

How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction

Posted by alexeliezer - 31 Mar 2011 19:16

Although this is my first post, I have benefitted from the GYE community for the past 2 years. My purpose in writing is to share with my brothers what worked for me in the hope of helping. I was lost in a very severe lust addiction for 30 years, starting pretty much from puberty. Gazing (live and in pics), fantasy, intrusive thoughts, obsession with various fetishes, self-pleasure. Numerous cycles of teshuva every Elul invariably ended in relapse soon after Succos.

All this while raising a frum family, learning Gemorra daily, listening to hashkafa tapes and attending shiurim.

It was only when I discovered GYE that I learned for the first time that I was an addict. I read voraciously and subscribed to both emails. I gained tremendous chizuk (encouragement) from those who told their stories on this forum. I made a commitment not to look at women (other than my wife) and still believe that this is the most important key to success. This is not easy. I love to look at women, and work with many young women at my job. I pinched my inner thigh if I caught myself looking, and in the beginning my thigh was quite bruised. Eventually, it got easier.

When intrusive thoughts (images, fantasies) entered my mind, I recited the following: "Ribbono Shel Olam I am powerless over lust and my life has become unmanageable. Only you can restore me to sanity. I turn my life and my lust over to your care and ask you to please heal me from this illness of lust. I don't want to lust. I only want you and a relationship with you." In the beginning, I probably said this dozens of times in a day. Now it's maybe once a month.

I worked on not lusting after my wife except when we were in the bedroom. I've gotten much better at this. This too is an important step for married men. The yetzer (evil impulse) tells us this type of lust is ok. [Late edit: since being on this forum, I learned that even lust [i]in the bedroom [/i] isn't healthy either. Rather, the goal is healthy sexual attraction and interaction, utilized to bring us closer.]

This was right around Rosh Chodesh Nisan 2 years ago. I was then given a recording of a shiur about the hidden power of the Pesach Seder to overcome any yetzer hora (evil impulse or trait). I recommend downloading it from www.JerusalemPulseradio.com well before Pesach and listening to it twice so you can prepare properly and get the most out of this incredible power of the first Seder night. The title is "Higher order of the Seder." The speaker is Rabbi Yaakov

Labinsky of Aish Hatorah. He explains how to use the four languages of redemption and the four cups of wine to free yourself from the bondage (avdus) of the yetzer hora to a new level of freedom (cheirus)*. It worked a miracle for me. I have had NO RELAPSES in the following 2 years. After a couple of months I unsubscribed to the emails and have, for the first time, assumed a normal life. My connection with Hashem continues to grow immensely, my learning is going much better, my home is more peaceful. For the first time since childhood, I am alive and well.

I am now ending the selfishness of not sharing my story and not helping others suffering with this addiction. To be honest, I did not feel qualified to help because I did not follow the whole 12-step program. I also wanted to move on and not get dragged back in. My approach worked for me. No approach works for everyone. If I can help one person, that would be a success. I will monitor this thread, and I can be reached by email if there's anything I can do.

*I've posted a synopsis of the shiur here:

www.guardyoureyes.org/forum/index.php?topic=3750.0

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by laagvokeles - 10 Apr 2011 21:51

[Reb Yid wrote on 10 Apr 2011 21:30:](#)

1 - For somebody to say that anything *not* written by "Frume Yidden" is automatically Kefira

read my posts never said it

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by laagvokeles - 10 Apr 2011 22:00

i also think if someone wants to understand why ???? ???? ?? was officially not supposed to be written, he should come in in a forum in gye hes gonna see how much miss understanding there is when you say sevarot by writing....

by the way i just realised that u think i can ruin ppl so let me the trouble maker make very clear:

im in trouble because of my private way that i think and i feel.... and i write what i feel.... im not suggesting any help to any boddy...

