

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 shemirateinayim - 24 Jul 2011 17:45

Not only did i give her the modem, but I gave her a full confession, slowly lovingly and in measured amounts.

She now stands behind me/with me, as the most driven force working towards my recovery (hopefully I can get more driven than her). Baruch hashem she is very special, and is unique in her ability to deal with things just like this!

She will also be taking the modem with her, in addition to helping me 'plug the hole' that nativ left for me (thanks to Google).

i am willing to go as far as necessary, including phone conferences and even 12 step meetings if I will need them (at last counsel Dov told me it wasn't for me, but we'll see).

?? ??' ???

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Re: A new start for an old freind
Posted by Eye.nonymous - 25 Jul 2011 05:39

Good luck. You're making some pretty dramatic changes there.

--Eye.

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Re: A new start for an old freind
Posted by helpfyi - 25 Jul 2011 13:08

[Old friend wrote on 24 Jul 2011 17:45:](#)

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?? ??' ???

WOW your on the right path!! keep it up!

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Re: A new start for an old freind

Posted by ZemirosShabbos - 25 Jul 2011 15:03

wow, old friend, you are rocking and rolling

keep it up

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Re: A new start for an old freind

Posted by shemirateinayim - 25 Jul 2011 17:31

I originally changed my username to allow me to try a new start, without the stigma of my old username. yeh I had a great time as Shmiras... but i wasted too long not implementing the 12 steps. And althougg I simply waged a battle of yirasshamayim and avodas hashem, and it got me bvery far... I would have gained plenty from the SYSTEM.

I would have known that I am always liable to relapse, and not to 'take the first drink'. That there is a big gap to bridge between lust and love. And although i had complete control over my lust (??? ?? ??????) however I could not LOVE. As a result i needed to seek professional help immediately after my marriage, but instead I self-imposed a relapse.

But that never made me love, it just unleashed my lust, and brought me under the fold of my old obsessions. it took a half year, and tons of heartache to discover that I am just an SA waiting to pounce on the first hole in my filter.

Today I remove my mask and surrender my MODEM to my wife, I cannot control myself, I am in the hands of my yetzer Hara.

i closed the hole in my filter, and i am ACTIVELY seeking a SA group either locally or on a regular basis through GYE.

???? ?? ??? ?????? ?? ???... but it has to go through all the way.

The gra is famous for tipping us off. The scariest part of ??? ??????, is not the ???. Since I know i did mitzvot, and elast many words of torah, each one worth more than any mitzvah I can do. ok some averiso, but they are already lining up to pull me out of gehenom by my peyos beard and bris. thE scariest part, that my body will tremor with fear and quake in absolute terror, is when they show me WHO AND WHAT I WAS MEANT TO BE. WHAT I WAS MEANT TO ACCOMPLISH!

THAT is called ??????, making a ????? of what could have been, what I deprived the world of, who I destroyed. And the pain of that is so great to bear that it would kill us (postmortem death!!) if hashem didn't give us the koach to be soveil it. he keeps us 'alive' to suffer this.

No I will not settle for less, I will march head first into the 12 step, suffer my disgrace here, and

not "?"? there.

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Re: A new start for an old freind
Posted by alexeliezer - 25 Jul 2011 18:26

Beautiful!

I am soo happy to hear of your new start! I'm mamish getting choked up. What a perfect time for a real change! The system works and it will work for you.

Hatzlacha.

Alex

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Re: A new start for an old freind
Posted by shemirateinayim - 25 Jul 2011 19:09

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

I first found GYE during the 9 days [//www.guardureyes.com/GUE/OurStories/Determined4.asp](http://www.guardureyes.com/GUE/OurStories/Determined4.asp)

Now I save the wait, parshas ????? shows us we need to grow ????? ?? ???. step by step, and then we can be greater than ??????. ?????? ?????? ??? ?????????? ??????" since they stand still and never have falls. however **we who fall** and grow ????? ?????, step after step, can reach greater heights. (??? ?????? ??? ????????) Picked 'a random' sefer off the shelf waiting for maariv in the steeps (they don't start on time nowadays)

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Re: A new start for an old freind
Posted by Eye.nonymous - 26 Jul 2011 05:54

[ShemiratEinayim an Old friend wrote on 25 Jul 2011 17:31:](#)

I originally changed my username to allow me to try a new start, without the stigma of my old username.

If we would all start using our REAL names, now that would really be something.

--Eye.

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Re: A new start for an old freind

Posted by ben durdayah - 26 Jul 2011 11:32

[Eye.nonymous wrote on 26 Jul 2011 05:54:](#)

[ShemiratEinayim an Old friend wrote on 25 Jul 2011 17:31:](#)

I originally changed my username to allow me to try a new start, without the stigma of my old username.

If we would all start using our REAL names, now that would really be something.

--Eye.

OK, I will be the first:

Eli

(and not al sheim R' Elazar ben Durdayah)

Your turn eye...

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Re: A new start for an old freind

Posted by shemirateinayim - 26 Jul 2011 16:45

Dov beat you to it, and so did RAGE, and Dov in Israel.... the list goes on

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Re: A new start for an old freind

Posted by Yosef Hatzadik - 27 Jul 2011 15:20

Why only 1st names? :-\

We are still hiding. :-X

Why not full disclosure?? :o

..... for every one of the GYE members & anyone else in the world who has an internet connection! :-[

:'(

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Re: A new start for an old freind
Posted by Eye.nonymous - 27 Jul 2011 16:13

[Yosef Hatzadik wrote on 27 Jul 2011 15:20:](#)

Why only 1st names? :-\

Because we don't want to be stupid here.

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Re: A new start for an old freind

Posted by Shteeble - 27 Jul 2011 20:32

old friend

12 steps

way to go

kutgw

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Re: A new start for an old freind

Posted by shemirateinayim - 29 Jul 2011 07:20

Went to my first meeting...

"Hello, my name is SE/OF and I am a sexaholic, pornaholic, lustaholic, and I think that's all, ok now what do I say? Oh my story.... once upon a time... the end." at which they said "welcome _____, yeh you belong here"

One of my problems is **the computer** not the internet (that's just a fun outlet), but the computer itself is my iottle safety blanket. Every time i come to GYE I feed my craving, for that sooth and relieving poison! Sorry people, but I need the offline GYE. For now i'm not perfect, but you will be hearing less and less of me, as i slowly recover.

And the ultimate sobriety, is not to touch the dreaded machine!!!

Love you all, hi yosef, and thanks everyone for keeping to follow my progress (even a fall if progress, 'a downward progression').

Gshabbos

KUTGW

KOT

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