

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 Dov - 07 Apr 2011 21:28

[Yosef Hatzadik wrote on 07 Apr 2011 21:03:](#)

[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!!!

What does any of this prove? I can show you a hundred sober jewish men and their wives with families transformed, and all frum sweet b'nei Torah. It works for me and it works for other yidden, frum and not frum. And so do other drochim, I guess. So. What's the issue?

Stop talking about it and discussing it and showing the sides - and just **use** whatever tools you choose already, and get better w/Hashem's sweet help. Right now and just for today.

We have all heard Torah and sfirim before. The **only** help for all the hurting yidden out there is SOBER, or CLEAN people. That is all they seek. People with their **exact same problem** who are SOBER or CLEAN, themselves! Period.

The right eitzos do not matter, the right hashkofah and kavonnah does not matter. They will see that stuff here, as they have in many other sfirim and eventually nod their heads and just move on to another website.

Ein lanu shi'ur rak hatorah (with a lower case "t") hazos! Yidden out there need "Zos toras ha'addict." These people **know** they do not need yet *more* Torah! They need **a way out** of the maze!! They are dying for it. Do you not hear? Our friends are dying!

So get better yourself first. THEN love these people by sharing exactly what **is actually** working for you (I suggest you give it a few months). Why not quit sharing what **should** work for you. That is not it. The hashkofah has no place here or anywhere, and is just *atzas hayetzer*, for lack of a better term.

The real thing is what we all need. real success, not more intelligence, frum or not.

That's what I live by and believe with all my heart, ad meioh v'esrim, omein.

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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 21:33

dov!!

amen!!!

dov im the one whos dieeng! i cant wait to be a erlecher yid! and im gelous u already managed!

love you

and to you "u are a jew" u made me laugh!!!

i did not change my mind since then!

how do ppl recall all that? specially yosef hazadik... amazing.

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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 22:29

La'ager:

You don't chap, your problem is that in order to be an erlicher Yid, first you have to be a mentch -plain and simple. As my balebatishe father a"h used to say: Me darf zein erlich -nisht frim. What does erlich mean? **HONEST**, being a straight-shooter. Not a bunch of fancy high-falutin' chumros. My father was ehrlich, but I'm unfortunately just "frum". I would like to be ehrlich.

But if we look at porn on the internet and m*****e, we are being:

- 1) Dishonest with Hashem when we tell him that we love him.
- 2) Dishonest with ourselves when we say that we believe that M'loi Chol Ha'aretz Kvoidoi, that he sees everything, that we get punished for aveiros, that ... basically all 13 ikkarim and everything from Anochi through Lo Yihyeh L'cha -the shoresh of mitzvas esei and lo sasei.
- 3) We are saying that our little aiver'l's 3/4/5 hours of anticipation and 30 seconds of pleasure and our minds seeking "the ultimate hit" and that glamorous shiktza (who for us is really a bunch of megapixels on a plastic screen) means more to us than:
 - a. our wives
 - b. our children
 - c. our reputation/job/parents (check if applicable)

We are cheating on our wives -plain and simple... (how would you like if **she** told **you** she has someone else [i]even just a computer -and don't tell me that it turns you on, because you'll be lying[/i]) on the side because you don't fulfill her "needs"?)

We lie incessantly to cover up for ourselves on an as needed basis.

And the biggest lie is when we tell ourselves, I can stop whenever I want and I will stop -just not today, maybe tomorrow.

I could go on and on with this list, and maybe I should for my own benefit. Because I **do** want to be an erlicher yid. My father was, my zeides are/were... and i want to be one too.

Just I'm a sicko. Poor me...

But!

I realize that the basis of their "erlichkeit" was that first and foremost **they were decent people**, which is a non-denominational title (laag- that means that it's not shayach only to yidden, OK?). You have to be a mensch first. And when you are, your way will be paved to be an erlicher yid, because an erlicher mensch is erlich in his Yiddishkeit too.

How do i know? Simple, because just as "Nem ott egy kicsit allopotos" ("there's no such thing as a little bit pregnant), there's also no such thing as a little bit "erlich" -oder yuh, oder nein.

This is not about "mitzvos", this is about being a human and not an animal -or as chaza"l hakedoishim say, worse than an animal...

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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 - 08 Apr 2011 00:22

Youch! That was beautiful...but do / sound that rough? :o

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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 - 08 Apr 2011 03:39

I feel bad I haven't gotten involved in this sooner. I am a Rebbe. I think I am frum. I deal with boys all the time who need to be sold on the Torah way of life, as opposed to the secular one that is so alluring to the younger generation. And I have no idea what is so complicated here?!

