

**My New Life Starts Now**Posted by startingover13 - 24 Nov 2011 21:20

---

Hi all,

I'm new to this website and so I'd like to introduce myself. I figure I'd give you my basic life story. I apologize if it's a bit lengthy (totally fine if you have no patience to read it all) and if it goes a bit off topic, but at the end of the day, so much of where I've ended up began with my "lust addiction." Okay, here goes:

I spent about 8 years in yeshiva after high school. For 5 of those years, I was learning in a very prominent American yeshiva. During my years in yeshiva (at least most of them), I was pretty much as "shtark" as they come. I learned yoimam valayla and all I imagined doing with myself was learning for a long time until one day maybe I would be forced to go into chinuch. As shtark as I was, I always struggled with this "lust addiction." It was my #1 nisayon as a yeshiva bochur. There was a few year period when I really had it relatively under control. By under control I mean I could go for maybe 2-4 weeks without shefichas zerah. And whenever I would sin, I would get extremely depressed, mad at myself, run to the mikvah, take on nedarim, and often times it would lead to me having a bad day/week/month in terms of learning and general yiddishkeit. To a large extent, as my lust addiction went, so went my entire avoidas Hashem, and general mood. I would roller coaster up and down in yeshiva - going two weeks learning non stop, then being depressed for two weeks and not wanting to do anything Jewish (though for the sake of my reputation, I kept up with the basics). Now, while my lust addiction certainly played a large part in all of that, I do want to stress that there were certainly other factors involved as well - including the way I think (nothing too crazy, I just sometimes feel like I don't function the same way as everyone else), some people who I associated with, etc. I have an extreme personality, and if I'm gonna do something, I have to do it all the way. So when I would be sinning, I subconsciously felt like I might as well just live my whole life without G-d.

My roller coaster ride kept getting more extreme - the lows were getting lower, but unfortunately the highs weren't getting higher. Over the years, I just got less and less shtark, all while still trying to maintain my outward image as an excellent bochur. I spoke to some rebbeim over the years, but never got into too much detail with them because I was too embarrassed. Eventually, I switched to a yeshiva closer to where I grew up. Bad move. Then I left yeshiva entirely (I think I was about 26 years old). I can't tell you how exactly it happened, but to make a long story short, I somehow ended up pretty much completely "off the derech". Again, there were certainly other factors besides my lust addiction, but so much of it had to do with that. I was getting older, had been dating for a long time, and still wasn't married. Everyone knows how hard that can be. My lust addiction got so bad that eventually (over a number of years) I didn't even think about it anymore. It just became part of my daily routine. I stopped even caring in the sense that I didn't even try fighting it. Eventually, it even spread to actions with

girls (though thankfully I have a pretty tame personality, so I didn't do nearly as many ma'asim geruim as I might have if I had been born with a more confident personality). Unfortunately, slowly, over time, my entire avoidas Hashem was out the window. I started doing some of the worst aveiros imaginable, even outside of my lust addiction (think things like kashrus, shabbos, etc.). On the outside people thought I was still frum (with a couple close friends struggling themselves being the exceptions), but people had certainly seen that I had changed. Now, understand that I didn't grow up in a very yeshivish family. My family is frum, but very modern. So it was easy for me to revert back to a very modern lifestyle. I started dressing differently (jeans, etc.), talking differently, and pretty much living a non-religious life, while trying to appear at least minimally religious on the outside. I still got set up with some very frum girls, but felt that I had no shaychus to them anymore. I went back to school, where I am now (don't want to say what kind of school as I'd like to keep myself as anonymous as possible). Without getting into hashkafa, that was a bad move for me. I associate with goyim all day, and I went from bad to worse (actually, this is the era in my life where aveiros that I'd never thought I would commit started happening).

