

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 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

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

Posted by jack - 27 Feb 2012 18:28

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being in different countreies makes it very difficult to arrange timing of phone calls.but you are doing GRRRREAT!!!i agree you need to talk to someone - this is the only thing that helped me.so i hope you find someone, or keep trying the one that worked for you.and have patience - patience is one of the crucial attitudes in this battle.

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

Posted by jack - 27 Feb 2012 19:33

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more - that one call you had just helped you do what you always wanted to do - you just needed some incentive - a little push.call again if you need more 'pushes'.the people here are thrilled with your progress!!!

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

Posted by helpme! - 28 Feb 2012 11:32

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Day 27

I am sitting here by the computer with some work to do (I work from home on and off). And i want it. i want those images. But when i write these words and see them on my computer screen, i realise just how immature and selfish i am. I have to do what Hashem wants. and i need His help. And you guys on GYE are acting as pretty good shluchim mimarom. ("harbeh shluchim lemakom - Hashem has many messengers"). Oo. its tough. I guess i do feel like im dying. i went and bought myself some cookies to get my mind off it. No help. Thats not where my solution lies. it lies with Hashem. but its tough. boy its tough. i guess now i know what they mean when we have to be prepared to everything, even to die. I do feel like i am dieing, so to speak. There is this terrible depression coming over me. Hashem, please help me.

Writing out my thoughts here on the forum is really helpful. Better get going.

thankyou everyone for listening. still struggling

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

Posted by Gevura Shebyesod - 28 Feb 2012 11:53

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HM, Hang in there. Think of the wonderful avodah you are doing, loving Hashem "Bechol Levovcho, Ubechol Nafshecha"! You are letting go of your deepest desires and feeling like you are dying, for Him!

Keep On Trucking!

Gevura!

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

Posted by tehillimzugger - 28 Feb 2012 17:11

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yo brother we're here!

right now

you shouldn't be

get into that truck

GUITAR!

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

Posted by helpme! - 01 Mar 2012 10:13

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

Posted by tehillimzugger - 01 Mar 2012 10:14

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AWESOME!!!!!!!!!!!!!!

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

Posted by jack - 02 Mar 2012 16:45

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ride out the depression, ride it out.fasten your seat belts first, then ride it out.it's going to be bumpy, but you won't REALLY die, you'll just FEEL like you're dying.this is normal.until you feel like you're going to die, you can't really live - go figure THAT one out!

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You guys are great...day 29. or it should really be 29th consecutive day 1

Re: Deep breath....im opening up....  
Posted by helpme! - 06 Mar 2012 21:47

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day 34...

hi guys

nice to check in...havent had access to internet for the past week or so.

Something terrible did happen you could call it a fall...heres goes:

While i didnt have access to internet i *did* have access to TV. I didnt open it the whole time, didnt even think about it until the last day when i was alone in the room with the tv. I wasnt feeling too well, and was a little bored. I just turned on the TV to flick thru the channels to see what was going on (as i am writing this i am just burying my head in my arms in shame...i **never** do this). I found a site with something slightly arousing, watched for a minute and then quickly changed channels. then i found an even greater trigger, flicked back and forth from the trigger channel...tried to pray to Hashem....eventually I began to watch and.....M\*\*\*\* for about a minute.....then stopped. I closed the TV. Remembered some stuff from shaar habitachon in chovas halevovos. Asked Hashem to pull me out for just 5 minutes. So thats how i got out. 5 minutes for a time for about 20 minutes until i fell asleep. I felt like such a shmo.

So..i dont know if i should reset the count or not. I feel it would really damage me to do so....any suggestions?

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Re: Deep breath....im opening up....  
Posted by Gevura Shebyesod - 06 Mar 2012 22:06

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Toughie... I had almost the same thing 2 weeks ago, got triggered and m\*\*\* without finishing. It's sort of a gray area in the rules.... I was going to let it be a slip, but the next morning i did it again, partway. I was feeling like i would explode if i didn't finish. I then decided i had to call it a fall because i knew if i didn't i would never stop.

I would say the same thing to you. If you can get back on track, it's probably best to let it slide and not get discouraged. So do what's best for you.

And remember....FALL SHMALL KEEP ON TRUCKING!!!! TOOOOOOTTTTT!!!!

Gevura!

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Re: Deep breath....im opening up....  
Posted by ontheedgeman - 07 Mar 2012 02:33

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it's not a fall. it's a blip. in 30 years you'll look back and think, ha!

