

Breaking Free... For REAL!

Posted by dovekbashem - 10 Jul 2012 05:27

Hey GYE Chevra,

You might remember me from my thread on "Introduce Yourself". It has been a long time since I last posted. This is because I continue to have my ups and my downs. Times when I am clean. Times when I am down in the shmutz and other times (I'm ashamed to say) when I decide that I don't even want to try to get back up again.

It has been a long process. I have fallen deeper than ever before, and I have also risen higher than ever before. Have I succeeded so far? Not at all. But this is all my journey on the pathway to recovery. I am starting this thread because I am determined to change my life and to finally get clean - and because I need all of you to help me through it.

Reading through the chizuk e-mails, I think I have touched upon the yesod of sobriety. I have spent the past few years trying desperately to stop lusting. This is the wrong approach: From here on in, I'm just trying to start living!

I hope this post brings me the chizuk and support that I need and I certainly hope to give chizuk to others.

Hatzlacha my friends.

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Re: Breaking Free... For REAL!

Posted by obormottel - 10 Jul 2012 06:30

I had a year or more where I just resolved to act out and not worry about consequences. Nice, guilt-free journey to hell.

Welcome back. Hope you stay.

Mottel

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Re: Breaking Free... For REAL!

Posted by mifatfait - 10 Jul 2012 06:47

Perhaps one of the worst parts of our sickness is that it affect our natural will to recover (unlike most other ailments where we want to get better, even the more physocological ones). Maybe that's why our only real hope is simply to give up our own sick will to Hashem, asking Him to remove my addiction. If I have an infection I must take antibiotics in order to remove the bactirea, if I have an addiction I must remove my own will to lust.

But it's sooo hard, I can't wait till I'll be able to fully give it up, from all the way inside.

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Re: Breaking Free... For REAL!

Posted by Time4Change - 10 Jul 2012 09:01

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DovekBashem - I'm in the same boat as you. I'm determined to change my life, and get clean - I'm just not sure how?!

I feel like there's something that's so crucial to achieving full recovery that I'm not doing.

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Re: Breaking Free... For REAL!

Posted by obormottel - 10 Jul 2012 14:35

[Time4Change wrote on 10 Jul 2012 09:01:](#)

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DovekBashem - I'm in the same boat as you. I'm determined to change my life, and get clean - I'm just not sure how?!

I feel like there's something that's so crucial to achieving full recovery that I'm not doing.

Maybe our collective wisdom can be put at your guys' service, especially that you ask for it

I need all of you to help me through it

What ARE you doing to "achieve full recovery"? Perhaps, by process of elimination we can find the "crucial" missing part.

Also, how do you define "full recovery"? For some guys here it means never ever having a lustful thought ever again, while for some it means masturbating at will only, never again compulsively. Where do you fall on this?

I'll be happy to help by sharing my experience, strength, and hope with you.

Let me know if that's what you're looking for.

Mottel

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Re: Breaking Free... For REAL!

Posted by ZemirosShabbos - 10 Jul 2012 14:46

hi Dovek,

welcome back!

hatzlocha in taking recovery to the next level for you

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Re: Breaking Free... For REAL!

Posted by alexeliezer - 10 Jul 2012 17:02

[dovekbashem wrote on 10 Jul 2012 05:27:](#)

I think I have touched upon the yesod of sobriety. I have spent the past few years trying desperately to stop lusting. This is the wrong approach: From here on in, I'm just trying to start living!

I agree. We can't stop lusting.

But we can surrender our lust daily,
and sometimes moment to moment,
to Hashem,
and ask Him to take it.
Just for today.

So we can live.

As addicts, we need to learn to live. We substitute lust for real living, for real relationships. Most of the steps are about regaining our lives. Living!

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Re: Breaking Free... For REAL!

Posted by Izzadin - 10 Jul 2012 22:54

This is because I continue to have my ups and my downs. Times when I am clean. Times when I am down in the shmutz and other times (I'm ashamed to say) when I decide that I don't even want to try to get back up again.

I relate to this entirely! And here I am again, as well. Instead of my instant reflex to check out...at least presently I can satisfy my reflex and come here and join you all.

Much hatzlocho to you all, thank you for being here.

BA

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Re: Breaking Free... For REAL!

Posted by bzyzgye - 11 Jul 2012 04:30

Hey, I'll stick around here to pick up on the good ideas of how to live life.

KC

PS I tried to insert a smiley up there, not sure why it doesn't work.

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Re: Breaking Free... For REAL!

