

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 - 18 Nov 2011 09:54

[list]After continuing to rread through the BIG-BOOK, I have gleaned a slightly clearer understanding of the 12 steps(As it would pertain to a level 5 addict).

- Even proving an extended period of sobriety, **on the basis of self will**, never cures my

inability to control with lust.

- Lust addicts cannot live in abstinence alone, unless science perfects the 'test tube baby'. Human Procreation requires lust.
- A spiritual existence provides a solution to both live with lust, and overcome it.
- This sickness will **continue** to destroy me, in both this world and the next. And I will be held accountable for not submitting myself to this meethod, or any other effective cure.

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Re: A new start for an old freind

Posted by shemirateinayim - 24 Nov 2011 17:52

Are you ready an an 'unscripted' and painfully open post.

The following probably poses no benefit to me, however iit will hopefully benefit some newcomer addict who still tinkers with 'staying clean' (...for a week! ha) and won't avail themself to REAL help (12 steps)

My life is falling to peices, but I can't keep my hands off myself, and my mind runs wild will fantasies of s#&. So I play sick for 2 weeks and simply skip kollel to indulge in lust.

I don't even have open internet!! I can't see a prono no matter how hard i try!! and i'm still here saving snipits of nude pics to my computer. If you saw me, you would spit on me, I'm a sick pervert.

A week ago you would have found me "holding on tight" counting days of sobriety, just another 1, and another, wow that was easy. But it was all USELESS, even the alcoholics in the AA book could do amonth, untill they fell harder than ever before. Ah bechasdei hashem, us Sex addicts, once we have an o^&asm the fun is over, and we can collect the pieces of our 'sobriety', until the next one (15 minutes later).

i just spent 2 hours m^*^*ting to pics that wheren't even good enough for me to ejoy them! because I couldn't get any better. Honestly i would even have done it, even if all i had to look at was the ???? of a woman (what can i honestly even lust about her finger, but I would make-up something). Do you all see what is wrong with me? I do, but I can't stop, don't

want to stop, and I will not let anyone try and stop me. I'm hooked and enjoying it!

Then in a few days (hopefully) the guilt will set in, and I might do 1 or 2 half baked efforts at a sembolic jesture of hope. Ha, yeh right.

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Re: A new start for an old freind
Posted by gibbor120 - 25 Nov 2011 14:49

. I hope so . Falling is part of the process of getting better. We don't usually get better until we *have* to. I can feel your pain. I hope it is a sign of good things to come.

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Re: A new start for an old freind
Posted by Me3 - 25 Nov 2011 15:11

What makes it so agonizing is that we tell ourselves "How can I say I want to stop if I'm enjoying it?" Nobody is forcing me and it's pleasurable, so obviously I don't want to stop.

But that's not true. When you are in the grasp of lust,

you are out of your mind,
Do I hear a rock hitting bottom :

you are crazy,

uou are insane,

you are totally out of control.

And the biggest proof of this is that the second you satisfy your lust and temporarily break out from under its control you feel miserable.

That's the real you.

So stop with the feelings of how terrible you are, that's your lust trying to keep you in its back pocket. Trust me you are good, so put thos ethought aside and ask Hashem to pull you out of the hole you've climbed into.

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Re: A new start for an old freind

Posted by shemirateinayim - 26 Nov 2011 17:54

[Me3 wrote on 25 Nov 2011 15:11:](#)

What makes it so agonizing is that we tell ourselves "How can I say I want to stop if I'm enjoying it?" Nobody is forcing me and it's pleasurable, so obviously I don't want to stop.

But that's not true. When you are in the grasp of lust,

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So stop with the feelings of how terrible you are, that's your lust trying to keep you in its back pocket. Trust me you are good, so put thos ethought aside and ask Hashem to pull you out of the hole you've climbed into.

Something interesting I learnt from Dov.

We will N-E-V-E-R recover if we don't express ourselves openly.

After writing the above post,(and I have another one to add), I felt weird. Because in all my days on GYE I refrained from saying the words "masturbation" "orgasm" erection" ???' ?????? always replacing it with a ???? ???. As a direct result of that, I viewed my actions as a ??? ??????, and lacking ??????. I'm a sexaholic, a walking lust addict who would even . . . if the 'opportunity' arose. That's not a ?????? that's plain out perversion.

I never saw myself to be the pervert I am, because I 'whitewashed' my actions in subtle language. No kidding a mussar sefer is just as good as a SA meating, because I am lying to myself. If I look at myself in the light of truth, I need help. I see that I am sick!

