

New Guy

Posted by BruceWayne - 26 May 2009 17:22

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First, let me explain the name.

I once read in some stupid magazine that if a guy says his favorite comic book hero is batman, then it means he is reserved, keeps his emotions to himself, but he has a strong sense of justice and it will take time to get him to open up in a relationship, if you can even get him into one to begin with. It'll become clearer later on.

Anyway, here's my story:

I am 22, male. I come from a broken home. I was first exposed to porn at a young age, around 10 or 11. Maybe even 9. I honestly don't remember. I remember once in seventh grade someone brought some pages from a magazine to school and we looked at them, but I wasn't like the other guys who could just look at them, enjoy them and then forget about them. I enjoyed them, obviously. That's normal. But I also wanted to keep them. I wanted the girl to come to life out of the page and be mine. In short, I was obsessed. I latched onto it very strongly. That was a pattern that would repeat itself for years. I couldn't really understand why the other guys didn't like it as much as I did. I thought maybe I had reached a later stage of puberty than they had or that they might even be gay! I didn't understand until much later that my obsession was a serious problem. It did not really manifest itself badly until relatively recently.

I remember in high school I would spend all day looking at porn if I stayed home sick. Once I came home in the middle of the day to get something for school and I told myself I'd just sneak in a quick peek. I did, for maybe 5-10 minutes, but I was surprised when I ran into my stepfather on the driveway as I was going to leave. Apparently, he had left something as well! That was close call, and that's the first time I can remember almost getting into some major trouble with this.

You have to realize that in those days (only 5-6 years ago) internet technology was not nearly what it is today. I looked mostly at pictures, and I tried like hell to find free video. Back then it was mostly stuff you had to pay for. But now there are plenty of sites with streaming, high quality videos of anything you can imagine. Like Youtube for porn. That wasn't around back then so it's much easier to access now. Plus I have my own computer now. All I can say is thank G-d that stuff wasn't around back in high school or I would be even more messed up.

Why am I so obsessed with porn? Truth is, I don't even like it anymore. I've become so desensitized, that I don't even get aroused unless I stay away from it for 3-4 weeks at least. At this point, I'm basically addicted in the physiological sense. Neurologically, I am chemically dependant on it the way a crack addict needs crack to keep functioning, if you can call it that. I want to stop but I feel like I can't. The longest I've gone free, that I've counted, not counting my 2 years in Israel where I went clean for nearly 10 months straight (mostly because I had no choice), is only 42 days. My high school coach used to say it takes 21 days to break a habit. I'm betting that's just an average...

So why the addiction? I have no idea. Obviously it's strange for a normal male to not like porn at all, but it's strange to be addicted too.

I think a lot of it has to do with the way I grew up. I live with my mother and stepfather when I'm home, which isn't much these days. Maybe, just maybe my addiction is more than just a corruption of the normal male sex drive. It is also a corruption of the need for love and to be loved. It is a fleeting attempt to plug the hole in my heart where love goes. You see, when you grow up without ever being in a home with both of your birthparents, and without seeing or feeling any hint of affection between your parent(s) and stepparent(s) in the way they look at each other or speak to each other, without ever receiving positive words, encouragement, and warmth, or any kind of clear direction in life, and instead seeing your parents fight and yell at each other like children and receiving negative criticism for everything you do, then you develop incompletely and awkwardly. You have no self esteem whatsoever. You hate the world. You hate yourself. Some people turn to drugs. Some just kill themselves. Others channel their rage into hard work towards breaking free of the chains of the home and eventually saying "look at me now, no thanks to you. I told you so.". And others turn to porn. I have chosen these last two.

Ever since I was old enough to understand how messed up my home was I wanted to break free from it. I am absolutely obsessed with being the best husband and father I can possibly be, because I know the pain and the suffering--the absolute hellish anguish--that comes with a broken marriage and a broken home. I don't want my kids to go through what I did. I don't want my wife to be unhappy the way my mother is. It's not her fault either. I want to be everything my stepfather isn't. I am mature enough for marriage, which has been on my mind lately, but there's at least one giant monkey wrench stopping the whole thing. First of all, I am absolutely terrified that this addiction will not be abated simply by getting married, and I'm sure it won't be. I fear that it will rise up again and challenge my marriage. But more fundamentally, living with this problem is living with a character duality. I appear to be a decent guy to most people. I'm not the frummetest guy ever, but I try my best to be a good person and to avoid making enemies. People like me. I learned in Israel for two years after high school. I am intelligent, and I suppose I am at least moderately good looking and I keep myself in shape. So, on the surface I would appear to be an all around good guy and a "good catch". But I have this dark side that no one knows about. And that, combined with the way I grew up, makes it very hard for me to have any kind of normal relationship with people. I just don't open up people. I guess partly because I am