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Re: Deep breath....im opening up....  
Posted by helpme! - 07 Mar 2012 08:00

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day 35

great...so ill log on to the 90-day chart and click on stay clean!

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Re: Deep breath....im opening up....  
Posted by tehylimzugger - 07 Mar 2012 12:23

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[helpme! wrote on 07 Mar 2012 08:00:](#)

click on stay clean!

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Re: Deep breath....im opening up....  
Posted by helpme! - 18 Mar 2012 10:51

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Day 46

BH

I have had ups and downs, asked Hashem for help and BH im still there. Already past the half way mark. But i try not to get myself too excited. One day at a time. Sometimes i need 5 minutes. I have a ratzon chazak and i tell him to come back in 5 minutes. my YH started telling me 'nu, its not such a big deal. ure making such a big deal out of nothing, a normal natural thing, blah blah blah, stop making such a fuss over nothing just do it'. so i told myself 'ok, if its not such an important thing, what do you care waiting another 5 minutes. Hashem please give me 5 minutes of being clean

when i am walking down the street and i see .... i ask hashem to help me stay clean. bh

i keep in mind that looking is like taking the first sip. and Hashem is helping me.

I wanted to adress something that really hit me hard this Purim. I realised that throughout my entire life i have been mainly self-centred. When i meet someone in the street, i am concerned with what he thinks of me. I once saw a friend from chul that i havent seen for a long time and said shalom aleichem, etc, and was very happy with myself that people saw i had this friend from chul. In fact i had planned out this meeting months in advance....i saw him coming and me saying shalom aleichem to him, because it is an opurtunity to stand out from the crowd and to get attention. you know, when two people give a big shalom aleichem everyone turns around and looks...? Thats what i wanted.

Another incident...when i walked from the hospital after the birth of my child on a Shabbos i intentionally made the wrist band given to new fathers visible so when i walked past a group of strangers they would know i was a new father and give me a mazeltov. i even asked directions and then pointed in the direction, asking them 'this way, right?' with my the arm that had the wrist band!

With my wife, I am always careful to say and do the right things so that she should be happy with me. So i dont get into fights, and have to deal with it. She should just enjoy being around



me. I 'cottonwool' things a lot.

Even rabonim, i sometimes ask them questons just to show them how much i know!

I realised that all of this comes from my childhood. You see, I recently was very hurt by my parents and felt that they didnt see or care about my position. They made ridiculous claims, and werent even prepared to listen to my side of the story. After thinking about it, i came to the conclusion that it is very difficult for them (even beyond them) to see the other person. To see their feelings. To acknowledge that that person is a person just like themselves. All they see is themselves. Everyone else has to conform to their desires, etc.

I guess i 'inherited' this sickness from them. You see, my mother is a prescription drug addict and my father is a sex addict. Neither of them admit it. Everybody knows it. Of course, it is now my resbonsibility to change myself. I cant blame my parents forever.

I think that it is because of this sickness that i have lust. When i see a girl (i wouldnt mind being graphic here, it really expresses how i feel, but i understand the damages that could be done by that so ill just use random astericks to express what i really want to say) \*\*\*\*\* all i see is an object for my lust. I dont care that this girl has a mind. I dont care that this girl has a heart. emotions. feelings. is a person ***just like me***. This girl is being **abused**. The smile on her face is a **lie**. She most likely goes home afterwards and cries. Yes, she is a person. If you were her, youd probably shoot yourself. This, i think, is the first time i have ever truly seen another person as another person, just like me. Not as an object to be used for my lust. for my sickness. Now, ive started to care.

I actually remember a particular image, which once was a trigger for me. Now i remember that face, and i cry. Its probably not such a good idea to store it in my mind (well, its there anyway, isnt it?)

Now, i see another person and think to myself. 'this is a person, just like me'. **just like me**. How would i want to be treated. Ive started to see how hurtful i can be to people.

Now, when i see a girl on the street i ask Hashem 'Hashem, help me and take away my lust. and help this girl that my lust shouldnt turn her into an object'. I have never had such a clearer

understanding of the idea of making women into objects in my life.

Stay tuned....I realised that i have done step 1 by myself some 6 or 7 years ago and could never understand why the 'effect' ran off. This stuff is a day-by-day avoida. Not a one-off! Its just going to take such a long time to write it, and i really have to go

thankyou for listening, your feedback is most appreciated!

btw good news - i found a phone conference in Israel at an appropriate time for me, tomorrow at 3pm. Im tuning in, imyh for the first time!

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