

Journey of life

Posted by lifebound - 07 Sep 2017 05:10

Hi all, first post here.

I've been lurking on GYE for the last year or so. I've logged in a few times but never actually did much with it. I'm sure my situation is not unique but I haven't seen any posts that specifically address my matziv, so here goes...hope this is considered appropriate for this forum.

First a little background: I'm in my mid-20s, from a "regular", frum family. Been through the yeshiva system, currently working.

I've struggled with lust since I was kid, and I guess it just never really let up and I never did anything about it. I've always recognized that it's a terrible thing and made a few attempts to kick the habit but nothing came of it. I've NEVER mentioned my struggles to anyone, I'm not a very open, heart-on-the-sleeve type of guy in general.

But aside from that, I've come to realize over the past year or so that I have a much bigger underlying problem: I have no connection to hashem or yiddishkeit. I believe there's a god and I believe judaism is the only true religion; I've heard all the speeches and I've seen all the R' Leib Kelemen/Daniel Mechanic/Dovid Sapirman etc stuff. But there is no connection. I just want to run away from it all like an angsty OTD teenager. The last year of my life has been hell as I realize I'm living a complete lie, and I constantly feel empty and alone. There's just a void in my heart that gets deeper every day. Not to mention all the mounting pressure about shidduchim (I haven't started, and don't see myself ever getting married for these reasons, unless something changes)

I don't mean to turn this into a psychological help forum, but I feel like I need to address all this before starting to work on breaking free from lust. I'm spiritually empty - unless I fill the void first, I don't think I'll ever succeed.

Like I said, I'm not an open, publicly-emotional person and haven't shared this with anyone. In fact, this is the first time I've put my feelings into words. But the thought of talking to someone in person about this is totally foreign and absolutely terrifying to me.

Has anyone been or know someone in a similar situation? Any advice, comments, questions etc. is very appreciated!

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Re: My sorry state...
Posted by lifebound - 14 Feb 2018 17:11

@Yerushalmi: Saved this to my phone. Thank you.

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Re: My sorry state...
Posted by Hashem Help Me - 15 Feb 2018 05:43

Yerushalmi, your post is gadlus.

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Re: My sorry state...
Posted by lifebound - 15 Feb 2018 05:55

[Hashem Help Me wrote on 15 Feb 2018 05:43:](#)

Yerushalmi, your post is gadlus.

It really is. I nominate this for Post of the Year.

Seriously, I feel like this should be stickied somewhere. It's well-written, clear, and gets right to the point.

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Re: My sorry state...

Posted by lifebound - 22 Feb 2018 03:04

Hi friends. I'm sharing this here in the hopes that it may provide clarity to those who can relate. I'd love to hear any thoughts or feedback.

I'm BH at 11 days clean, and while that feels pretty good, I've been feeling pretty low the last week or so. I feel lost and unsure where this journey would lead, how to keep it going, whether I'm considered an addict or not, etc. It took a while to pinpoint what was bothering me but I think I nailed it down. I sent an email to a fellow member with my theory and he responded very positively, saying it put into words what he had felt all along, and he suggested I post it. So here it is.

I mentioned last night when we spoke that, as selfish and stupid as it sounds, I wished I was an addict. Or rather, I wish I had the self-awareness, honesty and sense of belonging that I perceive addicts have, more so than non-addicts.

Today after giving it some thought I came to a realization where this might be stemming from. I know I'm not an openly emotional person. I do think I am internally emotional, but sharing emotions and feelings with others is something I've never done. I do have 2-3 close friends...we enjoy each others company, enjoy hanging out, speak the same language etc...but that deep emotional bond is not there (at least, we never acknowledged or experienced it). But in the last few months, especially the last few weeks, I've opened up and connected emotionally to others in ways that I've never before experienced.

So here's what I think is going on: I'm drunk, in a sense, on this connection. I've found people on GYE that relate to my darkest secrets, who I can openly discuss things with. Again, I've NEVER done that until the last few weeks. But now that I know what it's like, I want more of it. I want that soul-level connection and the camaraderie that comes with it. If calling myself an addict will achieve that, then, I tell myself, that's what I wish to be.

This would also explain another weird thing I've been doing: I've been obsessed with GYE itself. I check the website constantly, hoping to find a new post or hoping someone will reach out so we can chat. Or if I see someone new joins, I'll immediately send them a private chat or PM. Not that that's a bad thing, I think I've helped some people, but it bothered me why I was so

desperate to connect to others on there. Now I think I know why.

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Re: My sorry state...

Posted by MayanHamisgaber - 22 Feb 2018 03:14

I relate to this almost exactly

Personally the only reason I have not joined this elite group is because I feel it will do more harm than good and I would use the meetings to get my fix

Not saying you are doing this but make sure that you honestly need this and are not finding another way to get your fix

KOMTNMW

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Re: My sorry state...

Posted by lifebound - 22 Feb 2018 03:51

[MayanHamisgaber wrote on 22 Feb 2018 03:14:](#)

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Hey Mayan thanks.

I'm assuming by "elite group" you mean addicts? If so then yes, from what I've read and heard from others here, the full addict regimen is generally not a good idea for non-addicts, although there is what to learn from both sides of the coin. Workingguy said it better than me in this post: guardyoureyes.com/forum/4-On-the-Way-to-90-Days/310838-My-Book-of-Business?limit=15&start=465#322535

Regarding my own situation, from hearing the complete powerlessness and lack of control the way addicts describe it, I don't think I have it quite that bad. In some ways yes, but in others not. I'm not entirely sure what my "label" is. Currently I have no plans to join meetings. I'm sure it would help with the loneliness and desire to feel connected but I don't know that it's what I need for my actual lust recovery. When you say you'd use meetings to get your fix, you mean the meetings themselves would be a trigger for you?