Posted by dovekbashem - 11 Jul 2012 06:37

People on the forum keep talking about making this change "real" by discussing it with someone else in my life. I find this extremely hard to do. I don't know of anyone in my life who wouldn't be extremely shocked and disappointed by this dark secret of mine. I almost see it as my responsibility to maintain my image as someone who does yiddishkeit the way it should be done. How much might it hurt them to see that I am nichshol and that I am as lost and weak as I truly am?

I also find it difficult to come to terms with the idea of finding someone else on the forum to speak with over the phone. I can certainly understand why this would be valuable, but I have this incredible fear that my identity will get out and then someone - a real person! - will know what I have to hide.

I'm hoping this amazing chevra will respond with thoughts and insight. I do think I need support in this struggle, but I just don't know where to turn...

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Re: Breaking Free... For REAL!

Posted by dovekbashem - 11 Jul 2012 17:10

Just a thought I'd like some input about:

I need to buy a new phone soon because my phone is breaking. It probably needs to be a smart phone (i-phone or android) for business purposes, but I am concerned about whether I will be tempted to use it for schmutz (now that I have NO access to ANYTHING! on my computer). Are there filters that work just as well on these phones without jeopardizing its use?

This is just a quick question - I know it doesn't give so much chizuk to the GYE olam.

This is day 1 for me clean. Yesterday had a quick fall (m**tion) but I avoided any p** or chat sites and felt really good about that. Today - we are cutting out m*** as well.

One thing I can tell you about yesterday - I learned, made some phone calls to friends, caught up with my sister, visited my grandmother... In short, I did all those wonderful things that life has to offer that I would never have had time for with my old habit. I'm so glad that's over! I just need all of you to help me keep it in my past forever.

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Re: Breaking Free... For REAL!

Posted by Eye.nonymous - 11 Jul 2012 17:22

[dovekbashem wrote on 11 Jul 2012 06:37:](#)

People on the forum keep talking about making this change "real" by discussing it with someone else in my life. I find this extremely hard to do.

So this shows you are smart. Most of the people in your life would not be safe people to share this secret with. Also, if you are married, I am especially impressed--lots of people who are new to recovery run very enthusiastically to tell all to their wives, which is generally a huge mistake and very harmful, and mostly unnecessary, too.

The trick is sharing it with SAFE people, who may be new friends you will find along the road to recovery.

Good luck to you,

Elyah

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Re: Breaking Free... For REAL!

Posted by LookingForwardToChange - 11 Jul 2012 18:27

hi dovekbashem!

Nothing and AGAIN nothing can really block your smart phone!!!!

It will be with you all the time!

My 2 cence, i bag you, Try (if you can) to avoid a smart phone!!!!

i finally blocked everything on my smart phone, im only getting emails!

Thanks!

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Re: Breaking Free... For REAL!
Posted by Dov - 11 Jul 2012 22:12

[dovekbashem wrote on 11 Jul 2012 06:37:](#)

People on the forum keep talking about making this change "real" by discussing it with someone else in my life. I find this extremely hard to do. I don't know of anyone in my life who wouldn't be extremely shocked and disappointed by this dark secret of mine. I almost see it as my responsibility to maintain my image as someone who does yiddishkeit the way it should be done. How much might it hurt them to see that I am nichshol and that I am as lost and weak as I truly am?

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I'm hoping this amazing chevra will respond with thoughts and insight. I do think I need support in this struggle, but I just don't know where to turn...

1- Easy solution - *forget* about someone on the forum. The post by Eye.Nonymous is right. You are smart! Play it safe! After all, really, how many people on this forum are serious - *really* serious and not just full of talk? I don't know, you don't know, Guard doesn't know...*anyone* can come here and post anything they want and it can be all lies from top to bottom - cuz it's all done while hiding behind an username, a computer, and all just virtual.

So turn to a real recovering sex and lust addict. The ones that bring their faces and bodies into a room with other real recovering sex addicts cuz they are desperate to get better. They at least have a good chance of *really* being for real. Call any SA member with a year or two of sobriety - frum or not frum, Jew or gentile. What do you want tomorrow - only *kedusha*? Or will you settle - just for tomorrow - to just have *sobriety*? If it *must* be kedusha or you are not interested *even for one day*, then I pity you. But I doubt you really feel that way yourself - so make the call if you want this, brother.

