

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

Posted by helpme! - 07 Dec 2011 12:42

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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 profesional) 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 strugglingandstrivngBT - 16 Dec 2011 14:33

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find something else to do! you are conscious of your struggle, now make the choice to overcome!

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Re: Deep breath....im opening up....  
Posted by Hashem Yaasfeni - 16 Dec 2011 15:13

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get away from the computer. ...! Now !!

(whiny voice) "I just want to looky looky at a few pictures thats all..." Those are precisely the words of the Big yetzer harah and it works because you are being pulled like a small dog on a chain....

hey, once you start looking at 'just a few' you've lost your bechira my friend, so just shut it off

NOW !!

we're here for you but only if you want to work on it.

we are not here to pat you on the back and say go ahead and look....Cmon, GyE has some standards , no???! be a man !!

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Re: Deep breath....im opening up....  
Posted by helpme! - 18 Dec 2011 17:55

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CLEAN DAY 4

BH Still trucking on, asking hashem to help me day by day

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Re: Deep breath....im opening up....  
Posted by helpme! - 19 Dec 2011 09:45

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MORNING CLEAN DAY 5

Doing OK still there baruch hashem. it is worst when i am at home with nothing to do.. right now i am on bedrest from doctor's orders and its a real nisayon. i just have to keep myself busy....im writing a book, translating seforim, and household chores. should be allowed out of the house tomorrow and every time a nisayon happens i ask hashem to help me just for this 15 minutes...it works a lot better when you just think about the next short period of time rather than think about the 90 days...i think that really destroys me when i do that.

As for SA they aren't answering their phones and i cant leave a number in case they call and my wife answers..! Besides, i highly doubt that there is a SA in my area...

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Re: Deep breath....im opening up....  
Posted by Hashem Yaasfeni - 19 Dec 2011 14:18

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Keep it up brother you're doing good.. I mean well.

If there isnt an sa in your area then maybe its your tachlis to create one...

One hour at a time. Then look back and be proud of yourself, wow !! another hour of Holiness...!!

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Re: Deep breath....im opening up....  
Posted by Gevura Shebyesod - 19 Dec 2011 14:27

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[helpme! wrote on 19 Dec 2011 09:45:](#)

#### MORNING CLEAN DAY 5

Doing OK still there baruch hashem. it is worst when i am at home with nothing to do.. right now i am on bedrest from doctor's orders and its a real nisayon. i just have to keep myself busy....im writing a book, translating seforim, and household chores. should be allowed out of the house tomorrow and every time a nisayon happens i ask hashem to help me just for this 15 minutes...it works a lot better when you just think about the next short period of time rather than think about the 90 days...i think that really destroys me when i do that.

As for SA they aren't answering their phones and i cant leave a number in case they call and my wife answers..! Besides, i highly doubt that there is a SA in my area...

Looks like you're getting the idea of "One day at a time"! Sometimes it needs to be "one minute at a time".

KUTGW & Keep on Trucking!

Gevura!

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Re: Deep breath....im opening up....  
Posted by helpme! - 22 Dec 2011 16:14

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CLEAN DAY 8

hodu lahashem ki tov

bh hashem is really helping me through...i havent been so makpid on doing the chizuk emails but now i will start bli neder.

i am taking it slowly slowly, 5/10 minutes at a time and asking Hashem to help me on the way. i have my ups and downs but bh i havent fallen. i do see that that pull towards the computer when i am on my own is considerably weaker after 8 days of cleanliness. I have had this before...i think i have probably reached 70 or 80 days before, but i always just gave in and told myself 'come on, you havent done it for so long its not such a big deal if you do it once' and i just went with the flow. but now looking back on it i see that the pull wasnt so strong and with a little bit of emunah and davening i could have just pulled through. thats not the case with 8 days ago! Every time i would fall i would then be pulled back into prison, unable to escape the grasp of the computer. and it required a miracle to pull me out. at this stage, i feel that all that is required is a little bit of faith..

about making a SA group in my area..how does one exactly go about doing that and still remain anonymous?

