

About me...and my problems

Posted by rebbenisht - 26 Jun 2017 19:34

Hello everyone

I have intended to do this for ages, but the length of what I need to communicate put me off. Now I have decided to seize the opportunity and go for it.

Allow me to start with a brief bio. I am a married man in my 30's, with several children bli ayin hora. I come from a family of several generations of Rabonim; my father is a relatively well known Talmid Chochom. I went through the regular Yeshiva system, even went to Kollel for a bit. I am relatively busy within my community. I have a decent job- B'H parnosa is fine. On the surface all appears just fine. But under the surface....

I also have a secret. I have been battling a certain sexual issue for over 20 years (since mid puberty, I guess). As I say below I am being cautious and avoiding triggers, but suffice to say although I have done plenty of masturbation and porn, and generally am lax with Shmiras Anayim, this is a separate (although related) issue/fetish. Very often this fetish has led for me to sexual release but not always.

With the availability of the internet over the last ten years or so, what was once confined to the privacy of my bedroom has now exploded to new levels. I am anxious to avoid mentioning anything that would trigger others, but suffice to say I have acted out the extent of my issue as far as one could take it, with physical encounters.

To be honest, I really would like to detail what I have done, so that I can get an appropriate response from others on here. I have belonged to websites/forums for those involved in my issue, and even some of the nonJews on there are similarly struggling to quit. The worrying thing for me is that many have told me that it is something hardwired within some people, and you can never really quit it.

My own experience backs this up. I have (tried to) quit cold turkey many, many times. This is an expensive fetish to have. I have burned a lot of money on it, (probably thousands over the last 15 years) and even more, burned time. I have created profiles on many different websites, spent hours weekly or even sometimes daily on them, built up a wide selection of "friends", only

to delete my profile and lose all that hard work. I stay up very late in chatrooms and forums, and when I had the access on my mobile, would check for messages 5-10 times a day.

The resolve to quit lasts only so long before it all starts off again.

My issue has caused me to lie repeatedly to my wife. I invent elaborate excuses for why I am going out at random hours of the evening. I feel like a hypocrite leading the Omud in Shul or going to Shiurim. When we have presentations in Shul or school about the dangers of the internet, I blanch when I hear friends expressing shock at these things knowing how far I have personally gone. I am careful about sexual health, but sometimes after an encounter the guilt and anxiety combines to make my life a wreck for days on end convinced that I might have got sick from it. I have spent money on numerous tests to confirm that I am healthy (for clarification, the activities I indulge in are not that risky, I am trying to say it is more of an OCD and stress than a genuine concern). Regrettably this has also affected things at home. I am also occasionally anxious that somehow my secret will come out one day (nowadays it seems scandals are exposed easily over the internet) and will crush my wife and family. The issue was largely under control before I got engaged - of course I kept it quiet because no-one else in the world knew, and I would never get a shidduch if it got out! My Yetzer Hatov often tells me "imagine quitting and having a clear conscience, with no anxieties or guilty feelings"

Yet, conversely, when I have quit, that clear conscience and Menuchas Hanefesh doesn't come, and instead I am plagued with feelings of regret and second thoughts. As I wrote above, I often then build new profiles and engage in encounters again eventually (not immediately, but familiar pattern of the Yetzer Hora: Hayom omer lo asef kach etc)

So why am I writing this today?

Well, for starters, I acted out several times in quite a bad way. Near the end of the encounter, I couldn't even masturbate, but something inside me made me do it, I think to get that clarity and regret that often follows. I took the sudden decision to delete all my profiles (again) ... but this time to also seek support from others who may be able to help advise a more long term solution.

I have only really discussed this ever with one good friend and the lack of support makes what is already a difficult battle even more challenging to cope with alone.

Instead of taking advice from the forums I used to frequent, which advise a gloomy prediction that It's impossible to change who you are, I now want to know what this forum feels. Is there indeed a solution to every fetish? (I do feel there are other psychological issues involved a bit, but I would assess it as mostly a sexual desire.) Does the "tavlin" of Torah always work for every Taavoh?

Sorry if this is incoherent - I have lots of thoughts swirling around in my head.

NB

I should add perhaps a relevant thought that just occurred to me. My wife (although attractive) is very traditional and limited in sexual matters. She was completely ignorant of all knowledge until her Kallah lessons. I find that sex with her is often unfulfilling. It has to be always done exactly as she was taught; in the dark, completely nude. To make matters worse she never orgasms or gets even close. There is a vast disconnect between my knowledge and experiences and hers. I have tried encouraging her but with limited success. I wonder now how this affects my issues.

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Re: About me...and my problems

Posted by dms1234 - 26 Jun 2017 20:37

Welcome!