Now, my yeridah started probably when I was around 24 (though I always roller coasted even before that). This past year is the tekufah when it got really really terrible. At the risk of identifying myself to anyone who's somewhat familiar with my story, I'll tell you that I'm now 28 (it's ok, one of the things im trying to work on is being more open with people and not caring what they think of me). I want you to know that throughout my entire yeridah I was never happy. G-d was the first thing I thought about when I woke up in the morning, and the last thing I thought about at night. I cried myself to sleep many nights. I didn't like where I was and always thought that eventually I'll do teshuvah cuz I can never live my life like this. But I was just stuck in such a terrible rut that I couldn't get out of. I was pretty much misyaesh. I figured that everything would be solved once I got married. Both in terms of my lust addiction and in terms of just having the stability to be able to live a frum lifestyle again. But of course, who could I marry in my matzav? Frum girls were too frum for me, and the modern ones, while I may have had more in common with them, I could never see these girls raising my children. I knew I had to change myself, but I just couldn't get out of the rut. I knew the emes so clearly, that nothing in this world will bring me happiness except torah and mitzvos, but for some reason it just didn't translate into action.

This all changed this past Shabbos. Unfortunately, I recently fell so low that I have even "gone out" on Shabbos. Going out on Shabbos (and eating non-kosher while out) was an absolute all time low for me. But it happened. When I woke up Shabbos morning, I was on my computer surfing the web. Somehow, I came across a video of my old Rosh-Yeshiva delivering a shmooz about Shabbos. He told over the famous story of the Chafetz Chayim crying "shabbos" to a yid who opened his store on Shabbos. I was so moved by the story and I just broke down crying. I ran to the local beis medrash and learned for hours straight (something I hadn't done in years). I will tell you that since this past Shabbos, I haven't been able to stop crying. Something in my brain just clicked and snapped me out of the rut I've been in for so long. I cry over the things I've done. I cry over what I threw out - how great a talmid chacham I might have become if I had taken a different course. I cry to Hashem to forgive me and to help

me do a true teshuvah. Everything changed for me this week. Though I have a long road ahead, especially considering the situation I'm now in (including the chevra I'm with now, the big TV in my apartment, etc), I once again view myself as a ben Torah. I want to come back and I look back at these past few years and can't believe I did all those things. I was sitting in school the other day and looking at all the goyim that I know and thinking how they're lives have nothing in them. And I have been a part of that for the last couple years. I don't know how I got here, but I am soo determined to come back. I spoke to a rebbe who I haven't spoken to in a while and we set up to talk soon. He's very perceptive, understanding, smart, and a huge tzadik, and I think he'll be able to help me set up a plan to get back on course. I started davening and learning again, and I can't imagine ever eating non kosher again or breaking shabbos, or any other aveiros.

Ha. That's funny. Of course, I know myself so well that I know eventually I'll get off this high of initial inspiration and everything will turn into a nisayon again (including things that didn't used to be nisyonos). That's where the real test will come in. But I'm determined to succeed. I don't want anything now except to be a ben Torah again (and maybe to get married soon :-)) Now, I recognize that a large part of my success in my new journey starts with my lust addiction. It's going to be sooo hard. Even on this cloud of inspiration that I'm on now, I've already caved once. But I'm still determined. This addiction, I feel, can make or break everything. I need to get it under control or I have no chance. But how can I do this? Yeah, now I'm feeling great, but soon, my life is going to catch up to me again and I'll be right back to my old ways! I really want it to be different this time. But I've fallen into such a bad matzav that I don't know how it will be possible! Let's see... I go to school with goyim, and have actually become good friends with a lot of them (though I have always felt that I have no real shaychus to them). They always go out partying, always want to go "pick up girls", and always talk about prust things. I'm a serious people pleaser, and I want everyone to not only like me, but to think that I'm just like them. So what am I supposed to just tell them all to take a hike, I can't be friends with you anymore cuz I'm religious now!? What else... I have a roommate who's barely frum. Yeah, that's a pretty big deal. When I was at my lowest point I took him in, and I can't just kick him out now. I have a huge tv, I love movies, and I'm on the internet like all day. Okay, but I found this website and it's amazing. I'm really going to give this a try. A lot of the suggestions are going to be very hard for me - like stopping tv and movies - that's a big deal, even though I do want to do it. Facebook - another big deal - I love facebook but its probably the biggest trigger for my addiction. I just installed a filter but I can't bring myself to part with Facebook quite yet. I know I will have to eventually, but right now, it's almost like I just wanna see how this goes and if I have to get rid of it, eventually I will (i know, that's a dangerous move to wait). But I'm going to try to implement as many of the tools from this website as I feel ready for right now.

