

Please support me

Posted by NoYiush - 23 Jan 2011 23:32

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Hello,

I'm a 28 years old, chassidish baal tshuvah single who struggled with the internet until now. I am clean now for about 34 days, which is coincidentally when I found gye, installed a filter and accountability software (giving the password to a friend), started receiving daily chizuk emails, reading through forums, and reading through the gye handbooks. My story is common and not so interesting, although it is painful. I basically have had trouble since age 24 with looking at things on the internet. I also did this from age 13 to 21, which is (age 21) when I became frum. I enjoy this inappropriate activity because it's an escape (self medicating) from a deep hole in my life. As mentioned before I'm 28 and single, which means I'm terribly lonely. And I've been fighting depression and loneliness since around 12-13 years old. I don't want to dwell on the depression, but it is very painful and constant, and unfortunately the biggest defining factor in my life. I put a lot of effort into being besimcha and most of the time I am besimchah.

BH, I am clean 34 days and my physical urge is almost back to normal, but the fantasies in my head are still there. I feel like my body is not addicted anymore, but my brain still is addicted. I go nuts when seeing girls, and even when home, often I have fantasies playing in my head.

I want to be honest: right now, if it wasn't for the accountability software, I would be looking at pictures again. I think the only thing keeping me away is fear and shame that my friend will see my webchaver report. To be clear, I'm very frum and I don't want to violate Hashem's will, but I feel I would succumb if not for webchaver.

I do believe that I'm more hotblooded than the average man. I've always had very strong desires for women. Since a young age, I had and still have nocturnal emissions several times a week. This was true even in yeshiva, which was such an isolated yeshiva that I often went a month or so without seeing a girl or woman. And I spent all day learning. Even then I had nocturnal emissions several times per week, sometimes more; high testosterone I guess. It's actually quite embarrassing and inconvenient. Every time it happened, I had to sneak into the bathroom in the middle of the night and wrap toilet paper around my underwear so nobody would notice it in the trash. Sometimes, this happened more than once a night.

Anyways, I started out very committed to this process, especially because I, like everyone else, feel that major guilt after a fall. But now, my commitment is faltering a bit. Don't get me wrong.

I am not planning on uninstalling the filter or accountability software. But I feel different than when I started. Not as strong in my commitment. The yh is even telling me to buy a separate device (ipad or something) so that I could look at things without my webchaver partner knowing. But I won't. What's the point of "cheating" in this process. I'm trying to be honest with myself. I've committed to posting here on the forum. Why should I invest so much in this process (including paying money monthly for webchaver) when I'm just going to fool myself!? I want to continue strong. But I also want to enjoy the permitted pleasures within marriage, which feels so elusive to me. I want badly to get married, and iyh that will come very soon.

For now, please give me some chizuk, empathy, or even a funny comment to keep me going. I will try to post often and continue to get feedback. I find that the constant feedback helps strengthen my sometimes faltering commitment. Lechaim Velivracha!

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Re: Please support me

Posted by the.guard - 01 Feb 2011 14:27

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[NoYiush wrote on 31 Jan 2011 21:11:](#)

Guys, can I actually do this (quit porn/masterbating)? Once I get lust in my mind I can't focus on anything until I orgasm and everything comes out.

I'm telling you, my sexual drive is really strong and my body is often expelling pre-emission stuff. By often, I mean everyday, during the day. By night, a few times a week on average there is a nocturnal emission. By day, it's everyday that pre-emission stuff comes out. This has been happening for years. I have no outlet because I'm not married. I'm not even sure why I'm writing this, just to get it off my chest perhaps. I'm not sure anyone can say anything to solve this issue. But if you have any comments, please comment away.

Hi and welcome. You seem like a very special person... Here are some good links to read.

[www.guardureyes.com/GUE/RTwerski/Can'tStop.asp](http://www.guardureyes.com/GUE/RTwerski/Can'tStop.asp)

[www.guardureyes.com/GUE/FAQ/FAQ1.asp](http://www.guardureyes.com/GUE/FAQ/FAQ1.asp)

[www.guardureyes.com/GUE/FAQ/FAQ17.asp](http://www.guardureyes.com/GUE/FAQ/FAQ17.asp)

[www.guardureyes.com/GUE/FAQ/FAQ11.asp](http://www.guardureyes.com/GUE/FAQ/FAQ11.asp)

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Re: Please support me  
Posted by pinokio - 01 Feb 2011 17:21

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NoYiush, was thinking about you today. Hope your'e doing well. Is everything allright? Wer'e here to help.

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Re: Please support me  
Posted by NoYiush - 01 Feb 2011 22:10

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[Kedusha wrote on 01 Feb 2011 00:59:](#)

A good analogy is eating. When you eat less, your metabolism slows down, and you are able to manage on less food. So too, when you consistently avoid sexual stimulation, your hormone levels will go down, and it will become easier over time. Chazal say the same thing - "Eiver Katan Yeish b'Adam; Masbiyo, Ra'eiv, Mar'ivo, Saveia."

(Of course the analogy to food is not a perfect one, because we need to eat somewhat in order to live).

What you're saying makes sense and I guess the taava will go down, but it's strange, even in yeshiva when I didn't see any women and before I became addicted, I still had so many nocturnal emissions, several times a week.

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Re: Please support me

Posted by NoYiush - 01 Feb 2011 22:13

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[tzaddik90 wrote on 01 Feb 2011 17:21:](#)

NoYiush, was thinking about you today. Hope your'e doing well. Is everything allright? Wer'e here to help.