I am 78 days clean today. (B"h! BA"H!) When I began my GYE journey I read the "GYE in a

nutshell" pamphlet and tried to decide where I belonged. I was not comfortable with the SA or 12 step programs because I didn't think I needed it. I decided to go with the "Torah and Sechel" mehalech, and see what happens. My wife asked me if I was going to do the 12 steps and I told her that I hope not. When she didn't understand I explained that I would prefer not to go with a plan that I don't know if it has a Yiddishe Taam and a good Haskama. So why did I say "I hope not"? BECAUSE LUST IS DEADLY AND WORSE THAN ANYTHING THAT SA OR 12 STEPS COULD EVER DO TO ME!!! If I can make it work without it, GREAT!! But if it aint working, then to continue to remain addicted to porn, in order to stay true to the Torah, IS INSANE!!! If what you're doin aint workin, DO SOMETHIN ELSE!!! I say this, and I have never used or read through the 12 steps. But if at any point I would begin to regress, Chas Veshalom, I would not hesitate to go that route for one second.

I'm sorry, but I just don't understand the concept. You know as a Rebbe I've seen countless situations where a parent will refuse to follow the advice of a therapist, social worker, or otherwise "secularly educated person" because it wasn't Torah based. And R"L, I watched those same parents crying when their kids went off the Derech!!!

Rabosai!! Please be smart!! Don't throw your life away!! Don't destroy the lives of your wives and children!!! Don't Chazal teach us "Chochma Bagoyim Ta'amin"?! By all means, try to do it on your own. But if it's not working, WAKE UP, AND FIX YOUR LIFE!!

Remember: Remaining addicted to lust, in the name of Frumkeit and Hashkofa is ASININE!!! That means crazy for those who's english may be lacking.

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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 - 08 Apr 2011 09:07

Reb yid you 100 % right!

I just dont have koiach to fight right now with my lust (I know I know im stupid and ill hit the rock n roll bottom or what ever you say in English), but when ill decide to have koiach, i will look up in seforim hakdoishim whats the solution….

(by the way I know the solution its just freaking hard so I don't do it;. By ;I know the solution; I mean tshuva etc;.

I realized by the posts of EBD and dov that you talk a lot about ;derech eretz; and about ;mentch;, I really think its cute;. But it has nothing to do with porn;.

Also what its been said in a few posts ;ho low porn is; ;worse then a beheimo; its really nice but not so relevant;.

Once I saw my wife nursing so I told her ;you know its so funny you look like a cow;.

And she answerd:

You know its so funny I just thought (she said) if I am a cow aren't you the bull who made me pregnant?

All the aveiros that we do makes us be worse then a animal not only mas;.

Any way as reb yid sais as long 12 steps don't contradict our tora and it helps ???? ?????

I just think that by next time rabeinu guard slita should consider to publish it also to the fanatics by calling it with a diffrent name and finding the mekoros in chazal and explaining why from all the chazalim that exists he choosed what he choosed;.

(he will probably never get a haskama of the gedoilei hador, cause as much as it helps ppl it can also ruin ;"fresh" ppl;.)

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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 - 08 Apr 2011 13:55

[dov wrote on 07 Apr 2011 20:41:](#)

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 [i]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.

1. What I am saying should not be confused with LVK. He is challenging the 12 steps. I am not. I am saying they are great, just not for everyone (something I have heard many times from the great R' Dov Shlit"a).

2. I can point to myself, YKV_Schwartz, Jack, the OP of this thread and many others who after struggling for many years and not succeeding are now having a reasonable stretch of success without the 12 steps (but with GYE). (I am making no promises about tommorow - the moment I become complacent I am history)

3. I have no complaints with R' Dov Shlit"a talking about the 12 steps, this is what worked for him and that is what he should share. It is incumbent upon us who succeeded with other methods to share what worked for us (though 12 steppers should not put it down and perhaps should even listen to see if there is something that can be gained outside the context of the 12 steps

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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 - 08 Apr 2011 18:07

Amen!!

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Re: How I used GYE & the Arizal's 4-step program to break a 30-year lust addiction
Posted by alexeliezer - 08 Apr 2011 18:57

I have no doubt that without the ideas I learned on GYE, I would have no success, Seder program or not. It is these proven tools that I continue to fall back on when needed. In my original post, I only gave a small taste of where I was before I found GYE. I had a severe, hard-wired addiction that was getting worse. I still struggled for many weeks after the seder, and GYE gave me the tools to focus that struggle for maximum success.