????? i almost nevr say good words to any boddy besides "daven " or stuff like this, but never a practical idea....

true i think that many ppl can just decide to do tshuva an fisnish, but many can not (dont understand why but im not a psicolog)

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by Me3 - 10 Apr 2011 22:06

[laagvokeles wrote on 10 Apr 2011 21:42:](#)

First of all i gotta thank gye and u guys and bifrat reb yid, cause only whit this type of questions u help me think and make my mind clear, and its never enough... so thank you guys

Ill make it short cause i hate to read or write long messages (its long cause i copied reb yids words)...

1) reb yid wrote: How do you know that you can do it with just the Torah? You keep saying how hard it is. That's true. But maybe it would be less hard if you tried something different? ?? ???

Haha dont make me laugh... this dosnt get eazzy no matter what the approach is

How do you know if you have not tried?

2) reb yid wrote: You say if you have the Torah, you don't need anything else. Does that mean you can do it but you just don't want to? ?? ???

Exactly

Exactly what? You don't want to? So why are you here?

3) reb yid wrote: If you believed that your addiction and your actions were like a poison that was killing you every day, would you be so confident that the Torah way will work for you? Would you be satisfied with your life being slowly sucked from your body without trying something new? Would you say that you will allow yourself to continue to die slowly because "it's so freaking hard"??? ???

Thats a very good ?????.... But tell me darling dont you have any bad mida that u know its not good and it ruins your relation with ppl and still you keep the bad mida?

So why dont i try the 12 steps? Cause its also freaking hard...

What i would try is castration but then again the bible dosnt let....

Actually the 12th step of the 12 steps suggests that you try the 12 steps or the ideas expressed there in all your affairs.

4) reb yid wrote: So what's the Pshat? Maybe your YH is keeping you "frumer" than everyone else so that you destroy your life? Maybe you don't actually believe in the "Heiligkeit" of the Torah as much as you claim to? ?? ???

Tell me my wanting to do what ill find in sefarim in the matter of masturbation makes me frummer then any one allse? No.

Ist just that im a jew and i dont need any favors from any stranger (when any way it dosnt get any eazzyer, part oft he 12 steps is sharing with ppl etc, and i dont have any friend that i can

talk about it).

Why didnt i succeed yet? i dont succeed in many things, not only porn, is the reason cause the method (tora) is not good? No. Ist because i dont want it bad enough, if i would want it bad enough whouldnt i succeed? How do u know?

Bottom line is that you are not being successful currently, so we want you to try something new to help you. What are you afraid of?

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by Reb Yid - 10 Apr 2011 22:11

So why are you here?

If you are not working on it, if you are not ready to take the steps necessary to fix your situation, why are you here?

Posting here is supposed to be doing one of 2 things:

1 - helping yourself stay strong

2 - helping others stay strong.

The fact that you admit you are not trying now to help yourself says you are not posting for reason #1.

And you are only providing confusion, dissent, frustration, and everything *but* Chizuk for others, so that wipes out reason #2!!

So I repeat: Why are you here?

What are you really accomplishing with your negativity?

I am not perfect. Yes there are Midos that I am not doing well with. BUT I AM WORKING ON THEM!! And if I was not, I wouldn't be telling people who *are* working on those same things that their approach is all wrong!!

What is your true agenda? Is it maybe to save yourself from the guilt that you are not working on it? There's something to think about.

I don't even know why I am wasting so much time answering your comments. It just makes me so mad!

Did I say it would be easy with the 12 steps? Actually, I didn't even say it would work!! Here is what I said -

But *maybe* it would be *less hard* if you tried something different?

Now, how do you get from "Maybe" to "Definitely"?! And where does "Less hard" mean "Easy"?!!

Losing weight is also never easy. But there are some things that are less hard than others.

For people who really care, they will find the *easiest* thing to do, and do it. But not for people who only want to tell others what they are doing wrong, without doing a darn thing themselves.

About the Goyishe stuff being automatically Kefira, I was responding to Yosef hatzadik who was assuming that the only justification for your nonsense was that that's how you feel. He said it. Not me. And he was trying to defend you!!!

By the way - did you ever even read the 12 steps? just curious.