If you want, you can call the SA helpline they have an 800 number somewhere. But they will assume you are looking for a meeting. That you are really an addict...and maybe you do not believe that you are one! Yiu may not be one. I don't know - only your acceptance matters, not my opinion or that of anyone else, either. You can call me, or **any** other SA guy with some sobriety. We are still messed up - but are definitely getting better and better. And we are sober with G-d's help. And we all have a 12th step and will share what we have with you.

And by the way, I do **not** believe that SA is the *only* answer. I am just suggesting it as a possibility because of my experience. I am no expert.

2- I know the shame you describe so well. Though you mean it all me'umka deliba and are clearly a sincere Jew who wants desperately to be rid of this problem, your shame is disguised in this frum image thing, but just shame and nothing more. Even though the solution to this problem is clearly Hashem's Will, you are still so right: it is not to speak about from the bimah! A mechanech who masturbates (and I know some who do) should not admit that to his talmidim...that is just not the way to do it for some will not understand and may be hurt. But he definitely **will** wreak destruction (as some have) to both his family and his talmidim if he does not admit it to another sick person in recovery - or at least to a shrink. (The shrink *may* send him to a 12-step fellowship as mine did 15.5 years ago!)

I am a frum man in a Jewish community where most people know most (not all) people. I go to SA meetings with other frum sexaholics in recovery and there is a new frummy sheepishly joining us every few months. And most of us knew each other's full names, families, addresses, etc.

So? My children have not had shidduch problems yet. I have not had a bad name yet. I am as active in community stuff as I want to be with no fear.

I have no fear at all because I know - *know*, mind you - that if I would not be opening up and attending SA meetings and opening up in meetings about my sexual acting out history clearly and without reservation, then I would be in far worse trouble! For I would be doing worse than risking my name: I would be acting out my lust like a beheimah. I know guys who have been sitting at a computer masturbating themselves - and had the pain and churban of their 12 year old daughter walk in on them and staring in disbelief. I know guys who have been arrested for less than I have done. I know guys who have woken up at 60 years of age to try and salvage whats left of their lives after wasting all the years till then in "religious struggle"...the yetzer hora is not worth a wasted Jewish life - or **any** wasted life. So I hang around GYE and remind people that they can forget the 'yetzer hora', stop blaming the devil, Hashem, their wives, or whoever we are blaming for our fantasy obsessions and "falling" - **and get sober!** A life is certainly a terrible thing to waste. It's not about sperm - it's about your life. *Hashem clearly cares less about you wasting your zera than He does about you wasting away your life.* But we care about 'our image', 'reputation', or even better, about not making a 'chilul Hashem'.

Gevalt. The chilul Hashem is in a frum yid **doing** this stuff - *not* in **admitting** it to safe people *so that he can get clean!* It is such twisted logic, this chilul Hashem thing...but we have so much shame, shame, shame.

Funny thing: In our early years when my wife would be going to the car to get to the mikvah, she'd get alll upset at me if I'd open the door to say "Bye dear." She'd blanch and be so angry at me for embarassing her in front of the entire neighborhood - someone could have been watching and would have figured out that she must be going to the mikvah now....needless to say, I could not understand this. Now, after more than a few years married, she occasionally goes out to the car on mikvah night and calls out to me to, "Remember to put the frozen shnitzel out! Bye dear!!"

...what happenned?

Shame. It was shame. She grew up, that's all. We both did. I stopped doing things without thinking if they'd embarrass her - even though they made no sense to me. And she stopped imagining that everybody else was thinking her thoughts and could read her mind. People - even from Jews - *generally* do mind their own lives.

Enough out of me, sorry about the arichus and sorry if c"v you were upset by anything I wrote. But it's good medicine for me so I share it with you, that's all.

Anything helpful to you in this?

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Re: Breaking Free... For REAL!

Posted by bzyzgye - 12 Jul 2012 01:06

Thank you Dov for the psak, we need to hear it.

Regarding the smartphone question,

Disclaimer: I take no responsibility, and make no suggestions, the following is just my personal experience.

At the suggestion of my rav I switched from a blackberry to an android, being that I needed to use the internet on many occasions I couldn't disable it with the GYE app that disables the web. My rov had me install webchaver on my android so he can monitor what I do.

BUT, I realized that I can still use the youtube app to look at inappropriate clips without jeopardizing the outcome of the report. The report would list that I used youtube but would still say on the top "report looks good" so really one would have to view the full report to see what exactly I actually did on youtube.

so if you can get someone that will preview the report b'iyun that might be a good solution to your dilemma.

Now if anyone knows how I can disable the youtube app on my android I will be forever indebted to him.

thanks

KC

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