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Re: Deep breath....im opening up....  
Posted by helpme! - 22 Dec 2011 16:15

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btw...i have to admit that i am still lazy in contacting the filter gabbai to block all websites except for ones i dont need. i hope to overcome this..

and thankyou very much for all your support..its means a lot to me

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Re: Deep breath....im opening up....  
Posted by obormottel - 23 Dec 2011 19:46

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You are not lazy, its your desease that doesn't want it to happen.

Beat it!

With much love and support,

Mottel.

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Re: Deep breath....im opening up....  
Posted by helpme! - 24 Dec 2011 22:54

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10 days gone and still clean... 8)

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Re: Deep breath....im opening up....  
Posted by willnevergiveup - 26 Dec 2011 01:29

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R Yid, I deeply admire you and I am in no position to judge, but the 3 hours you sat by the computer clearly proves K9 is not enough, you need WebChaver, it is essential! You would have saved yourself all that aggravation had you installed webchaver. You clearly want to do the right this (as you say with the filter gabba) so go all the way.

Be strong!

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Re: Deep breath....im opening up....  
Posted by helpme! - 30 Dec 2011 08:44

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After **14** clean days i fell. I was home alone unexpectedly and the computer just called me. i prayed and asked hashem to help me. As a matter of fact the last day or two were extremely difficult. and i learnt a heck of a lot about the GYE methods. i didnt just ask hashem to help me for a day or an hour. i asked hashem to just let me learn for a few minutes. after that i asked hashem for another 30 seconds. after that happened a few times i asked hashem to at least allow me wash and eat a little bit. after that i begged hashem to let me bench. and so went a day or two. in fact i really felt that i passed through a nisayon i would not have been able to do 2 weeks ago. after doing this a few times, i started to feel that i was not asking hashem merely to take my lust for a minute or so. i realised that i was asking hashem for a few more minutes of **LIFE**. True control over my actions doing what i want to do. e.g. i had bad thoughts when walking down the street. i asked hashem to take my lust away for a few minutes. i started thinking constructive thoughts. about how to help the struggling bochur in my shiur. a few minutes passed and i asked for some more. i began going through material i had to teach in my head. i began to see that i was really asking for life. i then began asking hashem if He could give me just a few more minutes of living. this chanukah whenever i said val hanissim i had in mind the nissim Hashem is doing with me

nonetheless i still fell. and after one clean day i fell again this morning. the first time certainly begins a chain.

My trust in the Almighty has to be strengthened. i have to know that Hashem can help me in all cases. perhaps the problem is that i fall because i think 'there is know way hashem can help me now'. So, in addition to help i am getting at GYE i have taken upon myself, bli neder, to learn shaar habitachon in chovos halevavos to learn how to totally put my trust in hashem that He can take me out of the shmutz and give me life...just for a few minutes, and then another few minutes, and then another few minutes.....

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

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Posted by gibbor120 - 30 Dec 2011 13:59

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hi helpme, Have you done anything else to help yourself other than learn mussar? Has learning mussar helped you in the past?

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Re: Deep breath....im opening up....  
Posted by Dov - 30 Dec 2011 16:10

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[helpme! wrote on 15 Dec 2011 09:50:](#)

When i have the urge i feel that nothing else in life is important. i feel that only by fulfilling my urge will i feel any sense of achievement. everything else in life is dull and boring. but my virtual flesh friends....uh they are my only true friends in life. they are true life. everything else is death. there is action i feel a pull so strong that i have nothing to do but follow. i feel captured by predators leading me to final salvation. fighting is already out of the picture. i offer up a little prayer to hashem but its already too late. i have already fallen.

Your sharp description captures the problem as it really is, at least for me. Yet I am clean one day at a time, for years today. My life was in the toilet for over a decade - yet it is now the way I wish it had always been..actually better. There is recovery, and hope for a good life when you are ready to give up the BS. I also understand that when I am in it, nothing else matters - Torah, shmorah, job, my health, family...all useless and weak, weak, weak.

If you are ready, you *can* get help. I hope you keep opening up here and elsewhere with safe people and do not accept pats on the shoulder, but really take some steps to *allow* yourself to get better, be"H.

You are a lucky guy, right now. Go with it.

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