

A new start for an old freind

Posted by shemirateinayim - 28 Mar 2011 19:21

I come from a quasi-broken home, devoid of all love and affection. I first turned to porn+masturbation as a temporary 'relief' from the bitter depression that I lived with day and night. With no social network, and virtually no family, i was left to raise myself, and provide my emotional needs. Porn gave me the only relief I knew of, and with the advance of DSL i went from google image search, to full blow VIDEOS (free ones - hey I'm cheap). Then with unlimited internet on my cellphone, I had an unlimited assortment of pictures to satisfy my never-ending lust.

3 years ago I found GYE, back on the .com site, even before the forum existed. After 2 months of tortuous work, I broke free and had my first of several 200+ days clean. Since then i have grow until the point where I can KILL any lust within a moment of it entering my mind. true I have my lusting under control, my shmiras einayim perfected to an art. However all my years of lusting have left me with a gaping emotional void. A vacuum that sucks the pleasure and meaning of everything I now have from me. I remain a grim and placid person, unable to enjoy the blessings G-D bestows onto me.

All the years that I was enslaved to lust, created a permanent mark in my self, that effects everything I do. But rather than accept myself as 'damaged goods' I decided to use the 12 steps to help me fill that void. Anyone who has born witness to Dov's passionate defense to his religions adherence to the program, will understand why i am now beginning to ascribe myself to this system. I am not doing it because I cannot control my lust, I C-A-N. Not because i cannot control my eyes, I have them almost fully in control. Rather I am submitting to the 12 step system, because nothing else has proven itself a long term therapy (ameilus batorah works wonders in this, until i burn-out ????).

Please join me on my path to rediscovering myself, and learning how to live as a RECOVERED LUST ADDICT.

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Re: A new start for an old freind

Posted by Eye.nonymous - 18 Jul 2011 09:00

I've got k9 and it has this great setting that you can choose which times to turn off your internet access. I can't access the internet from 11:30pm or something like that. It has helped a lot.

--Eye.

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Re: A new start for an old freind

Posted by shemirateinayim - 18 Jul 2011 19:59

I got E????, it's like hashem's firewall, untill you ask them to open a site. Then it's only as compitent as the person who opened the site for me.

k9 and webchaver are both not compatible... i installed both and both CANNOT work with nativ.

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Re: A new start for an old freind

Posted by shemirateinayim - 20 Jul 2011 09:02

Good mroning everybody, todays elason is having a '**graceful fall**'.

Y'know when after pleading with hashem to save you, and you rally and NO chance against the YH. Then you daven to have the koach to still daven, and then you can't even bring yourself to that. Well, that's what happened to me. a graceful fall.

day -0.1- this fall was part of the climb, a ????? ?????, a yerida letzorech aliya. Hopefully tomorrow can be day 1.1, and if not, that BH it should at least be day 0.2

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Re: A new start for an old freind

Posted by helpfyi - 20 Jul 2011 13:05

keep up the positive attitude that will pull you through!

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Re: A new start for an old freind

Posted by shemirateinayim - 20 Jul 2011 18:20

???? ??? ????? 0.2 ?? ???

But it's the s-m-i-l-e that counts. ;D

I can't control myself, the most I can do is ask hashem to do that.

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Re: A new start for an old freind

Posted by shemirateinayim - 21 Jul 2011 10:39

Honestly, people, if you're gonna fall, at least take some mussar from it.

For example, im am in the mioddle pof a horrible streak of slips and falls, but I still don't see how horrible this will destroy my life!

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Re: A new start for an old freind

Posted by helpfyi - 21 Jul 2011 13:03

[Old friend wrote on 21 Jul 2011 10:39:](#)

Honestly, people, if you're gonna fall, at least take some mussar from it.

For example, im am in the mioddle pof a horrible streak of slips and falls, but I still don't see how

horrible this will destroy my life!

have you read all the stories on GYE? they are pretty scary. Do you realize that everyone who had this problem is usually depressed? Have you read the book " the light of efrayim"? these things will give an idea of what its all about. hatzlocha and i hope you have the strength to pull through.

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Re: A new start for an old freind
Posted by alexeliezer - 21 Jul 2011 13:25

Hey! I miss the koala!

Have a great clean day!

Alex

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Re: A new start for an old freind
Posted by ZemirosShabbos - 21 Jul 2011 20:18

dropping by to say hi!

(i like koalas too)

someone said "you can always make new friends, but you can never make old friends"

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Re: A new start for an old freind

Posted by ben durdayah - 21 Jul 2011 20:54

What's up old friend?

