

hello my friends....

Posted by Gevura Shebyesod - 19 Jul 2011 04:33

I've been lurking here for a couple of months, and now it's time to introduce myself and share my story. I first would like to express my Hakoras Hatov to Hashem for giving me a second chance, and for leading me to GYE when I needed it most. Also my thanks to all of you here, who through your stories and struggles have inspired me to hang on when times are tough, and to strive to become the person that Hashem really wants me to be.

i apologize if this is a bit long-winded but I am not such a good writer and I have a lot to get off my chest. I also apologize to the mods if i get too graphic and you have to edit. So here goes....

I am in my 40's, what you would call a "working yeshivishe ben torah", grew up in a small frum community, went to the "best" yeshivas, and I am B"H married with a bunch of kids K"AH. That's what everyone sees and thinks..... they don't know about my dark, secret life.

I have been struggling with SSA since my teens. Actually "struggling" is the wrong word, because until recently I was just wallowing in it. B"H I never went as far as doing it with another person, though not from lack of wanting. My natural shyness saved me many times from following through when situations presented themselves. But the looking, the fantasies, the WANTING, and the acting out with myself totally consumed my life and made me miserable even as i was enjoying the momentary pleasures.

I grew up in a small town with very few other boys my age. I am a loner type and very shy and I really didn't have friends. At Bar Mitzva age I was sent out of town to Yeshiva as there was no Yeshiva high school where I lived. I found myself even more isolated there, as most of the other boys had come in groups from larger schools and had their own circles of friends.

I had always "played with myself" even at a very young age. I had no idea what it meant or that it was wrong, just that it felt good. I guess i began using it to soothe myself more and more. At the same time, as my body matured, I found myself fascinated more and more with looking at the other boysn how they were developing. I had barely any idea what sex was at that point, and surely did not even know that there was such a thing as homosexuality. I attributed my fascination to "scientific curiosity".

At some point around the age of 15, I did MZ"L for the first time, also out of "curiosity". I cannot even begin to describe the way it was immediately addicting, probably like a first hit of cocaine (I have never done drugs). I am sure all of us here know what I am talking about. before i knew it I was doing it every chance I got, even 2-3 times a day. As I got older I realized that I was fantasizing about the other boys while I did it, and I began to realize that i had a "problem". But I couldn't stop, and there was nobody i felt close enough to talk to. So I went through life walking the walk and talking the talk, while in secret i wallowed in my sick fantasies. I learned, davened and did mitzvos, and most of the time I even believed in it, even as I knew deep inside that it was all a show and I couldn't tell anyone about what was eating me up. I would cry on Yom Kippur, promising to be good, while knowing full well that the Yetzer Hora was waiting right outside the Bais Medrash door and i probably wouldn't make it 12 hours before i did it again.

There were times when I got into situations with friends who i think had similar desires. We would be together alone and we each knew the other one wanted it. Once a friend was telling me about his bodybuilding and wanted me to feel how hard his stomach muscles were. I knew what he really wanted, and he knew that I wanted it too. My hand was literally inches from that first contact with another boy's skin. But I couldn't bring myself to make that final move. I don't know what held me back but i knew that if I took that step there was no going back. I remember literally shaking from the tension and the desire, but I pulled my hand back and said no. For years later I would fantasize about what might have been, what could have happened. Now I look back and am comforted that even at my lowest moments i still had some self control (maybe it was just shyness but it saved me from going all the way over the edge).

I got older and began to date, but my heart wasn't in it and it really didn't go anywhere. I am attracted to women also so that was not a problem. I just couldn't "connect" with anyone.

Then I met my wife. From our first phone call it just "clicked". We got married and have a great relationship and a bunch of kids. I hoped that when i got married my 'problem' would go away. I actually stayed "clean" for almost a whole year, but then i fell right back in. My mistake was that I only stopped doing MZ"L, but would still gaze at every boy I saw, fantasize, and masturbate but without MZ"L. I quickly discovered that there's no halfway, but I could not stop and fell back in. This went on for years, I would stop MZ"L for a few weeks or even a couple of months, and then flop right back into the mud.

Then I discovered the internet! first it was just some pictures, but more recently I found all the "goodies" that are available. Now I had even more material to satisfy my fantasies and cravings. I began to secretly look at g** po** more and more. as time went on i got bolder, even looking at it while my wife was in the next room. (I work in IT so I know how to cover my tracks). She still had no idea.