Now, some of you might be thinking "why is he confessing his whole life here?" I know, maybe this isn't the right forum. I apologize if that's the case. It's just that 1. I can't just talk about my addiction without putting it in the context of the rest of my life and showing you how big a part of my life it's taken on; and 2. This is honestly the only forum on the internet where I feel like I can open up about not just lust addiction, but all my other yiddishkeit struggles.

Some of you might also be thinking that "this guy needs a therapist." Well, let's see - I'd estimate I've been to about 5 therapists over the years. And they've all been highly recommended and supposed to be really good. Some of them helped a bit, mostly trying to get me to see that I'm not such a bad guy. But there's no therapist in the world who will make me feel better about myself so long as I'm not living as a ben torah. So yeah, I definitely have some psychological issues to work on, but at the end of the day, I promise you, if you knew me you'd know that I'm such a normal, not crazy guy. Guess you have to know me to fully believe that. Just somehow I got stuck in a really bad matzav. You're also probably saying that I need a rebbe - well I already addressed that because that's for sure true. Meeting with him next week. Definitely need that support in my life. And I'm going to try to be as open with him as possible.

Anyways, I apologize for such a long post, just once I start talking, I can't shut up. Everything just came pouring out. And I really hope I can find some support on this forum. I could use it. Also, if I don't make my struggle public right now, I will have no accountability to anyone and will fall very quickly. And if anyone wants to reply, don't feel like you need to solve or even address all my issues - I'm not expecting that. Just looking for fellow yidden to listen to my soul crying out. And I understand that this forum is specifically for lust addiction, so it's cool if you only focus on that. After all, that is a huge part of my life and I know it will be the single most important test during this new tekufah of my life. I really want to get it under control before I start dating again. Maybe if I do, the Reboino shel Oilam will have rachmanus and me and send me my bashert. But either way, I need to do this for myself. Alright, I think I'm done now. Thanks for listening! (for those still here at least).

=====

====

Re: My New Life Starts Now

Posted by gibbor120 - 25 Nov 2011 18:31

---

You lift our spirits too chabibi. My only advice is to stick around and read and post. There are a lot of ~~good~~ great people here. Dov's stuff can take some time to digest, but I have found it to be the most helpful.

Also, reach out to real people. I can't do it alone. It sounds like you can't either. That's what makes this place so special. We lift each other up, and we really understand each other in a way other's simply can't.

=====

====

Re: My New Life Starts Now

Posted by startingover13 - 25 Nov 2011 18:51

---

[Ben492 wrote on 25 Nov 2011 06:02:](#)

Startingover:

I do not think your problems have anything to do with masturbation. And while I do sympathize with your having gone to 5 therapists and not being helped; I personally went to 5 therapists and only one was good. So it seems if we aggregate our experiences, about 1 in 10 therapists is good. If you pm me, I will tell you which one was good.

I think the problem is perfectionism, thinking that you must be perfect, and more importantly, that since perfection is the only thing worth being, if you are imperfect you may as well be terrible.

And you can see that in your swings. You would strive to be perfect, learning all day, and then after a few weeks would not find satisfaction because you were still imperfect, which would manifest in your masturbation (I actually suspect that you may have started feeling down just before you would masturbate, which is why you masturbated, and then went down fast, but that may be wrong.)

Then, you would feel so guilty, that you felt as if you may as well be terrible. So you would be.

Then, you would swing back to perfection. ????

And frankly, I'm afraid you are doing the same thing right now. I think this is one big swing back after your biggest swing the other way.

So what's my advice to you? Well, I didn't give up on therapy, and neither should you, but it is time to move on also regardless of that.

But my main advice, is you need to get in touch with what is driving you here, and that seems to be perfection. If I were you, I'd forget about masturbation-that is the least of your worries. The

problem is perfectionism. You need to solve that.

Also, think to yourself: Were you really happy with your life besides for masturbation? Really? I bet if you think about that, you'll find you weren't.