Many people waste years on the forum, davkah because we use nice words. Baruch hashem! If we would all stare the facts plain in the face, we would feel much more stupid, much bigger perverts, and more like an ?????? than the ?????? we aren't.

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Re: A new start for an old freind

Posted by shemirateinayim - 04 Dec 2011 08:34

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?????????. ??? ?? ????? ?? ??? ??? ????? ?????, ????? ?????????? ?? ???

So I'll switch to english.

I only have 2 active threads on the site, this one and my "wall of (shame)". I try to pick which one it belongs in every time. So for the benefit of newcomers, and veterans alike who gte chizuk watching other people's process of recovery, i pu this one here.

Withoiut further ado: OK so i finnaly joined the GYE phone confrences, and they seem more anonymous than the forum! Anyhow DuvidChaim gives me more insight than anything I 'self prescribed' from the forum. I'm an IDIOT for not joining years ago. As I told my wife, I have been sweeping this addiction under the covers for YEARS, even in GYE i didn't realy do enough to recover. If I don't surrender my wills today, i'm a ?????! Why live the problem when i can live the solution? Do I need my life to be absolute hell? isn't partial hell already enough?

I was arguing recovery back and forth with my wife, and we came-out with the perfect ???. Now my appartment is 4 flights from the street level, bekitzur it's a long way to jump. immaginbe being forever locked in my apparment with nothing to eat but bad tasting food, with a bad hashgacha (???? ????= "kosher"). the only way out is jumping off my balcony, on the sole belief that hashem himself is supposed to catch me and hold me up there in thin air.

The harcore addict would be ????? to a burning house, and no way of escape other than jiumping. The low level addict, to a cozy air conditionbed house, mybe alittle stuffy, with a smelly garbadge can and a leaky toilet. But overall the food is good and he can stay cramped up in there forever.

I love this ???, because i truly identify with it, and it accounts for all the arguments both my YH and yatzer tov have.

Why should I jump if it's not so bad?

because a better life awaits me out there? :-\ still not sure i fi wana do it. Plus it's VERY SCARY. I am a very 'capable' and controlling person, i don't play G-D i tel him exactly how to do it. --for me to surrender?

Bekitzur I just need to get MORE into the community and join together with the other people who are living witness to promise. "Jump... and i will catch you". And then they ontinue to live their lives 'in thin air'.

If anyone/everyone doesn't understand the mashal I think that it is very worthwhile, and would be willing to explain it better in full-coherent sentences.

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Re: A new start for an old freind

Posted by shemirateinayim - 04 Dec 2011 18:45

Where are you DOV, I am living at rock bottom, and I am ready to surrender everything to Hashem. My parnasa, my wife, my daughter, my kollel, my learning, my ego, my self controll, my ????, my future, my hashkafos, my computer, my pornography, masturbation, voyaging, fantasy

??? ?????? ????? ?? ?' ??? ?????????? ??? ??? ??????

I cannot do anything but masturbate, veiw porn, masturbate, fantisise, lie, hide, veiw porn, and nothing else. I will not daven, not at a minyan either, and not within the zman, simply not at all. I won't go to kollel, I won't go to work, I live all day for porn, and i don't even have open acess.

I now let go..... :'(

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Re: A new start for an old freind

Posted by shemirateinayim - 10 Dec 2011 19:47

Well to keep to the story: After a long talk with [GUARD] on the hotline, i finnaly made a TaFSiK shvuah. And for the same reason I necver cuddled in bed with my wife while she was a nidah, I wouldn't break this. **No I cannot stop myself from veiwing porn**, however by requiring myself to make a day-long shlep to the kosel and learn there and shlep back... I am simply too lazy to break it. Simmilar to stopping myself by thinking what it will feel like afterwards, the mear mention of shlepping so much, and how wiped I will be afterwards, is a strong **detterant**. No it's obviosly not a FIX, since the moment my wife take a dip in the mikva, I'll be a lusting beast once again. the first drink is all it takes!

However a problem I haven't yet dealt with, is RestlessnessIrritabilityDiscontent . The 3 feelings that I do not know how to mannage with, other than a rampant spree! For that I need to use DC's tools more. A&W moments wouls work wonders for me, when I'm in the mood and having an overal spiritual high. Stories work good especially when i'm in the dumps. And checking my core values is simply too scary!!! And honestly after I realised that all my efforts and decision

in the last 6 years where one big STORY, really I don't know what I want to do any more.