And, if anyone wants to know what's wrong with writing the Torah SheBa'al Peh, it's because anybody can say the stupidest things, and claim that they are based on Torah principals. If you don't believe me, read this forum!!!

And Me3, he is afraid that it will become obvious (to him, we already know it!) that it is *he* who is wrong here, and not everybody else. That seems to be the driving force behind all the arguments and posts. Guilt. Feeling threatened by the success of others. I can't think of another reason.

I will end with one last question:

WHY ARE YOU HERE??!!

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by laagvokeles - 10 Apr 2011 22:22

ai ai

i am here cause it helps me to talk to ppl, i would love if someone would say the right words and "wake me up", so im here, and a few times it helped me "hello! wake up"

just the way how i "wake up" is if someone "???" and tells me you wrong with what you think.

what can i do , i f i really think that in MY priavte case im stuck cause i need the "???" and it did not wake up yet?

thats why im here, to talk argue share opinions...im here cause i think that at least a few ppl are supoust to be able to cope with what i say and talk to me about it, isnt this the most professional place in the net for frum jews?

so i am here.

but if what i write makes ppl masturbate ill live and never come back...

??? ??? ????? ??? ??

and i defnetly am not intrested to be a ????? ?? ?????

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction

Posted by ben durdayah - 10 Apr 2011 22:42

[laagvokeles wrote on 10 Apr 2011 21:42:](#)

What i would try is castration but then again the bible dosnt let....

Laag,

I've never called you a liar before, but here you're stretching it a bit...

You would **NEVER** try castration, you love your little filth too much, and your entire hana'as oilam hazeh seems to come through m*****tion. Sorry, I don't buy that one.

[Reb Yid wrote on 10 Apr 2011 22:11:](#)

So why are you here?

WHY ARE YOU HERE??!!

Why is he here?

I can't believe you're even asking that question...

The answer is simple

Tsumi!

Where else can he get any?

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by laagvokeles - 10 Apr 2011 22:54

whats going on? why not try to help with good words and say: you know what laag YOU in
YOUR case i really have pitty on you! i really feel sorry for u, u big time stuck! hashem should
help you to get out of your mazav.

Thats help! thats all i wanna hear..

you can only cope with sweet american boys who speak polite and u tell them cute stuff?

come on i also exists and i am also a jew and i am also in trouble and i also deserve help....

just u gotta have seichel and aproach every boddy diffrently....

by the way maybe im more stupid then most of the guys here or maybe smurter either way im "or or" cause many many cant cope.... but others already also chaped my mehalech and they simply told me "we have pitty on you"

and i have 2

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by ben durdayah - 10 Apr 2011 22:58

Did I say something wrong?

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by laagvokeles - 10 Apr 2011 23:03

lol

you with reb yid get "angry" unstead just realising

?? ?? ??? ??? ??? ??? ???????

all i said that made reb yid write a post is:

toiro before 12 steps

??? ??????? ?????? ??? ??? ????? ?????????? ??? ????? ??????

i was just a mesiach lefi tumoi.... if it has mekorot in chazal go ahead if it dosnt have mekorot, than; number one try the toiro number 2 the 12 steps.

i have no clue whats the trask

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by ben durdayah - 10 Apr 2011 23:12

No Laag,

I meant something else.

You said that if the heilige Toirah let, you'd consider castration.

I have a few questions on your statement, which cause me not to believe you a kee hoo zeh:

A) Do you really think that you're so far gone that only castration could solve your problem?

If so, would you really be willing to have such surgery?

C) Why don't you try chemical castration?

D) Castration is a one shot deal (you might need a divorce afterwards, but it could be that your wife would be ok with that...), whereas mast*****ion is (for you) a frequent flyer plan. If you care so much about what the heilige Toire says about castration, why couldn't you care equally about what the heilige Toire says about mas*****ion?

Nuhr vuss, you love your filthy taavah, and you shudder to think of a knife attacking your apparatus...

That's the truth Laag, tell me if I'm wrong...