Ben,

Thanks for your advice. I'm impressed at how perceptive you are. You really picked up on quite a few things about me. You're definitely right about a lot of things - namely that I have a serious perfectionism issue that is at the core of my problems, and that masturbation isn't really the chief problem. A couple notes:

1. I am a perfectionist. That, along with my need to fit in with everyone I meet, are my two chief personality characteristics that I have been trying to work on. And I did deal a lot with that in therapy. It was mildly successful, and I really think that my attitude has changed over the years. So while you're correct that this new feeling I have now might just be a "big swing back after the biggest swing down," you have to understand that I haven't felt motivated in a good 3 years or so. This is the first time I actually feel a desire to be religious again. And that is so key for me - without that motivation, I can't do anything. So even if I fall again, if I can just maintain this new motivation and mindset, I feel like I'll be able to live more in line with the life I want to live. That being said, I certainly need to approach things differently now than I did back in the day. I'm making a concerted effort to abandon my perfectionist mindset. I'm not taking on everything at once. I'm not leaving my whole lifestyle and going back to Yeshiva cuz that will doom me to failure. And when I fall, I won't let it change my view of myself and let it turn me into a whole different person. Rather I'll just recognize that I'm not perfect, but I'm trying.

2. I think that you are underestimating how big a role lust plays in my life. It is the one thing that consistently makes me not want to serve G-d. When I was living my life carefree over the last few years, my life pretty much revolved around lust. Whether it was internet, meeting girls, masturbating, looking at girls, etc, - it dominated my life. It's the only thing that really pulls me away from G-d, the only true taivah that I have. I don't have a taivah to eat not kosher or to break shabbos- those things just kind of happened. But lust - it's almost like there's G-d and then there's lust on the opposite side. And if I allow lust to take over, there's no more G-d. So yeah, while all my problems don't stem from lust, but rather from a deeper psychological place, lust certainly plays a big role and without controlling that aspect of my life, I don't think I can

succeed at all.

3. Regarding your advice about therapy - I hear what you're saying and I appreciate that. But, at this point in my life, I'm really not sure how much even an amazing therapist might help me. I've been to good therapists, but the reason they didn't help me is because I WILL NEVER BE HAPPY UNLESS I ACTIVELY PURSUE THE LIFE I WANT TO BE LIVING. I'm very self aware of how my brain functions, and at this point, there's not much a therapist might add. I'm a huge supporter of therapy, but I'm at a point in my life where I need to take action, instead of sitting and analyzing the reasons for why I haven't been taking action. Oh, not to mention I'm in school and just can't afford therapy right now.

Anyways, thanks for the advice. Good Shabbos.

=====

Re: My New Life Starts Now

Posted by gibbor120 - 25 Nov 2011 19:00

---

[startingover13 wrote on 25 Nov 2011 18:51:](#)

but I'm at a point in my life where I need to take action, instead of sitting and analyzing the reasons for why I haven't been taking action.

This is the most important line to me. You realize what took me a while to realize. I love *thinking* about my problem. I realized that I need to act. or as they say "you can't think yourself into right living, you can only live yourself into right thinking". I think this was also in a very recent chizzuk email.

Have a great shabbos! I look forward to "hearing" more from you.

=====

Re: My New Life Starts Now

---

Posted by heuni memass - 27 Nov 2011 17:44

---

hey starting over,

I hope you had a good shabbos.

Myself and many others here have and are going through/went through very similar situations. there are three things i would like to share with you.

uno - Hashem loves you so much and I feel like sole brothers with you as well.

dos- Look around and find a plan/program that will work for you, do not just try on your own. make a real plan.

tres - there is something that i think is fundamental and used here on the site alot and that's called **Keep on trucking** (KOT) and the idea is once we find a program and really start working it, if and if you hit a bump and slip/fall whatever, we need to remember its not over. We get up and move on in the forward direction and that's called KOT. If we go in to this for the win and suddenly we slip back a bit we can get all frustrated and loose the drive so to speak. and that's why KOT is so important.

