

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

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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](http://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](http://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 kosher - 07 Apr 2011 17:18

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[dov wrote on 07 Apr 2011 16:41:](#)

Yeah (crestfallen). Me3 is probably right.

You are all right (Guard, Me3 and Dov). The 12 steps are an excellent program. They work great for many people, they are not torah m'sinai, and many people can be helped without them.

Many elements of the 12 steps can't be avoided and are found in chazal and sifrei musar. The fact the 12 steps has these elements is why they are a good program.

The problem for this forum is that because so many people here have benefitted so much from

the 12 steps, they feel a responsibility and need to share it with as many people as possible. This is putting off many people who could gain from this forum without taking part in a full blown 12 step program.

This keeps coming up in too many threads and should probably be addresse. I have some thoughts on the matter. Feel free to email or PM me

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction  
Posted by the.guard - 07 Apr 2011 17:43

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[kosher wrote on 07 Apr 2011 17:18:](#)

The problem for this forum is that because so many people here have benefitted so much from the 12 steps, they feel a responsibility and need to share it with as many people as possible. This is putting off many people who could gain from this forum without taking part in a full blown 12 step program.

GYE doesn't have any agenda and we don't have any "one" mehalech. If you read "the GYE program in a nutshell" you would see many, many other eitzos for lower levels of addiction. But for the higher levels when nothing else worked, the 12-Steps works and should be used.

The reason it is important that it is mentioned again and again on the forum is so that when a person has tried all the other "easier" things over a period of months on this forum and it still isn't working (c"v), then he'll start to be willing to consider that maybe he should take the jump and start "hearing" what Dov has been saying all along...

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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 - 07 Apr 2011 18:16

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There's no reason to defend the 12 steps simply because they are not anti-Torah, all these people with the problem haven't read them, they have a problem just because the author of them isn't Jewish and hasn't based it on Chazal. You could explain to them how Chazal say the same thing or they can read the links we have sent them countless times explaining that but they are not interested.

You could try to tell them about the old program from the baalei mussar that proposes working on ones middos darga by darga with different shlavim kineged the yud bais shevatim (which represents all the different kocho's al pi kabbbala) and they will lap it up.

You could tell them that instead of giving them all the maamer mekomos in chazal, you are just giving them the kllalim in short. But after all is said and done, they have no interest in listening.

You are wasting your time.

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

Posted by kosher - 07 Apr 2011 18:37

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[guardureyes wrote on 07 Apr 2011 17:43:](#)

[kosher wrote on 07 Apr 2011 17:18:](#)

The problem for this forum is that because so many people here have benefitted so much from the 12 steps, they feel a responsibility and need to share it with as many people as possible. This is putting off many people who could gain from this forum without taking part in a full blown 12 step program.

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I agree totally with all of that. However, for steps 3-6 in "GYE in a Nutshell" support (including from the forum) is an important or at least very helpful tool (especially in the higher numbers). For those people, who are not part of a 12 step program (and according to everyone, don't need it and might even be worse off going to one - that's what Dov tells me), it can be very hard to benefit or take part in the forum because all that is heard and talked about is 12 steps... and that is not something they are (or perhaps even should be) part of. We need to develop a way people can talk about their struggles and their successes without 12 steps taking over. Otherwise we are losing a large percentage of the people that can be helped with this forum.

Does no one agree with me 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 ZemirosShabbos - 07 Apr 2011 18:58

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[kosher wrote on 07 Apr 2011 18:37:](#)

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one - that's what Dov tells me),

just to clarify, when you say that some people shouldn't be going to one, do you mean they should not be going to live SA meetings?

or that they should not be doing the 12 Steps, even if it is not done in a context of a live meeting, like on the phone?

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction  
Posted by kosher - 07 Apr 2011 19:06

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[ZemirosShabbos wrote on 07 Apr 2011 18:58:](#)

just to clarify, when you say that some people shouldn't be going to one, do you mean they should not be going to live SA meetings?

or that they should not be doing the 12 Steps, even if it is not done in a context of a live meeting, like on the phone?

