

My First Real Post

Posted by gibbor120 - 04 Aug 2011 16:57

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Hi,

I am relatively new to this site. I found it by "accident" about a month ago. I eagerly read a ton of material (way to much to digest - but it was so interesting). I felt a bit funny about posting on an online forum, so I contacted a couple of the moderators through PM or email first. My job does not usually keep me very busy, so I have been reading a lot of the posts on the forum during the day. I must say that you guys make me laugh quite a bit, and that's without going to the "Depressed Person's Chill Spot". Some of that stuff really made me laugh out loud - at work!

Why do I call this "My First Real Post"? Because I just couldn't resist and did post a joke already. The reason I am writing now is that I do sometimes feel like chiming in on a conversation, but think it's a bit rude to just chime in without introducing myself.

So here goes...

I grew up in a modern orthodox environment. I had access to TV, Movies, etc. As I got older, I got access to progressively worse movies. You all know the story. I began masurbating and looking for anything to trigger me. I think the first time I tried to seriously stop when I went to Yeshiva (after high school). I was one the roller coaster. I could stop for a time, sometimes days, sometimes weeks, sometimes even a few months, but I could never quit completely.

I got married, and that helped a bit for a short while. But again, as you know, marriage didn't ultimately help me. I didn't even have internet until after I was married, and as you can imagine, it made things much worse. I went through periods of relative calm, and periods of insanity, where I just needed more and more.

Finally, a couple of years ago, my wife found out. I knew I would get caught eventually, and deep down, I think I wanted to get caught - although it was mighty painful at the time! I knew that I had no chance of winning on my own. Now at least I had a chance.

We spoke with our rav and made some gedarim. It hasn't always been easy, but I have managed to stay clean for over 2 years. When I foudn this site a short while ago, it made so many things click. It clarified so many issues for me (don't worry, I have an unlimited supply of ). I shared the material with my wife as well, and I felt able to open up a lot more. We made a lot of progress just from the material on this site. I have become more willing to share, and she has become more understanding.

I am not really the type to post on online forums. Many of them are filled with sarcasm and cynicism and are generally negative. I have been reading for a while and you guys are really first class. You are warm, loving, accepting, and non judgemental. That's the only reason I feel comfortable posting here.

Keep up the good work!

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Re: My First Real Post

Posted by Eye.nonymous - 22 Aug 2011 19:23

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[gibbor120 wrote on 22 Aug 2011 19:14:](#)

I am trying to get the right "dosage" of medicine so to speak. It might be too strong a dosage. I have been clean B"H for a while, and as alexeliezer put it, if I did start slipping or falling, I would "up the dosage" and do whatever it takes. I am committed to work on this problem, and this community definitely helps. I know my wife would back me going to meetings. She is supportive of whatever I need to do to recover/stay in recovery.

Sounds like a very wise approach. And, you're very fortunate to have your wife's support.

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Re: My First Real Post

Posted by gibbor120 - 22 Aug 2011 19:25

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Fortunate indeed! ... and people like you make this a great place to be.

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