

Hi. I'm Smith.

Posted by Mr. Smith - 02 Sep 2009 10:56

Hello. I'm Mr. Smith. I thought I'd take a moment to say hi to the community here. I've been watching the pages here for about a month and felt ready to jump in a little bit. (I posted a bit from Shaarei Teshuvah on one of the boards yesterday too.)

My problem is not so much with the internet, though I've slipped up there a couple of times too. My problem is with actual people. It's pretty terrifying to me, actually. I get a tremendous surge of lust-excitement when it comes to seeing things I shouldn't. I routinely walk by windows with my neck craned in case I might see anything exciting (even though chances are basically nil). When I walk in crowded areas, I am bombarded with thoughts of touching the girls I see. (I am extremely thankful that my lust does not extend to actual children. That is a nisayon I have B"H been spared.) A few times I have succumbed to touching them "by accident." (I am further grateful that fear of consequences is still something which inhibits me.)

So basically I am terrified of myself and of where this will go if left unchecked. I have found this supportive community to be helpful. I am working hard on myself this Elul and doing a lot of davening. I have been to an SA group but didn't find it very helpful. I am hoping I can learn to manage this problem so that it does not ruin my life, which is certainly not hard to imagine. Looking forward to the continued support of everyone here. (If anyone has a similar situation to me, I'd love to hear from you. I identify with internet addiction too, but I still feel kind of lonely in my own problem...)

I'd like to share one final thing that I saw today that impacted me (and I am trying to dwell on it more and really have it sink in.) I recently read a news story of a man who on more than one occasion hid in the pit of an outhouse in order to get a glimpse of a woman sitting down on. I thought to myself, "Thus far does a person go for taavah, eh?" Isn't that all of us? Are we not willing to jump into a pit of excrement for a fleeting look at something that we will not attain, and that we know that *even if we did attain it, it would not satisfy us*? Truly this is an apt metaphor, I think. Maybe someone else here will get something out of it as well.

~Smith

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Re: Hi. I'm Smith.

Posted by Sturggle - 07 Sep 2009 10:10

first off, want to say hi, from another Israeli here on the forum

ive definitely done things like youre expressing before. both in making "innocent" contact and in looking places i shouldn't. it freaks me out, so thank Gd, for a while I've stayed away from things like that.

you can make it through this. in terms of being ready to work..., sometimes i find myself ready..., and sometimes not..., but when i feel that i can put work into this, i try to take the opportunity to move forward. you're clearly ready for something. welcome aboard the forum.

struggle

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Re: Hi. I'm Smith.

Posted by battleworn - 07 Sep 2009 11:10

I think maybe I'm not really ready to work yet.

I beg you with all my heart, please don't suffer extra. Eventually we all wake up and realize where this all is leading us to. Living with Hashem is bliss; trying to avoid Him is death. Why in the world would you want to wait until He proves it to you, all you stand to gain is a lot of extra pain. Turn to Hashem and start enjoying life! You will never be alone again because Hashem will always be with you. ???? ???? ?? ??? ?

THIS IS THE REAL LIFE!

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Re: Hi. I'm Smith.

Posted by lamed vavnik - 13 Dec 2009 12:16

Mr . smith if you're still there,

i just popped on to this thread now , but i will tell you , i totally relate . looking has always been my worst problem . worse than porn . i have had little access to porn , but people are all around me! i have had the exact same thoughts about hoping to catch something though ~~knowing~~ that i have no chance . i have "bumped" into people b/f only twice . it was in a different way though , i was thinking that i hoped they were as sick as i was . but i never thought of abusing people Ch'v like Tomim says . just geneivas daas and invasion of privacy.

But my biggest problem is listening . i v'e mentioned this b/f and i don't think i 've found anyone w/ this twist yet (yeah i win wierdo of the forum award! ;D my mom will be so proud!) . i am addicted to trying to listen to real people having marital relations . as a kid i used to wander and try to listen at doors and windows. i got older and started listening to walls . never stopped . sometimes it's the stupidest thing in the world . i know theres nothing going on , but i feel like i have to check. i've listened for hours ,hurt my neck ,fallen asleep in wierd positions while listening . B'h most of that is behind me . still haven't killed it totally ,but it's much better . recognition of being caught helped a lot . working on being fulfilled and happy with myself also helps me . i am trying to start a daily check in chavrusa w/ someone to work through some midos training and emuna focus ideas . find a friend (or forum) and be in touch w/ your progress .

good luck ,

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Re: Hi. I'm Smith.