Please keep on posting don't go at it alone. Please find a person that you can talk too (i would think other they a rabbi, because you maynot feel like nagging him all the time)

--hm

=====  
=====

Re: My New Life Starts Now

Posted by kidushashem - 28 Nov 2011 14:40

---



[startingover13 wrote on 24 Nov 2011 22:25:](#)

KH - yeah, no doubt you're right. Serious self esteem issues. But not in the traditional sense. First of all, I view myself as an awesome guy (at the risk of sounding gaivadik). I know I have a lot of amazing things about me (together with my faults). So it's not that I view myself lowly. Rather, I just can't stand up for what I believe in around other people. I have this need to just fit in with everyone. To make them all think I'm just like them, and to not expose my "true" self. And yeah, that for sure comes from low self esteem. But again, not the traditional notion of feeling worthless or anything like that. Ugh, I sometimes try to explain this to people but I'm not sure if they always chap the difference - do you get it?

Anyways, thanks for your post, I really appreciate your support. I'm glad to hear there's at least one person who can relate to that part of my struggle. And for sure, would love to stay in touch and offer each other chizuk. Thanks man!

I know exactly what you're talking about. I also view myself very highly and I can identify many strengths that I have. Nevertheless, I have a hard time saying "no" and standing up for my needs. I also have an urge whenever I'm in disagreement, to just give in and side with the other party and not stand with my view. I tend to tell myself "after all, why should you be right more than them?". So yes, I know exactly what you're saying...

I've started though to stand up for my views more and agree to disagree and even (surprise, surprise) have had situations where the opposite happens-the other party agrees with me in the end!

I also say "no" much more. I try to be nice about it but sometimes there's no choice but to just say it as it is. Some people just don't leave you any room for a nice way to decline whatever it is they are asking you to do and they will therefore suffer the consequences of being told "no" without any extra niceties.

I even realized that I needed to say no to my parents sometimes. Of course, with them, it is in a very respectful way and I explain why I can't do or help as they please. But even with them, it's necessary to make boundaries. It's not like they're trying to hurt me, but subconsciously, they probably have marked me as the child who does everything happily without complaining and therefore I get a lot of tasks which I'm really not up for and when I do them, it builds tons of resentment inside of me and I get angry at them. So, it's important for our relationship that they know what my limits are and that I can stand up for myself.

BTW, I was surprised to learn that you're a perfectionist because I am too! I tend to look at things in an all-or nothing way; I'm not happy with progress alone, I need complete mastery. So I'm working on that as well;

I try to give myself a pat on the back for even little things that I do, even if it's far from perfect.

=====  
=====

Re: My New Life Starts Now

Posted by gibbor120 - 28 Nov 2011 15:02

---

I think there are a lot of perfectionists among us here. See today's dov Quotes.

=====  
=====

Re: My New Life Starts Now

Posted by startingover13 - 29 Nov 2011 02:45

---

Oy. I hadn't realized how difficult this would be. My goodness, it's been so long since I've thought about this and I hadn't realized how much a part of my life I had become. I'm gonna be very honest - I just don't know what to do with myself - whenever I used to just be sitting around with not much to do I would go online, look at pictures, etc. I put a filter on my computer, and I even got rid of facebook (which was my favorite pasttime) but I still keep finding myself picking up my computer, going on to youtube, etc. It's like I feel like my day is not complete until I do that and now I feel this literally constant fight inside of me to resist. Already feeling completely discouraged (though not with my newfound desire to maintain a religious lifestyle - I still am completely motivated with that. just in terms of looking/acting). Looks like it's gonna be a looonng road ahead:-)

=====  
=====

Re: My New Life Starts Now

Posted by Dov - 29 Nov 2011 02:51

---

Well, the alternative sucks lemons.

Welcome to the chevra. We are in the same boat together. Use us!

=====

=====

Re: My New Life Starts Now

Posted by kidushashem - 29 Nov 2011 10:40

---

get some other entertainment lined up. There's really a lot to do out there that's really fun... You just have to take the initiative and start doing something and then you'll just roll with it. I know that for me it's really hard to do something new even if it's fun. I'd rather just hang around at home doing nothing. But once I'm on the move, it's great. Get into really good shape, play sports, read whatever...