?In my experience, its all the same, masturbation, pornography, fetishes. Its all Lust. And we can get rid of lust. Well kinda. Maybe you can. But i cant. I need God to help me. How? Well, I need to recognize whats going on underneath what are my fears, resentments? Those fuel my lust. When i am feeling anger towards someone than my natural instict is LETS GO ACT OUT! That will solve the problem! Thats my medicine to all of my problems. I escape to lust.

But, really, I have no control over lust. It has pure control over me. So i cant beat it. A year ago I went to my first SA meeting and SA has really helped me. If you are truly an addict and you cant stop, it may be a good place for you

If you want to speak more: dms1234ongye@gmail.com

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Re: About me...and my problems
Posted by 360gye - 26 Jun 2017 20:41

Hey,

Welcome to the forum. I think you have made your first big step in this journey. There are many great tools on GYE as well as many great guys who want to help out. Please stick around

Hatzlacha,

360gye

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Re: About me...and my problems
Posted by gibbor120 - 26 Jun 2017 21:47

Welcome! Wow! Great first post! You have come to the right place. Check out the "dov quotes" link in my signature. There is a wealth of information there. Generally, the type of fetish is not that important. It is more the nature of addiction taking over our lives. Pushing us to worse and worse things.

Addiction is often the "solution" to a "living" problem. What are your triggers? Loneliness, boredom, anger, stress?

There is hope. This website is proof. Many are recovering.

Is there anyone you can talk to about this? As long as it is in the dark, it will be difficult to recover. You may not be ready yet.

I was ready when my wife caught me looking at porn. It was a very painful time. Get help

before that happens. It is probably just a matter of time.

I would not focus on your wife as the source of your problems. Your problems started waaaay before you got married. We have found that getting married does not make this go away. There may be issues with your intimacy with your wife, but they will only distract and not help at all right now.

Keep posting. Your story is not uncommon. We are here for you.

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Re: About me...and my problems
Posted by Markz - 26 Jun 2017 22:45

Welcome rebbenisht

Such humility!

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Re: About me...and my problems
Posted by Workingguy - 27 Jun 2017 00:02

Rebbe rebbe rebbe,

It sounds like you're at the right place...and it's hard to say about the fetish but chances are that it can be worked on like anything else.

Definitely see if you can give Dov a call; he's very experienced in sobriety and definitely had a varied history decades ago when he wasn't sober.

Id echo what Gibor said that your wife isn't the issue, and getting her to be more sexually adventurous almost certainly isn't the solution. The solution lies with you. We're here to help, and we're all fellow strugglers.

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Re: About me...and my problems
Posted by rebbenisht - 27 Jun 2017 09:48

Thank you for the perceptive responses.

While I agree my wife isn't the problem, i meant to say I don't really have the Pas Besalo - I speculate that if she would be into being sexy, then perhaps my lust could be satisfied through kosher means with her. Possibly.

An update: last night I davened a heartfelt mincha and maariv and didn't feel like a hypocrite when saying Hashivenu knowing that I am still a sinner. For a change

This morning however I woke with regrets at having destroyed my profiles and lost my photos and messages. I had a battle to go online and I did go online for a little bit but stopped quickly. Davening was difficult, thoughts kept rising to the surface.

I'm starting to appreciate what an addict goes through in rehab when they are deprived of their drug.

Then again, I guess it's time to admit that I really am an addict myself.

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Re: About me...and my problems
Posted by rebbenisht - 27 Jun 2017 09:59

Btw

How do I change the "current streak"?

I am far from 27 days.

Today is day 1, and for me clean means not going to any of the sites that trigger me. So far I have failed briefly but am still trying for the rest of today.

A new question: what does one do with the void I am feeling now that I no longer have my fetish?

I don't think I am ready to plunge into lots of Torah, I struggle to do an hour a day and if I did that that would be good enough for me.

I don't find movies a trigger for my particular fetish. Honestly.

I think being analytical I would say I need to avoid boredom and conversely seek fulfilment to ensure I don't end up triggered. Not sure how to go about it

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Re: About me...and my problems

Posted by MayanHamisgaber - 27 Jun 2017 10:41

On your personal homepage click I had a fall

Filling the void is a hard thing, you need to find the right thing for you

1) exercise

2)helping others

and the like

Hatzlacha

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Re: About me...and my problems

Posted by Markz - 27 Jun 2017 10:50

[MayanHamisgaber wrote on 27 Jun 2017 10:41:](#)

On your personal homepage click I had a fall

Filling the void is a hard thing, you need to find the right thing for you

1) exercise

2)helping others

and the like

Hatzlacha

Hey Mayan what about filing the engine with some

Warning: Spoiler!

numbers?

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Re: About me...and my problems

Posted by MayanHamisgaber - 27 Jun 2017 11:14

Maybe others can I do not feel that I can help in that way and I do not have a personal # as of yet.....

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