Still TRuCKING,

and trying to KUTgW

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Re: A new start for an old freind

Posted by the.guard - 10 Dec 2011 22:25

Can you do exercise? It can do wonders for RID.

KUTGW!

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Re: A new start for an old freind

Posted by 1daat - 11 Dec 2011 07:49

I wish I had something helpful to say. I know a lot of guys come here and are able to "bottom out from on top". That never worked for me. I had to have life itself back me into a terrified corner. Bottomed out. It was dead serious. Same with food, getting up in the morning to daven on time, etc. i haven't ever really been able to get free of addictiveness. Everytime I think I've plugged up the last leak, there's another one. Today I blurted out something really stupid in shul. Total ego screech. Now I gotta take a real look at that desperate place again. I guess it doesn't end. Dunno,

Maybe you just need to get yourself into some really major big trouble, hurt somebody you deeply love really badly. Make your daughter confused and frightened around you because she caught you when you didn't know she was there. Dunno. But I get the sense that you've been successful at controlling your eyes, mind, etc. and all that's been for naught. More self will run riot. So now you're throwing all to the wind and really understanding that you can't/won't use controls. It works for a lot of guys and no RID builds up. For me it was just the stretching of the

spring till the next spruung.

May you bottom out without any consequences to those around you except that they don't get to have a husband or father because he's indulging himself in tomatoes for a while. May it be that simple and gentle.

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Re: A new start for an old freind

Posted by shemirateinayim - 11 Dec 2011 17:54

[guardureyes wrote on 10 Dec 2011 22:25:](#)

~~Can you do exercise? It can do wonders for RID.~~

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KUTGW!

Ah, just like back in the good old days!

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Re: A new start for an old freind

Posted by shemirateinayim - 18 Dec 2011 10:28

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

"I had a dream..." last night, where I succumbed to the urge and started veiwing my favorite porn images. My body started pumping mass amounts of adrenaline and dopamine, the rush was

exhilarating. Then I told myself not to do this. So I woke-up and cleared my mind, trying desperately not to let myself feel the "rush".

Although it was 'only' a dream, I still got the chemical rush of a true spree! In the past these things ALWAYS proved to be a warning of upcoming ???????. I have to be on high alert for the next few days. Derech Agav, my TaFSiK shevuah is running out this week, gotta renew it before that happens (my wife has been assigned with that responsibility).

So i came to make some posts, read other's struggles, and try to become a little more human, at least for today.

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Re: A new start for an old friend
Posted by shemirateinayim - 18 Dec 2011 13:53

Restless Irritable and Discontent.....

I tried the forum, added a few numbers to my post count, ignored the poor and struggling israelis who I wasn't interested in helping, read the AA book which i am sick of and hate how it is written, felt rotten, read the SA BIG BOOK, and ahhhhh. A little self-discovery, and a shmooze with the mrs, next you know I understand what's making me tick!

This morning I was unsuccessful trying to make a living. the klaf wasn't, the kulmus wouldn't come-out, the humidity, the sofer... everything was going wrong. Finally after a few meager lines I gave-up, which wouldn't even cover rent if i was writing for real. RID kicked in, because I thought of a better plan than even G-D himself could devise ??? (i'm not stuck-up). I thought it would be better for me to progress in my trade, and get my megilah over with, than to... not?

instead hashem knew it was better for me to read the SA book, and thing more about the tools I have and the ones I don't like. As a result I came to a re-understanding of "STORIES", and how making them face the 4 queastions works.

By the nature of an addiction we are incapable of managing, dealing or feeling the ups-downs of life. As a result, a simple incorrect thought will easilly avalanch into stornng feelings that will overwhelm us. As addicts we know only one solution for these feelings, our "getting our fix". This tool allows us to difuse the problem at it's root, claming us down, and allowing us to regain a state where we have controll to live our lives by our better judgement.

Still alittle jittery, but gaining alot from the experience.

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Re: A new start for an old freind

Posted by shemirateinayim - 19 Dec 2011 15:10

I am having my internet shut off.

Just gmail, and a DSL line.

thank you Guard, love you all.

you can reach me by [email](#)

Why? With the loss of my most precios drug, I was restless Irritable and Discontent. By using the forum, and email, and almost nothing else. i effectibvely numbed the pain. becuase although GYE doesn't have so many pics, and none of them porn, patrt of my addictions include the computer itself. The controll it gives me, and the soothing sence of security that I find in touching the keyboard.

I need to surrender the computer, and in doing so oave the way for a new life, offline, and productive.

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