

Out in the open

Posted by needyirasshamayim - 08 Aug 2011 17:17

This is my story:

I am new to this site and thank Hashem that I found it. I hope to Hashem Yisbarach that this will be the beginning of the end for my problems.

I am a 37 year old chasidish man living in Brooklyn. I am married with many beautiful children B"H.

My story goes back from when I was a young child. I was born to a small family with no brothers. I tended to be more to the feminine type, though at that age it meant nothing to me. I don't actually remember the first time I masturbated, though I was young in age. My parents had a TV at home, and I remember while watching some programs (especially those of men in scantily clad attire) and masturbating to those images.

The first time another boy ever touched me was when I went away for a shabbos and he tagged along. I don't remember all the details but he confronted me and I allowed myself to be led. Since, I have had many encounters with others.

I have tried for many years without success to try and stop or at least hold back my desires for other men. I still can't seem to kick these desires. I did get caught a few times, once by my parents and some times by others.

I cried many a tear to Hashem to help me fight this yetzer hora. Sometimes I succeeded in stopping for weeks, months or years, yet I still always come back to the same situation. Any small thing can trigger my desires and thoughts and it's very hard to push those aside once they are there.

I work in a heimish company that has great filtration, but I found a way around it that gives me access to all. No matter how many times I deleted the info and passwords, I always look to retrieve it again.

My wife does not know of my desires and I hate lying to her. I hope that I am giving her all the love she deserves even though I am ... I know it's not fare to her.

There is so much more in my heart that I would like to express but it hurts too much. I hope that with Siyata Dishmaya and with these blogs I will get the help that I need to dismantle this yetzer horah.

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Re: Out in the open

Posted by helplessjewboy - 15 Aug 2011 12:13

Sorry again for hijacking.

Gevura ShebYesod, I think you hit it right on the mark.

I definitely will try working on myself to the tune of what you said.

Thank You.

Jew Boy

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Re: Out in the open

Posted by obormottel - 17 Aug 2011 18:34

[Gevura ShebYesod wrote on 15 Aug 2011 04:59:](#)

In a more abstract sense though, I think that we can use our heightened emotional sensitivity (I know it's a cliché and a stereotype, but I think there is some truth to it), to help us get closer to Hashem and strengthen our relationship with Him. I know that since I started my own recovery, I am able to be more open with feelings that I spent my entire life suppressing, and I try to channel it into davening with more kavannah and emotion. And yes, in this way we can bring ourselves to the point where, when we recognize that we cannot beat this ourselves, to throw it onto Him and ask Him to heal us.

Gevura!

it actually says it in the Attitude Handbook, (p.17): In general, those who struggle a lot with these issues, have a great deal of emotional and spiritual energy inside them. It is they who actually have the capacity and potential for the most intense spiritual connection with Hashem. We just need to learn how to channel the energy of our souls in the proper ways.

It is also known, that people with particular character traits, such as creativity, love for people and spiritual sensitivity, are more prone to seeking alternate expression for their inner strengths through a stronger than usual sexual drive. That is why it is so important to learn how to channel these strengths we have in the proper ways. Heightened sexual desire is actually a symptom of a deep subconscious need that - for some reason - has still not reached fulfillment.

So it's no cliché and you're right, so keep on trucking!!!

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Re: Out in the open

Posted by mechazek - 17 Aug 2011 21:23

When you start thinking what you can really do with this sexual habit it is like saying ;I have been nurturing a good thing just the wrong way so let me make some adjustments and then I will be filling my tachlis.

Instead we must be saying if I have been living life a certain way and it led me to this,I better

start learning a new way of living. And whatever it is that you have these tendencies for Hashem will make sure it happens, leave that to him.

I hope my love is coming through my words because I really love you.

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Re: Out in the open

Posted by Dov - 17 Aug 2011 23:09

Amein. Same here....

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Re: Out in the open

Posted by trying123 - 21 Aug 2011 04:51

[needyirasshamayim wrote on 08 Aug 2011 17:17:](#)

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I read your story and feel your pain very deeply.

I'm rooting for your success!!!!!!

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