Wow, you're thinking about me! Someone's thinking about me! That's awesome, thanks. That actually does make me feel better, very kind of you. BH I'm good -- trying to change my life around and reconnect with people so I'm not so lonely. Hope you're good as well.

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Re: Please support me

Posted by DovInIsrael - 01 Feb 2011 23:47

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hi -

q: What kind of shoes do you make out of bananas?

a: SLIPPERS

get it?

wanna stop slipping - drop your banana!

just let go!

q: why was the archeologist addict upset?

a: his life was in ruins!

q: how come the physician addict was upset?

a: he had no patience. (patients)

q: why am I telling you these things

a: because I am an addict and I am out of my mind (and humor is often a good tool to help ward off the Y"H .. humor, ie, laughing at one's own situation, not to be confused with light headedness )

dov.ii

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Re: Please support me

Posted by NoYiush - 02 Feb 2011 01:35

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@ DovInIsrael

That was funny stuff. Thanks for the laugh. I really needed it.

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Re: Please support me

Posted by silentbattle - 02 Feb 2011 06:57

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Hi!

I think that you can stop acting out. It is possible to move forward even when your mind is telling you that you *need* to do this, *right now*!

For me, it helped to imagine myself walking away from the situation, even before i was in the situation. We very often respond to things the way we do because we're following a script. Using my imagination, i was able to give myself another option, another script to follow.

Please keep smiling!

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Re: Please support me

Posted by pinokio - 02 Feb 2011 12:37

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Hope your'e feeling happy 2ay, no yiush.

I didnt read your whole thread yet like i should, nonetheless i like s/thing that silentbattle may have reffered to.

The alter of Kelm is reported to have stated that the difference bet. the tzaddik and rasha was that the tzaddik utilized his imagination.

Like silentbattle said, we often follow the script of our reality. Since we are addicted 2day we project we will be so forever.

I can relate to you in this in another way-we feel that since we are single today, we project we will be sad and lonely. I once felt that feeling.

More so, remembering that you mentioned you often fight depression, i can relate in this way too. When we feel sick, we feel that we will the yuch forever.

We have to teach ourselves that these types of realities are not lasting, and can be changed. We can use the imagination that the alter of kelm reffered to to yearn for that change, and to develop a stubborn hopeful search, patiently, for our realities to change. All of this will change. Although your tzaros are your own and not experienced in the same way by anyone else, nonetheless, we all know that your potential, and ours is big. Life can be much bigger than the way we are living it.

our realiy is simply the way we see it now. We calculate our future based on the now. We think our now is doomed, unchangeable.

We can become free, and much bigger. We can widen our perspective. Can you imagine what youll have five years from now? I can. It happened to me. A marriage. A job. A little home. A few sefarim. A good chulint on shabbos.

i used to wander back and forth in a park during my depressions and sulk in my gloom. I went there for months. Years later, i began to daven in a shul right next door, on the way to work, now a better, happier person. And one day i walked over to the edge of the shul and i told someone i council in a depression "you see that park- when i was a broken person, i never dreamed id leave that sad reality. But now, i come to the shul right next door and daven with a little kavah, enjoy my connection with Hshem, and thank him in modim for the litle things that i have.

NY, you are in the drivers seat. Just (keep posting, and) keep on trucking. Don't ever stop. Thats what reb nachman is most famous for-to stop is the ultimate defeat. NO YIUSH-that's your name! You chose it because you believe in it.

Keep it up, and youll see that im right. and i dont mind being wrong s/times, but this time i really want to be right. for you.

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Re: Please support me

Posted by NoYiush - 20 Feb 2011 18:31

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@ Tzaddik90, thanks for your post. I've been very busy lately (bh that's a good thing) so I didn't have a chance to thank you till now.

A general update: I'm 16 days clean. I've been doing really well, especially because I've been so busy with work. However, over Shabbos I saw some frum, tznziously dressed girls walking and it really revived my taavas. When this happens, my blood starts boiling and it usually doesn't leave my system until I act out. Hopefully, I won't act out. I don't want to, but I'm concerned. My mind is obsessed with lust right now. I'm hoping that getting it out in the open here will help. Hashem Yishmor. ly"h, my next update tomorrow will be to tell everyone I'm 17 days clean. I don't intend to look back. I remember how goods the taavas were, but I also remember how bad and destructive these behaviors are to my life.

**Nothing good comes from these behaviors. Everything good comes from avoiding these things.** Good day everyone!

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Re: Please support me

Posted by Kedusha - 20 Feb 2011 18:44

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Rav Dessler writes about a person who has a strong y"h to smoke (it is said that he was speaking from his own experience). Yet, whenever he gave in to his urge, he would have very bad chest pains the following night. We're in that same boat: when we, c"v, give in, the side effects (physical, spiritual, and emotional) are huge. I have no doubt that mental health professionals make most of their living because of people who give into their illicit desires.

Chazak v'Ematz and KUTGW!

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Re: Please support me

Posted by silentbattle - 21 Feb 2011 13:49

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In situations like yours, the yetzer hora reminds us of how good giving in feels. He makes us feel like we *have* to.



We can remind ourselves that we don't have to. Not just because it's so destructive, but also because staying clean feels so good - if you think about it honestly and clearly, it feels even better than acting out, and for much longer!

Take a deep breath and say, "I *don't* have to live my life like this. I can let go and just move forward!"

We get so used to following the same script that we have trouble imagining that we can do something different.

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Re: Please support me  
Posted by oblum - 23 Feb 2011 00:40

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@NoYiush - I know this seems obvious, but have you had a look at the [White Book](#)? It seems like it would be right up your alley.

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