inherently distrusting of them (upbringing) and partly because if I let people into my little world they may see me for what I really am. Of course, you can't live that way forever and eventually I'm going to crack. Secondly, **how can I marry someone with all those images burned into my eyes and my brain?** Won't it seriously detract from my relationship? It's like I will have an emotional relationship with one woman but a sexual relationship with hundreds (actually probably closer to thousands). How will I do it? I have never even kissed a girl nor had a girlfriend but at the same time it is as if I have been with thousands of them. What do I do?????!!! Would it be hypocritical to want to marry a virgin after all I've done? Wouldn't it be unfair to her in some ways?! There are many other issues that I need to address before I can even think about marriage, but this addiction is one that has broad repercussions, with regards to marriage and many other aspects of my life. It is perhaps the most fundamental of them all. If I fix this, then it might be easier to fix the other problems. Maybe. But I won't talk about them here (if I do, people might find out who I am).

So after rambling like a madman (I am usually very terse), it comes this: I must stop this behavior. Rationally, I know it must be done. But there is a part of me that says no. And there is a part of me that wants to push me down that road, that ends with being on the other side of the camera (at least with regard to the general behavior, not necessarily literally). But I know that is wrong and I know it won't do anything positive for me.

So, how do I start stopping?

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Re: New Guy  
Posted by the.guard - 16 Jun 2009 23:48

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Ok, Bruce is up on the CHART! :D

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Re: New Guy

Posted by BruceWayne - 17 Jun 2009 14:19

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Tuesday was clean. That's 4.

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Re: New Guy

Posted by Kedusha - 17 Jun 2009 15:58

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Wonderful - remember, nothing helps you succeed like success!

To keep on track, why not get hold of the book Battle Plans by Rebbetzin Heller and Sara Rigler?

[www.aish.com/spirituality/growth/Battle\\_Plans1.asp](http://www.aish.com/spirituality/growth/Battle_Plans1.asp)

I'm up to chapter 4. It's very worthwhile.

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Re: New Guy

Posted by chl - 22 Jun 2009 15:33

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bs"d

May HaShem bless you with success and strength, Bruce! Yesher Koach for starting the 90

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Re: New Guy

Posted by BruceWayne - 25 Jun 2009 15:23

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OK guys,

This will probably be my last post in this thread. As most of you know, I am counting my way to 90 days over in the Wall of Honor section, here: [rehab-my-site.com/guardureyes/forum/index.php?topic=555.0](http://rehab-my-site.com/guardureyes/forum/index.php?topic=555.0)

Just thought I'd let everybody know for the sake of completeness, just in case anyone was wondering where I went.

I'm at 11 days now.

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Re: New Guy

Posted by the.guard - 25 Jun 2009 18:07

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Why not post each day?

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Re: New Guy

Posted by Kedusha - 25 Jun 2009 21:49

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[guardureyes wrote on 25 Jun 2009 18:07:](#)

Why not post each day?

I think he plans to, but on the "Wall of Honor" board.

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Re: New Guy

Posted by BruceWayne - 25 Jun 2009 22:27

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Guard,

I thought you knew that I post each day over in the wall of honor section.

So now I'm confused...is there more than one person who uses the "guardureyes" name?

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Re: New Guy

Posted by Kedusha - 26 Jun 2009 14:17

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[BruceWayne wrote on 25 Jun 2009 22:27:](#)

So now I'm confused...is there more than one person who uses the "guardureyes" name?

Impossible.

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Re: New Guy  
Posted by BruceWayne - 26 Jun 2009 16:45

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Well, we don't have an answer yet....

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Re: New Guy  
Posted by Ano Nymous - 27 Jun 2009 01:58

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Guard reads every post and tries to respond to them as well. I'm sure you can imagine the kind of time that takes with the forum as active as it now is. I'm sure guard has been reading the posts on the Wall of Honor section, and will remember that you have been posting there as soon as he sees the reminder. Remember, everything guard does here is ON TOP of his real life, which includes family and torah obligations. Please keep that in mind and cut him some slack. I'm going to lock this thread; we can move the discussion over to the Wall of Honor section as per BruceWayne's request. :D

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Re: New Guy  
Posted by the.guard - 28 Jun 2009 11:55

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I'm sorry. I was confused. I had been reading your posts in BOTH boards and hadn't internalized that there were two different threads.

So we'll continue the discussion on the wall-of-honor thread.

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