me counting the hours, as every hour I am giving over my life and will to G-d (step 3)....well, trying to at least...

=====

=====

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

Posted by Newbi - 15 Jul 2012 15:10

Wow that's amazing. I never thought of it in terms of hours, but it sounds awesome.

Hatzlacha rabba, I keep u in my prayers, and the whole GYE community. Hashem should give you continued koach to succeed in all the challenges he presents to u.

=====

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

Posted by chaimyakov - 15 Jul 2012 15:28

There were/are/will be times for me that all i can hope for is to remain sober this minute. Keep at it and remember the only thing that matters is right now.

Hatzlacha in all things GOOD.

chaimyakov

=====