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Re: A new start for an old freind

Posted by shemirateinayim - 22 Jul 2011 08:34

Thanks AlexEliezer, and Bendarya, and Zemmy

Still rollign in the filth, I am opening the Gye stories page, especially this one <http://www.guardureyes.com/GUE/OurStories/Determined4.asp> and the follow-up over here <http://www.guardyoureyes.org/?p=1978>

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Re: A new start for an old freind

Posted by shemirateinayim - 22 Jul 2011 08:59

Ok i send an urgent email to my 'contact' at nativ (actually he just gave them a haskamah... and happens to have email), begging him to plug the whole i keep using. If not I will have to swallow my pride and go to R Shternbuch himself, to have their Eidah removed (they aren't foolproof, and the internet itself moves faster than they can control). It's a good threat because with the Eidah they loose the gedolim who signed on it, plus the vaad-chinuch lehavdil. Bekitzur if you paskevilim around town that nativ is no longer under hashgacha... you have an

Old Freind behind it.

if i am so desperate to see shmutz, than I should be so desperate to end my addiction!!

OK i rad my old story, and cried loudly and painfully for a minute or two. But that isn't enough i have to take into perspective where i am heading with this. What will probably happen very soon. **The following is a dramatization, and has not happened yet...**

I stayed up late and sit infront of the comp. My wife seeing the glow of light from the room, and the incesant picking at the keys, finnaly wants to know why i stopped going to sleep with her. What has been eating all my time, and stealing ti from her? She carefully tiptoes into the room and watches me for a half hour veiwing 'bad things'. And 'my-luck' I get a yetzer hara to see worse things, all while i am being caught red handed. what happens next, she will probably start crying, and when i hear her voice... ahhhhh caught red-handed O-U-C-H I am in B-I-G trouble

My internet filtering service decides to track my searches and results, and then notifies my wife. or better they know my shvigger and tell her... or they freeze my screen, and block all internet aces. and when my wife calls them they tell her... Or I left the window open and the neibors see, then they tell a rov(who knows nothing of GYE and addictions)...

My addiction hits a new stage and I do 'things' with other ppls, cahs veshalom

hashem pays me back by injuring myself 'there' and needing medical care....
embarrasiong

I drop out of my next kollel and feel like a failure YET AGAIN... owwww

i die, andd malachei chavalah make me carry all the crates of evidence to my trial. then I get there and see all the churban i have done. They start recounting each prat of each aveira!!!! ??? ??? ???? ???? !!!!

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Re: A new start for an old freind
Posted by ben durdayah - 24 Jul 2011 11:12

Hmmm...

Powerful post.

So what are you going to do about that?

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Re: A new start for an old freind
Posted by shemirateinayim - 24 Jul 2011 12:09

The offline journey of an Old Freind:

I woke-up an hour early, well rested and happy to enjoy the early-morning tranquility of ???
?????. By the early morning calm you can hear the feint tick-tick of the keyboard as I am
overcome by an inhumane obsession, my internet addcition. Something must stop!

I am ashamed to show my face in kollel, my absence has been long-noted, and my facial
expression shows everyone just how much i'm 'in trouble'. So instead of running out to learn, i
wish my wife a good say as I accompany HER out on HER way to support ME. Ow I know this
hurts her so much to see me like this. So despite how accusing it sounds, i put the computer's
modem in her purse, aking her to take it with her. She knows "i love the computer", and she
knows i as once addicted, and she suspects I am NOW TOO. But despite the risk of her finding
her fears to be true, I know that I need to do ANYTHING to stop this.

After 2 hours of 'trying' anything to see pics, I finnaly give-up. I have nothing but chasunah pics,
and B"H everyone there is revoltingly ugly, but my wife (hashem did me a favor). I open a shiur
from R Yaakov galinsky, and hear an inspiring vort: ??? ????? ???? ?'... There are 4 types of
??????? (a ???? ????/????, ???? , ????) and David hamelech teaches us that his nashama in 'on

loan' as a ?????. Oy, nobody is more responsible than a ?????! So what does he ask for ????
???? ???, and therefore our ?????? have the ??? of ?????? ???... and we are ???? ?????? of our
neshama. "Let go and let G-D"

????? ?????? ????? ??? ...

But we cannot realise such a feat, until we make ????" an intricate part of our daily lives. How
to do that... there are a million ??????. And the purpose of them is universal, ???? ???? ???-?? ??
????' ??? ????? ?? ?????????? ??? ??? ????? ?????!

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