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by Reb Yid - 10 Apr 2011 23:18

I have pity on you too. Much more than you know. But, I believe in the Chazal - yes, I believe in Chazal too, not just you - that says "Pischu Li Pesach Kepischo Shel Machas". You want Hashem to help you? THEN HELP YOURSELF FIRST!!! Instead of analyzing what's wrong with everybody else, why don't you try to do something for yourself? When I came to GYE I also had a lot of ??????. But I knew I needed help. And I knew the guys here had more experience than me. And I was willing to forgo my ????? and take some advice. And now, I am 81 days clean. And what have you done? Did you come here ready to change? You admit - no. Did you come here ready to accept advice from those who have had success? - no. Instead, you come here like you know everything, when in fact you have done nothing!!!

People don't appreciate a know-it-all. When you are ready to be ????? yourself and be quiet long enough to show people that you respect them and their success, and you care about what they have to say, you will find a world of support and welcoming open arms. Until then, you remain a Laag Vakeles Bagoyim.

[Reb Yid wrote on 10 Apr 2011 20:09:](#)

But I still wish you a complete recovery, and if you do it without the 12 steps and only using the Torah, nobody will be happier for you than me. Just stop talking and do something about it!!!!

That's what I said before. And I repeat it now. I do not hate you. And I want very much for you to overcome this. It just seems like I want you to succeed more than you want to succeed. And I have no patience for people like that telling other people how they should act.

Sorry.

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by laagvokeles - 10 Apr 2011 23:28

[Reb Yid wrote on 10 Apr 2011 23:18:](#)

Instead of annalyzing what's wrong with everybody else, why don't you try to do something for yourself? And I have no patience for people like that telling other people how they should act.

Sorry.

???? ?? ?????? ???? ?? ???????

i never said that ppl are doing wrong never!

i said that in my private case i think that first ill try the toiro

again: i never said other ppl are wrong! if i did quote me!

i think that in my private case i will try the toiro before i even look into the 12 steps cause i have no reason to believe that the toiro wont help me, why didnt i succeed? cause i don want it bad enough

and to you durdaya you 100 % right.... i wast just tryeeng to make a point how hard it s for me to stop

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by laagvokeles - 10 Apr 2011 23:40

i just found a new ???? to my problem maybe this is gonna be eazyer on you reb yid

[5770 wrote on 02 Sep 2010 02:54:](#)

i masturbate, i know it's wrong but i dont feel bad, i dont feel guilt

no guilt

nothing!

not a bit of it!

Is there anbybody out there who managed to change SOMETHING in their lives that made them feel this masturbation is really truly bad? or is it just me who thininks it's no biggie?

this i s my problem ???? to (pay atenttion i know u bussey writting and i realised u wanna right more then read...) why dont i change my matzev evendo i know that

its a aveiro chamuro

and there is a little little little risk my wife should catch me cause im very carefoull and spend tons of energy she shouldnt... but still there is a risk (0.0000000001) and evendo i dont change and i dont feel any guilt.... a shame the tora dosnt let...

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by Reb Yid - 11 Apr 2011 01:01

I'm sorry I got involved. I obviously see things differently than you do. I feel bad when I do Aveiros. You talk about the Torah's approach? Isn't Charata a very important part? I don't believe that means just feeling bad I did wrong, even though I don't know why it's wrong. But what do I know? You need not respond as I will not be replying to this thread anymore. I feel bad for Alex. He started a beautiful thread about what worked for him, and it seems to have been hijacked.

Anyway, Hatzlocha to all.

May Hashem help all of us to solve all of our issues, and not let our issues negatively affect anyone else!

Good bye.

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by laagvokeles - 11 Apr 2011 01:11

[Reb Yid wrote on 11 Apr 2011 01:01:](#)

I obviously see things differently than you do. I feel bad when I do Aveiros.

once upon a long long time ago i use to feel bad too

[Reb Yid wrote on 11 Apr 2011 01:01:](#)

You talk about the Torah's approach? Isn't Charata a very important part?

reb yid you ok i enjoyed you, and i wish to be clean as u are amen

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oh yes it is very important... wonder why i dont manage to do charata....