As I sank deeper into my "alternate reality" I would begin to think and question where I really belong. I felt like I was living a lie (I WAS living a lie, i just wan't sure which one). There were times when I would feel like an outsider watching myself acting in a play, davening, learning, raising my kids to be good Yidden, all the while knowing that i couldn't REALLY believe in it if i was acting the way i was. i began to identify myself in my mind as g*y, wondering if I really belonged in the community where i lived. I wondered if Hashem really knew and cared, if He was really there and didn't want me to be like this why did He play such a nasty trick on me and make me this way....(vlo sosuru....zu haminus). I couldn't take the conflict in my head and wanted out. There were times when i contemplated running away and joining "them", and even considered ending it all....

But Hashem sends the refuah not before the Makkah, but IN the makkah itself. I eventually was compelled to break free...

This past winter I discovered what to me was the most destructive form of porn. Stories. I found a site with literally thousands of stories of boys having relationships. Not just s*x, but friendship and romance. A video is just fun while you see it, and you can only watch it so many times before it gets boring. A story makes you think, and you get emotionally involved with the characters. The stories are serials, with a new chapter added every few days. I would be checking 10 times a day to see what was new. I found myself getting so caught up in them emotionally that it started to affect my daily life.

I also started to realize that as I was getting older, my fantasies were becoming less likely to be fulfilled, what teenager was going to do anything with a guy old enough to be their father? This just increased my sense of emotional desperation. I realized that I was yearning for the friendships i had never had in my youth, and sexualizing them because I had no proper frame of reference due to my stunted social development. I was turning into an emotional train wreck, and that just made me act out even more.

Then hashem started sending me messages, things that would open up my feelings in ways I had never experienced. For a year or 2 now i have started occasionally davening in another shul, wher they daven with intensity and feeling. I thin my own davening started to improve then, and hashem hears it when it comes from the heart even when we don't deserve it....

There are 2 boys in the shul that I daven in that are extremely close friends for years. One in particular was a big "trigger" for me and i fantasized about him all the time. I always imagined

that the 2 of them had "something going" (i hope it's not true, I'd hate for them to suffer like this). This past year they went out of town to separate yeshivas and did not see each other for six months. i was in Shul the shabbos before Pesach when they greeted each other after their long separation. They hugged like brothers, and I burst into tears. I never had a FRIEND like that, that I could hug in public. I never felt more alone then in that moment.

Then over Pesach I had a terrible dream. i dreamt that I had a close friend that I had not seen in many years. he was on his way to meet me , and was killed in a car crash. I woke up sobbing, and could barely make it through davening that morning. I couldn't figure out at the time why i affected me that badly, but it was all the accumulated emotional junk starting to bleed out of me. Then by Birchas Kohanim, where we daven for Hashem to heal our dreamd, i totally broke down. i cried, i'm not even sure what i cried FOR. I just cried in pain. I knew i was a hopeless mess and at that moment, i knew that only Hashem could fix me.

At that moment I felt a calmness and resolve rest upon me. i knew that I must do whatever it takes to bring the two halves of my life together. I realized that i have to do something so shocking to me, that i would be forced to completely change my life. i resolved to "come out" to my wife and tell her everything, and take the consequences as they came. At that point I wasn't even thinking about doing teshuva, just to stop living in secret and to take whichever path presented itself. i was prepared for the ultimate rejection. I don't know where i would have gone or what i would have done if that happened, but i couldnt survive anymore with what had been bottled up inside me for so long.

So that firs Motzoei Shabbos after Pesach, i sat down with my wonderful wife and said "I have something to tell you about myself that i have been hiding from you all these years.....I'm gay.....". Her reaction stunned me; "That's not so bad, we will work on fixing it together". In that instant i knew it would be OK. I shared everything with her, all the desperation, all the filth, all the loneliness, all the hopeless yearning for things that cannot and will not be.

We resolved together to work on making it right. The very first thing we did was to install K9 on every computer in the house. From that moment on I have not MZ"L, I have not mast**** (except one slip recently), and I have not looked at porn (with one exception). I promised that any slips i would tell her immediately, and that I would see a therapist. I began from then on to daven with kavana and with tears, begging Hashem to give me the strength to hold on and continue, and to fight the Yetzer Hora for me because I cannot do it alone.