=====

=====

Re: My New Life Starts Now

Posted by alexeliezer - 29 Nov 2011 19:38

---

Startingover13,

I finally had the time today to read your intro post. (I didn't read all the replies, though)

I relate to lust pulling you off the derech. I was also raised modern orthodox and always had a strong pull to girls and porn. I became addicted in my early teens, and went off the derech for a few years. Came back to modern orthodoxy, and moved steadily toward the right. I now have a beautiful family, a great job, and learn b'chavrusa mornings and nights. All while still in active addiction! I finally discovered this website in the spring of '09 and have been sober since then without a serious slip.

You know what you need to do. There's no room for TV and movies in recovery. It's also very unwise to linger or wander on the internet as you describe. I know the feeling. Believe me, the source is the addiction hoping to get a peek.

I find having an early morning learning seder (before davening) is very helpful in keeping me off the net the night before, getting me to bed early.

Do you have an exercise routine. There's something new and physical you can do.

And yes, you'll probably need to wean yourself from hanging with the college dudes. Just gradually fade back.

If you take the necessary steps, make the necessary cuts, and daven like crazy for help, Hashem will pick you up, help you rebuild your life and your relationship with Him.

One day at a time.

Go for the good life.

Alex

=====  
=====

Re: My New Life Starts Now

Posted by startingover13 - 30 Nov 2011 19:05

---

[alexeliezer wrote on 29 Nov 2011 19:38:](#)

Startingover13,

I finally had the time today to read your intro post. (I didn't read all the replies, though)

I relate to lust pulling you off the derech. I was also raised modern orthodox and always had a strong pull to girls and porn. I became addicted in my early teens, and went off the derech for a few years. Came back to modern orthodoxy, and moved steadily toward the right. I now have a beautiful family, a great job, and learn b'chavrusa mornings and nights. All while still in active addiction! I finally discovered this website in the spring of '09 and have been sober since then without a serious slip.

You know what you need to do. There's no room for TV and movies in recovery. It's also very unwise to linger or wander on the internet as you describe. I know the feeling. Believe me, the source is the addiction hoping to get a peek.

I find having an early morning learning seder (before davening) is very helpful in keeping me off the net the night before, getting me to bed early.

Do you have an exercise routine. There's something new and physical you can do.

And yes, you'll probably need to wean yourself from hanging with the college dudes. Just gradually fade back.

If you take the necessary steps, make the necessary cuts, and daven like crazy for help, Hashem will pick you up, help you rebuild your life and your relationship with Him.

One day at a time.

Go for the good life.

Alex

Alex - thank you for your post. I'm glad to hear you can relate to me and went through a similar process. You're right that "I know what I need to do" . . . it's just soo hard. But I'm really committed to trying - baby steps this time, no leaps.

=====  
=====

Re: My New Life Starts Now

Posted by Dov - 30 Nov 2011 19:17

---

Baby steps!!!

Geshmak!!

Oy vei, another megillah! Aaaaaahhhhh!!! :'(

[startingover13 wrote on 29 Nov 2011 02:45:](#)

Oy. I hadn't realized how difficult this would be...It's like I feel like my day is not complete until I do that and now I feel this literally constant fight inside of me to resist...Already feeling completely discouraged in terms of looking/acting. Looks like it's gonna be a looonng road ahead:-)

Gevalt. You may be suffering from what I and others here and everywhere suffer from, at times:

1- the belief that the motto "one day at a time" is smart, sweet, nice, and encouraging - but not really **reality**. That is is a gimmick.

That's too bad. See, there *is* no looong road ahead. There **is** only *today*. As long as we smile wryly when we hear that, and pretend to agree to just focus on today - just cuz it makes things *easier* - we still don't get it. Gimmicks do not make for a new life. There are no gimmicks in this business.

Only confrontation with reality.

and perhaps also,

2- that belief that "distracting myself from desires is what it's all about."

Too bad. That derech is truly *fine* for some people, many of them ba'alei madreigoh and serious b'nei Torah. But for me and many other folks with chronic lust problems, it means it's all still all about *me*, **me**, me. King baby still rules the day. And sof davar, it doesn't work. Cuz when I feel like being really good (cuz deveikus feels great!), I'll serve myself up some great 'avodas Hashem' experience - and when I *don't* feel so good, I'll take a sweet serving of porn.