Posted by the.guard - 13 Dec 2009 13:43

[lamed vavnik wrote on 13 Dec 2009 12:16:](#)

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have to check. i've listened for hours ,hurt my neck ,fallen asleep in wierd positions while listening .

Nope, you're not weirdo of the forum... We had another member once on this forum with the same problem. He called himself "niceguy" and he was a Rebbe here in Israel (unless that is). See [this old post](#) of his. And see [this post](#) too.

I haven't heard from "niceguy" in ages... I often think about him...

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Re: Hi. I'm Smith.

Posted by kanesher - 13 Dec 2009 20:19

scuse me people - I WAS abused. and I commend mr smith for taking these steps and he's not doing anything that unfortunately that is not common- this the real issue of mehadrin buses. i actually find this helpful realizing that abusing is also a disese has helped me heal.

of course, you still need to stop this asap. but gye is for accepting not condemning - as long as you are willing to do what you need to do to change. ;ike all of us. when someone else is involved the imperative is even greater. good luck and Godspeed

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Re: Hi. I'm Smith.

Posted by Dov - 13 Dec 2009 22:13

Lamed Vav!!

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Thanks for your share above and with that openness you'll go places. Good places. Just don't stop there and keep moving on. You are amazing,

Much love to you (and to Mr Smith guy wherever he is, too.)

- Dov

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Re: Hi. I'm Smith.

Posted by lamed vavnik - 14 Dec 2009 16:18

yeah . chanuka i have more time . since the yevonim won ,we learn less to celebrate so i have more time to make my wife nervous while i sit at the screen all day and talk to my virtual

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Re: Hi. I'm Smith.

Posted by lamed vavnik - 14 Dec 2009 16:19

hey smith man you still here? this is supposed to be for you.

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Re: Hi. I'm Smith.

Posted by the.guard - 15 Dec 2009 22:24

buddies. ;D ;D

since the yevonim won ,we learn less to celebrate

LOL ;D

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Re: Hi. I'm Smith.

Posted by Kollel Guy - 15 Dec 2009 22:33

Hey Guard, what's the zach blocking the face on your icon? Is the guy standing with his back to us?

Mr. smith seems to be ignoring us anyway
unfortunately)

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Re: Hi. I'm Smith.

Posted by imtrying25 - 15 Dec 2009 22:46

(I wouldn't hijack the subject be'etzem, but
[Kollel Guy wrote on 15 Dec 2009 22:33:](#)

Hey Guard, what's the zach blocking the face on your icon? Is the guy standing with his back to us?

Mr. smith seems to be ignoring us anyway
unfortunately)

no not at all. Notice the beard. Its for shemiras aynayim. Hes coverin his eyes to protect himself

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Re: Hi. I'm Smith.

Posted by Kollel Guy - 15 Dec 2009 22:50

Hey! Very cool! Don't know why I didn't think of that :D

And what's the deeper p'shat with yours while we're on the subject?

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Re: Hi. I'm Smith.

Posted by imtrying25 - 15 Dec 2009 22:53

Nothing to deep. Just check out the siggy. Its just a saying that really hits home with me. I have had other avatars but since i changed to this one i havent gotten around to change it. I kinda like it. Although it doesnt have much to do with the forum it "speaks my heart".

Also this forum is about helping eachother out so i thought it was a little appropriate.

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Re: Hi. I'm Smith.

Posted by the.guard - 16 Dec 2009 00:20

[Kollei Guy wrote on 15 Dec 2009 22:33:](#)

Hey Guard, what's the zach blocking the face on your icon? Is the guy standing with his back to us?

Mr. smith seems to be ignoring us anyway
unfortunately)

Here's the [original one](#).

Here's the [new one](#) with a beard.

Here's the [new one](#) with a beard *and* payos.

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