The first weeks were sheer hell. Just like starting was like a drug, stopping was like a physical withdrawal. i walked around in a daze, shaking from tension. i committed to making an effort not

to look and not to fantasize, but it's not that easy. My triggers are EVERYWHERE, in the street, in the store, in shul, at work (don't even mention the mikva). i don't even have a mechitza to hide behind. I constantly have to force myself to look away. i was literally whimpering with the desire for another look, another trigger to release that good feeling in my head. It's a little easier now, but still a constant struggle.

I had finally acknowledged that I am "gay" and i felt totally disconnected from reality. I would play with my kids in the yard and think to myself "What is this gay guy doing here, i don't belong here". My wife quickly set me straight (pun intended) on that one "You are not gay, you are a yid with a strange and powerful yetzer hora and you are finally fighting it!". I eventually realized that rejecting the label was one of the most important steps in recovery.

I also met with a frum therapist who deals with these issues. He helped me to understand how certain issues from my childhood cause the stunted social development that leads to this problem, and gave me some tips how to control and redirect my thoughts away from the dangerous fantasies.

Sometime during that first desperate week, ~~i discovered~~ Hashem led me to GYE. I had seen the ads before, and I always thought it was for a filtering service like JNet or Yeshivanet, which i was subconsciously resisting because i didn't want to lose access to my precious secret world... But then i was on another website, one that often mocks practices of the frum community. They had a post making fun of the GYE handbook (specifically the "rubberband snapping" thing). The post actually had a link back to the GYE handbook, and i was curious so i clicked it. It was like being transported to a new planet. Suddenly i was not alone anymore, there were so many others who were struggling with similar issues AND SUCCEEDING. I spent hours reading the handbook and browsing the forums, and got tremendous chizuk from it. I even discovered that i was not the only SSA addict out there, and that it can be successfully suppressed.

The entire secular culture is obsessed right now with being "Born This Way" and that it can't be changed and you should just "be yourself" and "it gets better" etc. as much as we strive to separate ourselves from the Goyish attitudes it seeps in like a poison and in moments of self-doubt the Yetzer Hora tries to convince us that they are really right. My weapon is to turn the slogans against them and use it to my own advantage. Yes i was "Born This Way", a member of Hashem's Chosen People, tasked with the mission of spreading His light in a world bent on ignoring Him. we each have our own mission and our own fight, and I have been tasked with a special job. I have a special and unique Yetzer Hora to fight, and although I was held captive by the enemy for 30 years, i have now escaped and i am fighting back! With sweat and tears (lots of tears) I try every day to resist the temptations placed in front of my eyes and the fantasies that linger in my mind. Eventually "It Gets Better", when the desires will fade away with time and it will be easier to resist. i know that just like I will have to pay and burn for each time I don't look away fast enough, so too i will receive infinite reward for each time I resist the urge for a second look, and each time i suppress the fantasies that constantly try to creep into my head.

I mentioned before that there was one exception to stopping to look at porn, and that was the stories (i found a way around the filter for those). I just couldn't. I needed that fix of knowing what happens next. For few weeks I unsuccessfully tried to quit, I would manage a day or 2 then I fell in again. I wasn't even interested in the s*x parts, just the storyline and the emotional buildup. But i knew it had to stop. Then one day i told myself "Enough! if you are serious about this there are no halfways anymore!" i went to Maariv that night and it was the 37th day of the Omer. The sefira of Gevura ShebYesod. I realized "that's what we are all about, Gevura, Kovesh es Yitzro, in the midda of Yesod, of self-control". I resolved that that day would be my personal Yom Kippur of sorts. I davened like never before, and promised that I would never go there again. B"H so far I have been successful. Hence my screen name.

I stayed clean until last friday. Then in the shower i suddenly found myself mast*** I stopped before anything worse happened, but i feel like i was teetering on the edge of a cliff. Then on shabbos i had fantasy dreams which i had not had in a long time. When i have these dreams they are so real that i experience every sensation. many times I would wake up wet, this time B"H I did not. but I need to strengthen myself over again. The events of the past week have affected me terribly and have left me emotionally drained, and maybe that's what made me vulnerable and in need of "soothing".

So here I am, trying to stay clean and to clear the bad thoughts from my head. It has its ups and

Once again I would like to thank all of you here on GYE who have shared your stories and your struggles, especially those of you who share my particular "flavor" of addiction. The chizuk i get from seeing how everyone encourages each other to get up and start again really inspired me in my darkest moments. Thank You.

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Re: hello my friends....

Posted by Gevura Shebyesod - 28 Jul 2011 21:59

Hi guys...

