

## Going from Bad to Worse

Posted by kedusha248 - 09 Nov 2012 15:27

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I'm starting a new thread because I'm a new user although my story may not really be so new. I am a single bachur in my mid 20's in a reputable yeshiva. I am pretty well known in my yeshiva for being a top bachur and even with everything that is happening behind the scenes I still try to learn seriously. I have been struggling with these desires since high school (somewhere between 10th and 11th grade). My first introduction to it was through my older brother. He had some dirty magazines in his room, nothing hard core but enough to wet my appetite. Later that fed into internet sites and acting out. During most of high school and early Bais Medresh I kept pretty clean, only falling prey to internet once every few months or so, although I did have a pretty consistent problem with acting out. Within the past few years though I have started to indulge in ti'vah more often, completely letting loose with regards to what I looked at online. Pictures, videos, web cam sites. These ti'vahs really take hold of your entire body. Everyone whose been there knows how deeply entrenched your mind can get in these things. It completely colors every part of your life. Your relationship with friends, your learning, your involvement in shidduchim, your self estimate. It just got worse when you add in the difficulty I've had with shidduchim. I found out about GYE from a rebbi of mine around asaras yimay tshuva time. I initially kept clean for 30 days (probably a record for me). But over the past week I fell and then **I really spiraled downwards from there**. Just within the last 24 hours I went to a strip club for the first time in my life. I actually touched and interacted with someone. The problem is that I enjoyed it and I think this may start a much worse expression of the addiction than I ever experienced before. I really need help especially if I ever want to get married. I tried working through the handbook, and finished most of the perspective part, but apparently I'm still getting worse. Just one question to end this post: does anyone besides me think that the recognition that this thing is an addiction and that the pleasure pathways are built into your brain makes you more vulnerable instead of less? That you may be more likely to do things that you otherwise wouldn't have done blaming it on being beyond your control. I hope I don't hurt anyone through this post I just really need to get this out there and do something about this. I have more to say but I'll leave it at that for now. Please help me!!!

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