My intent in posting my story was to share an ADDITIONAL (kabbalistic) tool that can be used by any Jew, regardless of what approach he may be taking. And also to share that it is possible (for some) to make a decision to beat this addiction, use a proven approach, and succeed without relapse (at least for 2 years -- if I relapse CH"V, I'll post it). I have been attacked from time to time by lustful thoughts, and probably always will be. I'm still a guy, and still an addict. I still have plenty to work on in this area. But GYE has given me the correct weaponry to approach this particular yetzer and be victorious. I have no doubt that without the critical attitudes and approach I learned on this site, the Seder alone would have had little lasting effect.

Again, for those who are interested, I have posted a synopsis of the Shiur in the Bais Hamedrash section of the Forum.

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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 - 08 Apr 2011 19:05

Thank You Reb alex!!

I very much appreciate your approach. You are open minded, and honest, and willing to do whatever is necessary to fix yourself up. I am so happy that you were able to succeed with only a little outside help, and mainly used your good Hashkafa and learning to find a path towards your own true freedom.

You are an inspiration for all of us.

Thanks for sharing!!!

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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 08:21

i never said that 12 steps is not good, im not so stupid, if it helps ppl go say differently....

i just say that we have a bible and we dont need favors from goim

True ????? ?????? ?????? but i guess that chazal didnt say ????? ?????? ?????? cause its obvious... besides; if we use the bible than no ????? needed just tfila tshuva zedaka.

any one that sugests to use 12 steps before sugesting to simply use the bible ????? ?????? (but if it has mekorot in chazal no problem at all)

but its obvious that if we see that this guy reeps ????? him self apart and hes simply out of control he should use 12 steps even 13....

in my private case i still believe that i didnt manage be cause i never realy wanted too... its just freaking hard with no alternative...

ppl who have somke adiction can still put a wooden cigar in theyr mouth... What should i do...?

its freaknig hard...

any way daven for me

my name is laag vokeles ben busha vecherpa

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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 08:25

[laagvokeles wrote on 10 Apr 2011 08:21:](#)

my name is laag vokeles ben busha vecherpa

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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 20:09

With all due respect to Laag:

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?

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?

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"?

I think not!!!!

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?

If you do in fact believe in the Totah, and fear Hashem, answer this for me: Is it better to keep the Torah's laws of Shmiras Habris and Shmiras Einyayim, by getting help from a Goyishe source? Or is it better to continue to anger Hashem and destroy your Neshama, because you are so Machmir on not looking for help from the outside??

If you can honestly answer this question by saying "I would rather be Over Aveiros Chamuros, as long I don't do the 12 steps", then you need more help than this forum can provide. And if you continue to say that you don't need them, you had better overcome it or at least make some real progress without them, or you will continue to make a fool out of yourself.

And please don't insult my intelligence by repeating again that the 12 steps won't help you without ever trying it. Please.

I'm sorry for being so strong. It just rubs me the wrong way when people look down at others who are taking the necessary steps to fix themselves, all in the name of "Frumkeit". It is

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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!!!!

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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 21:30

1 - For somebody to say that anything *not* written by "Frume Yidden" is automatically Kefira, without ever reading or seeing it, is *himself* being a Kofer in what Chazal teach us that Chochma Bagoyim Ta'amin. They also should never allow their wives to get a college degree. (Or maybe if it's for parnassa then Kefira is ok, but not for Aveiros Chamuros ???) They should never use any early childhood interventions, or any doctor who is not well versed in the Rambam's medical journals.

The bottom line is, you Yosef Hatzadik have made a valiant effort to be Melamed Zechus on an opinion that stems entirely from the Yetzer Hara. I respect you for that. But it is ludicrous.

I am going to assume that Me3 is correct in that the YH is DANCING up there listening to the stupidity posted by 1 individual on this forum. The truth is that I feel like you Yosef are right in that he is living a life of "Ruach Shtus", not only in his addiction, but in his justification as well. I don't think he belongs on this forum, only because I don't believe he is truly interested in helping himself. I am only posting so that any innocent reader who *does* have a true desire to fix himself up will not be discouraged by the negativity and insanity of a fellow sufferer.

And now I understand why Dov had to take a leave of absence from the forum. Because of posters like this.

[illegible]

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