The past couple of days i've been feeling pretty blah... like i'm just sorta numb. I just can't get myself to feel anything. My davening is slipping, i just drift off into a fog. I find myself spending lots of time on the computer (doing pareve stuff, nothing bad. I have quite a few interests that i like to keep up on.)

I guess i've come to some sort of plateau with my recovery. I've been good with not acting out, I fantasize much less and it's easier to stop it when it starts. I still have a major problem with triggers though. every time i see something all the wanting floods right back and i have to wrench myself away. There are so many things that set me off, not just the people i see. I've messed my head up so badly. even just walking past a certain house is bad because i know who lives there, i slow down hoping the door will open.... I don't see that part getting better soon. I just have to fight it one day at a time.

As far as the sleeping I am working on trying to relax before I go to bed. Maybe the idea of learning will help, i know I fall asleep every Friday night while i am being Maavir Sedra. Also one of the Kabalos I made when I started this was that i would say the entire Krias Shema al Hamita from a siddur every night, I am trying to stick to that.

Tomorrow will be 90 days from when i started this whole thing. I guess I should be happy or something.....

TruckingTM through the fog,

Gevura!

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Re: hello my friends....

Posted by shteighecher - 29 Jul 2011 13:05

Gevura

give it more time, this is all normal wulie quitting and changing are lives. Just keep on fighting

the YH with Gevura. You will notice dramatic changes in the long run. But, in the beginning its VERY difficult, you can become depressed, and maybe not even feel good that you are clean. This is all normal. Keep on posting, you will soon be VERY happy.

Keep on trucking, one day at a time, one nisoyen at a time.

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Re: hello my friends....

Posted by chazak - 29 Jul 2011 20:30

hi Gevura i am breaking my record here i am still not so familiar with this site and i just get lost to see so much threads here that i dont know where to star finding stuff but my close freind shteig hecher which i found on the yiddish forum of gye linked me here to your story to find something to sooth my needs as well. i am not yet familiar with this site so i hope that i will find your reply to my messege when i come back. i am going to tell you here one of my problems.

now the part of the problem that i have which brought me to your thread is that for almost twenty years i have used masturbating as a sleeping pill.

since i was in my teens i found it hard to fall asleep and since one of the people who molested me (unfortunately i was molested several times by several individuals) thought me how to release Sperm and this was something that was putting me to sleep i used that tool. i did try and cry million times to fix this problem but i had no success i was trying to get help from rebbeim mashpeeim but nothing lasted unfortunately i am always physically drained because of spilling daily. i needed vitamin supplements to be able to go on in life but could never stop. when i matured more i started getting fantasizing involved of all girls around and dreaming about them. and spilling for them etc.

but since i am listening to a call of GYE and since i am hooked up with friends of GYE which is a great HATZALAH program for us i am able to over come the fantasizing of girls. i am able to not look at porn i am able to not stair at all young girls day and night. i am able to be a better person but falling asleep is an issue. and thats exectly why i am not matzliach to stick on on the 90 day chart even i am successful in so many things for 4 weeks already.

here are a few things that did help me:

My wife before she gave birth to our oldest son she took lessons how to stay calm during delivery and they teach certain breathing exercise which helps a lot to calm down. so i was

trying to do these to calm me down and get me to sleep. some times i did take Tylenol to calm me down. there is definitely medication that can help i consider maybe going to a regular doctor and getting something for it.

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Re: hello my friends....

Posted by Gevura Shebyesod - 29 Jul 2011 22:37

Dear Chazak

I feel so bad that that happened to you. You are great for having gotten as far as you have.

I would suggest that you find other ways to relax when going to sleep. Read a book, listen to some calming music... Thye breathing techniques sound like a good idea also. I don't know about Tylenol, when I take it i get all kinds of weird dreams...

It takes a while to get used to not having a "tzummy", I have been having this problem for a while. In the beginning I think I was actually afraid to go to bed because I was scared that I would fall, I would find all kinds of reasons to stay up late. B"H it's getting easier now. I still only get 5-6 hours of sleep every night.

Hatzlacha and Good Shabbos,

Gevura!

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Re: hello my friends....

Posted by chazak - 31 Jul 2011 19:11

with hashems help i found my way around to find your answer. thank you for your chizuk you

are a great hero

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Re: hello my friends....