I am not an expert in these matters to answer specifically. I would imagine that some people should not go to live meetings but the phone support would be great for them, some people should not take part in phone meetings either, and some people should not be on GYE at all.

I am not an expert to determine the specifics for any individual or category, but its hard to imagine that they aren't all the case for at least some (and I would think lots of) people

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction  
Posted by ur-a-jew - 07 Apr 2011 19:09

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[ZemirosShabbos wrote on 07 Apr 2011 18:58:](#)

just to clarify, when you say that some people shouldn't be going to one, do you mean they should not be going to live SA meetings?

or that they should not be doing the 12 Steps, even if it is not done in a context of a live meeting, like on the phone?

like not going into a room that has the number 12 in it, and they should certainly make sure they don't buy a house with a staircase in 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 ben durdayah - 07 Apr 2011 19:17

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You can't do this like that, it's almost like darkei ha'emori or the twelve steps or some other superstition! ???

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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 - 07 Apr 2011 19:18

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rabeinu guard! i envy your gan eiden!

ill tell you, im shocked! i did not know the 12 steps have mekoirois in our bible, cause i never ever read (?????) what are the 12 steps cause i got ????????, discusted by the name of the "program".... "12 steps" i have a bible and i do what the toiro says to do.

i think that when you will publish for the haimishe oilom in yddish or in lashon hakodesh you should consider change the name 12 steps into smething more frum per exampe: ?????? ??" ???? ???? ???? ???? ???? ???? ???? ???? ???? or you choose, and write next to each thing the mekor, its gonna help a lot.

now about the other think you wrote , how come we dont manage to get ut of this cicle.... well i dont know if its a good ????? cause i do not stop with the cicle of lashon hara either do i need "12 steps" for lashon hara" ?

any way i know that it helps many ppl , and with facts i cant fight

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction  
Posted by ur-a-jew - 07 Apr 2011 19:24

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[laagvokeles wrote on 07 Apr 2011 19:18:](#)

with facts i cant fight

Hasn't stopped you from trying for about four months now.

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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 - 07 Apr 2011 19:31

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[ur-a-jew wrote on 07 Apr 2011 19:24:](#)

[laagvokeles wrote on 07 Apr 2011 19:18:](#)

with facts i cant fight



Hasn't stopped you from trying for about four months now.

;D

for me privatly i still think its nonsense.....

unless it has mekoiros in chazal....

but again.... if for someone is gonna help to drink watter.... he should do it.... to me its not gonna help! ??? ???? ???? ?? ?? ????? ????  
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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction  
Posted by Dov - 07 Apr 2011 20:41

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**Kosher** is 100% right, I think, and raises a good point. GYE needs to be as welcoming as possible to folks who do not need anything like 12 steps, but just chizzuk to be holier. A problem I have with actually *presenting* that in my posts is that when I am speaking to a person to is **already failing** with what they see as "Teshuvah", I feel it is my place to offer them another derech to get to the *same exact place*. *I encourage them not to "hang on for another day!" with what is clearly losing, and discourage them from seeing the struggle as having value in itself - if they are clearly losing it already. I see them as sinking ships - sometimes just with a hole in the hull that others may not see yet. Then I get bashed. Sometimes I am surely wrong, too. Nu. I have a soft spot for innocent Jewish wives and children, who have a husband/father all too ready to sacrifice them on the altar of his own selfish "avodas Hashem". Nu. I guess I'm going to gehinom for that, too.*

*I'll ask laag vokeless, maybe he'll save me.*

*Speaking of **Laag vokeless**, I would love to show you where I see the 12 steps in the Torah and kisvei ba'alei mussar and chassidus and wrote most of a sefer about this but never tried to get it printed yet. The problem is this:*

As long as 12-steps recovery has to be "*respectable*" enough for a frum yid to be comfortable

enough to throw himself into it, I believe he is not yet paying the admission price. I have seen these people fall flat and either get beaten enough to let go and win (ala' G-d) - or get up, make excuses, and *spit* on the program on their final exit.