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Re: My sorry state...

Posted by iampowerless - 22 Feb 2018 04:03

Very well said, when we have a void in our lives we will look for something to fill that void. I heard from my therapist that one of the tools he often uses to figure out what's bothering someone is by asking him what kind of pornography he watches based on the type that he watches very often he could figure out which kind of void he is trying to fill in his life. So it's great that you were able to pinpoint the void that you are trying to fix in your life.

btw congrats on the 11 days. I love your desire, to truly get to understand yourself and became extremely Self Aware. KEEP IT UP!

Love Your Dear Friend Yankel

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Re: My sorry state...

Posted by lifebound - 22 Feb 2018 04:37

Thanks Yankel. I've never heard that technique. Very interesting.

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Re: My sorry state...

Posted by Hashem Help Me - 22 Feb 2018 05:08

Lifebound has put into words so eloquently what I have felt for a long time. Here I am, a people person, and I am harboring this massive load inside of me which cant be shared with my closest friends. Oh the loneliness! Along comes GYE and I get to intimately know some guys. We share very personal issues - such a relief. There is no inhibition; we say it all. Because we have not actually met our "new friends" they take on a spiritual level. Our relationship transcends outward appearances, religious leanings, social/financial status, age, married/single status, etc.

Recently I met a GYE chaver for the first time after speaking over the phone for many months. We live many many miles apart but he had travelled to the area where I live for a business meeting. The hug we gave each other as a greeting was so genuine, so natural, so automatic, and so real. It was like meeting a long lost brother. We understand each other so well. We have been so transparent with each other. Our neshamos are bonded.

Regarding the obsession of accessing the GYE website. We all get obsessed on recovery. For the first time in our lives we actually start to see that maybe maybe we can break free. We feel desperate that we just have to learn more and more as fast as possible. Secondly we finally taste connection - and we cant get enough of it. Maybe someone on the chat will be able to listen to me, share with me, connect with me in that real and meaningful way.

By the way, regarding that chaver I recently met - The connection is so real that it does not matter that we may not see each other again for a long time. And it does not even matter that I do not know his real name. I didn't even think of asking.

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Re: My sorry state...

Posted by iampowerless - 22 Feb 2018 05:20

Very true Post! I felt the same way when i met you and chat with you! It's funny even though I don't know your name it doesn't matter. I feel more of a connection with you than some of my friends who i've been friends with for years!

And another thing i love is that over here i could show my true feelings and finish all my posts with :kissing_heart:Love Your Good Friend Yankel in real life it will be kinda weird!

:kissing_heart:Love Your Good Friend Yankel

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Re: My sorry state...

Posted by HakolMilimala - 22 Feb 2018 14:32

my therapist gave me the contact information of a fellow person in recovery a few weeks ago whom I have yet to call, so he asks me why haven't you called?

i say oh I haven't had time

he says I think there may be more to it

and I think about it and I tell him that I feel uncomfortable calling because I'm just some kid who's watched some porn and who said this guy has time for me.

two key thoughts there *I'm not worth it* and *I have to appear perfect*

so I thought I could share the idea of his response with you:

This is not a contest, whether you have used porn 30 times or 300 or 3000, whether you have gone to behaviors beyond porn/ real life encounters, whatever it is, we are all going through a very similar struggle in many many ways. Whether or not you label yourself as an addict, don't worry about that right now. If you believe that being in contact with people and building a network helps you, then by all means, go for it! If you believe that you don't need to go to SA meetings, then ok, but that doesnt mean that you can't join a network of people that are in your boat.

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Re: My sorry state...

Posted by danann@ - 22 Feb 2018 19:34

lifebound thanks for shearing you have a great point and HakolMiliala is right, not everyone addict or not has to go to SA meetings, i my self was/em a lite addict but joining a network/group that are in the same boat that can give advise and that i can contact with people and have this relationship like Hashem help me has put so beautifully has help me amazingly and even when one of my partners suggested that i should go to SA and i spoke to the group leader he told me that if something else is working for me i shouldn't go to SA, but one thing everyone seems to agree here what ever if we need SA or not, is that the gye connection system that you can make a true relationship that you can say all your feelings can help a hazlacha on what ever path hashem takes you!

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Re: My sorry state...

Posted by MayanHamisgaber - 23 Feb 2018 00:09

[lifebound wrote on 22 Feb 2018 03:51:](#)

[MayanHamisgaber wrote on 22 Feb 2018 03:14:](#)
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No the meetings themselves would not be a trigger and I would like to meet some other gye family members again (I attended an O.I.N.K. meeting once and met two heavy weights)

The trigger for me would be when the sharing started of the struggles and the load down of their life story for whatever step that is

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Re: My sorry state...
Posted by lifebound - 23 Feb 2018 00:51

Right sorry that's basically what I meant. The meetings and detailed sharing that go along with it.

What's an O.I.N.K. meeting?

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Re: My sorry state...
Posted by MayanHamisgaber - 23 Feb 2018 00:55

Our Israeli Nikkium Klan

It has a thread somewhere the name says it all

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