

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 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 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 chaimyakov - 21 Feb 2012 20:15

AWESOME!

Care to share the "secret" to your achievement?

Hatzlacha in all things GOOD.

chaimyakov

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

Posted by helpme! - 22 Feb 2012 11:50

ok guys....its day 21 and the going is getting pretty tough. What's my secret? Talking to people who have been in worse situation than me and they got out of it and doing what they tell me. They seem to be the only ones i can trust. Its really suprising at how much one little phone call can do. Because of all kinds of complications, etc its so far only been one phone call, 21 days ago. and look how far its sprung me. today, g-d willing i am calling back to that same person.

Its really tough. Im sitting here at a computer doing some of my part-time work and I already know i can beat the k9. but im going one moment at a time. no, im not surrendering to you. what would i tell my sponsor when I call him tonight? that i **fell? [U]C'V!**. I have to tell him im still going strong. Give me another few minutes. If he could do it, so can I.

You see, reading stories, hearing mashpiim and rabonim speaking about it is just not the same. Even a shiur about not giving in to the yetzer horo. In fact i even heard a shiur of giving up the fight to hashem in the inyan of eating not healthy food, and it made somewhat of an impact on me. But, how do i know that this method can also work for me? and for my addiction? Maybe its only for food? Maybe this rov has never really done it before? But speaking live with a person who has been there, done that, and recovered. That person i can trust whatever he tells me. He got out of the mud.

Its like, a homeless person who has no hope. A prince comes on a horse and wagon to save him and make him rich. He teaches him the language, puts clothes on him. but, the homeless person doesnt really have that much hope. 'i could ever be like these guys?' So he runs away back to his pit of mud. Again and again, someone begins to lift him up but the homeless person always gives up...'i just cant change. someone like me stays the way they are'. slowly, he begins to read stories of other homeless people who made a life for themselves. he begins to believe that it is shayach. but, still he remains wallowing in the mud and streets and sleeping under newspapers. Finally, comes someone to save him. He tells the homeless person 'i, too was homeless like you!' This person, the homeless person can trust with full heart and soul. He sticks to this new friend and doesnt let him go. And this friend brings him to the palace, where the homeless person begins to feel at home.

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Re: Deep breath....im opening up....
Posted by helpme! - 22 Feb 2012 13:38

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Hashem help me. I dont want to sin. i want to do your will. i want to raise a yiddishe family. i want to continue doing my shlichus in olam haze . but i cant do it alone. please hashem help me. give me just another couple of hours. and please make sure my sponsor answers the phone then. thanking you in advance hashem,

your eved >insert real name here

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Re: Deep breath....im opening up....
Posted by helpme! - 22 Feb 2012 13:43

well, if its only one moment then its not so difficult after all, is it?

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Re: Deep breath....im opening up....
Posted by helpme! - 22 Feb 2012 13:49

can u believe that im actually being mekayem a mitzva by not doing anything?

ok...i better get off this forum and do some work!

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Re: Deep breath....im opening up....
Posted by tehillimzugger - 22 Feb 2012 17:17

brmmmm not at all
You hanging in there?

I'm rooting for you, and I wouldn't want to see you fall after three weeks.

Yivarechecha hashem mitzion!

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

Posted by Gevura Shebyesod - 22 Feb 2012 18:26

Amazing! Keep hanging in there, one day, one hour, one minute at a time. I'm right there with you buddy (Day 4).

KOMT!!!!

Gevura!

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

Posted by helpme! - 23 Feb 2012 20:55
And I love that moshol!

Day 22...my sponsor didnt answer dont know what happened to him, i was going to call someone else but there was just to much to do in the house.

so... 22 days. hmmm. BH

Thanks to GYE, i have been able to surrender to Hashem whenever there is a test. There have been times when i have had a sober streak for a while, but it is always like a hisorerus milimila. then, i am met with a test and boom. it would happen whenever i knew i was about to have access to a computer by myself in my house. i would feel the temptation. i would start crying on the inside. no. i cant. no no no. but then i got to a point where i just shut off from the real world and said 'to h*** with everything, just for 10 minutes. im doing what i want.' and thats it. i wouldnt know what to do. despite all the chasidus ive learnt. which is really something quite extraordinary.

Now, I know what to do in a test 'just 5 minutes of surrendering to Hashem.' Hashem help me(and this time i mean it) i cant do it by myself'. i remember my sponsor and when will we next dont take it personal, sponsor) i have to tell him about

all the success i have had.

Another thing, i now understand chasidus (for that matter my gemorrah learning and abilites to teach have just soared in the past 3 weeks) in a way that i didnt before. GYE has opened up the door for me for my hiskashrus to the abeshter, including avoidas hatefillah, learning, being a father, being a husband, helping around the house. ah... GYE has given me life.

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Re: Deep breath....im opening up....
Posted by tehillimzugger - 24 Feb 2012 08:48

[helpme! wrote on 23 Feb 2012 20:55:](#)

GYE has opened up the door for me for my hiskashrus to the abeshter, including avoidas hatefillah, learning, being a father, being a husband, helping around the house. ah... GYE has given me life.

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Re: Deep breath....im opening up....
Posted by helpme! - 25 Feb 2012 19:46

Day 24

yep, thats right day 24!

on Friday (day 23) i had a minor fall...my wife bought something from a store whose plastic bag i noticed had a very very very appealing picture which is a real danger for me. i looked away, prayed to hashem, etc. what i have learnt to do in the last 24 days. Every time i got near the bag i started praying, giving myself to hashem. I had a real weak moment, where i just picked up the bag and started looking for the image. it took a couple minutes and i got a glimpse of it. as soon as that happened, i took a hold of myself realised what i was doing, and looked away. I remembered one look does for me what one sip of alcohol does for an alcoholic. NO. Hashem is

the boss. As would happen during my pre-gye days, my YH suggests to look at it again but, i gave myself over to hashem and immediately scrunched up the bag and threw it in the garbage! I put stuff over it so no-one would see when they opened up the garbage (you see, we keep plastic bags in this house. if i hadnt of done that it would still be here and triggering me).

This m"s i also fell a strong urge. i began to feel the pain, suffering why cant i just look at my old 'friends'. I decided to go onto GYE. 5 minutes, ok? BH the urge **went away**. not completely, but its real weak.

i see that lately i am getting more and more tests and holding my ground. its probably neccesary to begin SA, get more sponsors, do more steps, etc. one of the things that is really mechazek me is every time i go on GYE i log in to the 90-day chart, select 'still clean' and see the number rise. i mean, 22 days was amazing for me. but today it went to 24. imyh and only beezras ubechasdei hashem, day by day, hour by hour, 5 minutes by 5 minutes and, if need be, second by second.

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Re: Deep breath....im opening up....
Posted by mechazek - 25 Feb 2012 22:12

Great work do not listen to YH.He will tell you that what you really want is to look at those pics.So when he starts telling you those things ask yourself is that true is it really what I want.What do I want and when you decide what you want do not let in any other thoughts.Hatzlochah

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Re: Deep breath....im opening up....
Posted by mifatfait - 26 Feb 2012 22:02

God created the world so that Man can choose with his free will to keep the world running.

Your'e the purpose of creation, Man!

Choosing to control the yetzer, not letting him control you.

way to go.

see ya in gan eden.

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Re: Deep breath....im opening up....
Posted by tehillimzugger - 27 Feb 2012 12:31

[Mefatfait Beyitzro wrote on 26 Feb 2012 22:02:](#)

see ya in gan eden.

Am I invited to the party?

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