And that's exactly what we do.

I know people like to imagine that we are far more l'shem Shomayim than that, but methinks we overestimate ourselves...especially we of the predictably masturbating crowd. "*Vayigbah libi b'darkei Hashem*" is not an excuse for sticking our heads in the sand...

Well, *that* path of salvation - fully relying on the game of distraction to prove I am doing something about my problem - is probably *100% fine* for most frum yidden out there - but not to addicts. It's too little, too late.

Perhaps it's a question of focus. For an addict, focusing on being a ben aliyah seems to be just plain stupid - for the simple reason that we'd be putting the cart before the horse (as usual). But there we go again, imagining that *hechereh madreigos* is what we *really* need! Ignoring the foundation is just too tempting and too easy. No bedrock of true G-d-awareness, a wish-washy honesty (that has been tolerating being two-faced for years!) at best, and immaturity galore? No problem! "I'm busy crying real tears of d'veikus in the middle of L'cho Dodi right now, so please leave me alone!" That's too easy. Before we know it we are back in the toilet....

Rather, living with Hashem is never **defined** by 'being good'. Being good *results* from it or helps lead us *to* it - but it is not it, **itself**. It happens in the mind, where nobody can see. As they say in AA about recovery, "it's an *inside* job."

So it's a paradox. On one hand there is no way to *think* ourselves into right living - we can only

*live* ourselves into right thinking. But the actual recovery is a state of mind. Of surrender to G-d by way of surrender to the truth, one little step at a time.

It's about being a little more real, a little more honest, and a little more focused on *Him* than on *myself*. Sounds like a madreigah, but it's not. Plenty of goyim do it - most of the sober drunks and drug addicts (and sex addicts) out there eventually get it to some degree, and that's how they stay sober for the rest of their lives. It's G-d who does it, not them. But simultaneously, "ein hadovor tolui ella bee!" I am the only one who can surrender to Hashem and let Him in to take care of me. And I can't learn how to do it by myself. I needed to learn how from other drunks on recovery, and still do. I forget so, so easily.

And frum Jews have a harder time than most in doing this. We lust to understand it, to retain some mental control, to not seem idiots - even neged Hashem. Of course, as any of us will

And the dumb farmboys surely have it easier. Nebach for them...?

Some 'madreigo', huh?

May Hashem bless us all with protection from all mistakes and with at least a tiny bit of joy in the truth, no matter how it looks or feels.

=====  
=====

Re: My New Life Starts Now

Posted by startingover13 - 05 Dec 2011 19:37

~~agree, porn and masturbation make total idiots of us all. Nu. So it bleibs a kashya. :~~

I am an addict. There. I said it. I know in past posts I have used the word "addiction" but I don't think I ever believed I was truly and addict until right now. How do I know? Because I'm finally at a point in my life where I want to stop this. But I can't. For those who have followed my story, you know that I was recently inspired to do teshuva in my life. And I continue to be totally motivated and working hard on my relationship with God. But this addiction is killing me. Now that I want to stop but can't, I finally realize that I am truly addicted. And it's killing me. It just pulls me away from G-d. After I act out, it's not that I don't want to serve God anymore, it's that I feel like I don't deserve to. I won't make an Asher Yatzar, for example, when I come out of



the bathroom because I feel like it's spitting in God's face (though I know that's not logically true, it's just how I feel).

No matter what I block with this filter, I always find material to keep me "satisfied." I don't know why I'm posting now, or what it will accomplish. I know you'll all have some nice words of chizzuk for me but where will that get me? Every time this urge takes me over I just no longer care. I block all thoughts of doing whats right out of my head. I try to block God out for a moment. And of course, there He is right back as soon as I finish. Anyways, like I said, I'm not sure what this post will accomplish, I feel like I'm just kvetching, but I just felt this need to put my thoughts on paper. Hope you're all doing well.

-Startingover

=====

Re: My New Life Starts Now

Posted by gibbor120 - 05 Dec 2011 22:48

---

[startingover13 wrote on 05 Dec 2011 19:37:](#)

I'm not sure what this post will accomplish, I feel like I'm just kvetching

=====