Not lorik do the tzaddikim praise a ***broken heart*** above all other hearts. My kovod needs to be ripped down. I need a leiv nishbar enough to admit that I lost and cannot even get up. I am a loser to lust! That is the *only* reason that I ever had to really need G-d. Till then, everything was nice hashkofah and luxury. I still believe it and that is why I and many others still have a chance to keep getting better.

The Yoreh (shooting) chato'im baderech has ways of bringing us to this. I have lived to see it happen over and over. Change ***must*** be painful - or at least *uncomfortable*.

[laagvokeles wrote on 07 Apr 2011 19:31:](#)

[ur-a-jew wrote on 07 Apr 2011 19:24:](#)

[laagvokeles wrote on 07 Apr 2011 19:18:](#)

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for me privatly i still think its nonsense.....

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but again.... if for someone is gonna help to drink watter.... he should do it.... to me its not gonna help! ??? ??? ????? ?? ?? ?????????

We truly have nothing but the Torah to save us from this bitter golus.

But I do not believe that "*lanu*" there is referring to yidden who obsessively and repeatedly look at porn to save them from their boredom, anger with life, or anything else. Please....*lanu*, indeed! And when your pipes are leaking you do not open a gemora - you call a plumber.

The 12 steps is just a Derech Eretz program - and that is needed kodmah laTorah. Most relatively normal yidden do not need it, I think. I do. In lust, I am an animal - lower than an animal. And I am crazy and very, very stupid.

If some people who have the problem do not accept this idea, I wonder if it is their gayvoh that does not allow them to admit that they are actually lower in some way than other yidden who are not as frum as they are. And if the fact that they need something that prusteh goyim also need is just too ugly a fact for them to face. So ugly that alst kvod Shomayim they don't go there.

Oh, boy. Looking at schmutz, searching for it, staring at women, masturbating, and divorce are all not very 'kvod Shomayim', either.

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction  
Posted by Yosef Hatzadik - 07 Apr 2011 21:03

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[Yosef Hatzadik in an email on August 25, 2010\]](#)

[\[Quote author= Steve's Email Blast\]](#)

[Shlomo shared his asking Rabbi Twersky in person wrote:](#)

I recall hearing (possibly in the name of the Chasam Sofer Ztz"l) that since a Yid is an entirely different creation than a non-jew, the medicines that heal them ought not to work by cholei yisroel, R"L. It is a chesed from Hashem that those medicines also heal a Jewish body so that the R&D, all the development needed to acquire a complete stock of diverse medication, doesn't have to be 'learned' on us!

Maybe the same can be said about this program. This particular combination & sequence of Toradig concepts was first put into practice on the gentiles in order for us to see, and to prove to us that it really works!!!

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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 - 07 Apr 2011 21:23

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hey dov i want to call you and speack to you.....

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i think that to the ultra ortodox jew very very chnyokish its not a matter of "respectable" its a matter of a principle, that be cause we are talking about ruchaniut (???????) we should deal with the toiro only and finish.

there is no reason for me to believe that i need treatment unstead of tshuva.

no reason at all and its stupid to ask than why dont i manage to stop to mas\$\$, because i dont manage in any thing that its hard not only with porn.

???????

im happy to hear that 12 steps have a mekor in the tora, and even if it is true (i dont know what the 12 steps are) i still have to be convinced that its not enough the little that i know from the

tora wich is;

dont look at woman

dont think about them

and pray to hashem he should help you....

give away from your self to breake your bad midas ( a few sefarim write this and they say it helps for kedusha to give zedaka etc)

there is also the famous(i dont remember now the name of the sefer) , that for each time you have a orgasm you have to do "?? ??????", and the zadikim say that with learning tora in our ??? is enough

and no i did not succeed yet, cause its frea freaking hard!!!!

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