Posted by mechazek - 31 Jul 2011 22:03

Gevurah reading how committed you were after disclosing to your wife your secrets has brought me back to the days when I to was intent on not lusting.I really need to bring myself back there that is when I felt the deep damage my lusting does to me my wife and family.I remember sobbing like a baby from the intesity of the emotions of not having to live a double life,I promised myself never again never ever ever.And now I nonchlantly lust alittle here a little there whats the big deal.right? no wrong wrong wrong.This little lusting will stop me from me giving of myself to my family and surroundings untill I will be alone in my thoughts with just my yetzer harah and then he will have a field day.sorry for the arichus I just got to talk to myself thank you for leading the way.

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Re: hello my friends....

Posted by Gevura Shebyesod - 01 Aug 2011 04:11

Thank you all for your kind words. Just knowing that others are being helped by reading about my experience helps me stay strong, because I know that if i fall Ch"V I will be letting you all down (in addition to all the other obvious ramifications).

@Mechazek:

I seem to have gotten to that stage as well, I miss the intensity of those first weeks when every second was full of pain and emotion, both from the withdrawal from the addiction (which was like a physical illness at times) and from the constant effort of controlling my eyes and my thoughts. Now I sometimes feel like "i'm not that sick anymore, a little peek won't hurt..." NO!!! That just proves how sick I still am... I need to be "Mechazek" myself constantly.

Last night I had a bad cold or something and I could not sleep for hours. I finally fell asleep, and I dreamed of the Heilige Guard! he was dressed just like his picture, in a long red Bekishe and that tall tall Shtreimel.

He did not speak to me, but motioned that i should follow him around. I followed him as he went in and out of a bunch of shuls and rebbes houses, putting up posters and talking to people. At one point we got on a train that climbed a long long hill up into the sky....

sure beats some of the other dreams I used to have....

;D ;D ;D ;D ;D ;D ;D ;D

Gevura!

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Re: hello my friends....

Posted by mechazek - 01 Aug 2011 09:44

My therapist allways reminds me hat the yetzer harah is not just trying to have us peek alittle here and alittle there.He is going for the full knockout he has alot of patience and he knows that he cannot just grab you in a second like he usedc to do.Now he needs to wait and plan and scheme but his goal is the same.So we have to know as we get more sophisticated in our battle so does he what a rascal.So lets go surrender to hashem and humble ourselves and do battle.

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Re: hello my friends....

Posted by mechazek - 01 Aug 2011 10:31

sorry about the bad typing I was to lazy to reread it.Maybe we can learn a mussar from this;that you allways must review what you allready know otherwise its a mess.So to with this addiction you sometimes feel like you have done everything and now just sit back and you will be fine.nooooooo I must not.I must think back to the old times when I was steeped in the shmutz ad what I had to do to pull myself out and do those things again.

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Re: hello my friends....

Posted by the.guard - 01 Aug 2011 18:42

[Gevura ShebYesod wrote on 01 Aug 2011 04:11:](#)

Last night I had a bad cold or something and I could not sleep for hours. I finally fell asleep, and I dreamed of the Heilige Guard! he was dressed just like his picture, in a long red Bekishe and that tall tall Shtreimel.

He did not speak to me, but motioned that i should follow him around. I followed him as he went in and out of a bunch of shuls and rebbes houses, putting up posters and talking to people. At one point we got on a train that climbed a long long hill up into the sky....

sure beats some of the other dreams I used to have....

YES!! MY DREAM-PROJECTION MACHINE WORKS!!!

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Re: hello my friends....

Posted by ZemirosShabbos - 01 Aug 2011 18:47

Guard, are you..... Dr.Midos?

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Re: hello my friends....

Posted by helpfyi - 01 Aug 2011 18:47

[guardureyes wrote on 01 Aug 2011 18:42:](#)

YES!! MY DREAM-PROJECTION MACHINE WORKS!!!

R' guard please visit my dreams! i would be a lot better off!

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Re: hello my friends....

Posted by lookingforwisdom - 01 Aug 2011 19:35

[Helpfyi wrote on 01 Aug 2011 18:47:](#)

[guardureyes wrote on 01 Aug 2011 18:42:](#)

YES!! MY DREAM-PROJECTION MACHINE WORKS!!!

R' guard please visit my dreams! i would be a lot better off!

me too I'm next in line

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Re: hello my friends....

Posted by Gevura Shebyesod - 01 Aug 2011 19:40

[ZemirosShabbos wrote on 01 Aug 2011 18:47:](#)

Guard, are you..... Dr.Midos?

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