

Confessing some of my secrets

Posted by have2changeNOW - 16 Jan 2012 23:09

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Hello All,

It does feel good to see other Frum Yidden with similar (hidden) sexual problems/addictions. I'm just posting now for my 2nd time, reading many posts, and very glad to have found this website. I am hope it helps me as it seems to have many others. I can see the chizuk in knowing we are not alone. Yasher Koach to the founders and funders.

I feel like I want to unburden myself a bit, actually a lot. I'm not really sure of the rules of what to post -so if I say anything inappropriate - please let me know, and I will certainly avoid it in the future.

So here's the biggie – I just have to get off of my chest: I see most of the post and articles discuss masturbating and porn. That is part of my problem for sure, but I go much worse - going for massages with a 'happy ending', and worse going - to live zonahs; and worse - trying for certain 'fetish' acts that many times include unprotected sex. This has been going on off and on for about 20 years, and I'm married for about 22 years. Oy! I have led such a bad double life.

I have ups and downs with the zonah frequency – but sometimes its a lot – like 40 or so times per year! Sometimes I feel terrible about this terrible secret life, other times its more emotionally distant from me. This year since Rosh Hashona I have fallen much less than last year to the zonah level. I have put filters on most PCs and cellphones I have access to, and I feel that joining GYE is big part of positive hishtadlus.

That side of my life is so diametrically against what I believe in!! Sometimes I have streaks for a month or two when the zonah part doesn't happen at all, but I feel like I almost never know when that could 'strike' and not be derailed by me stopping and/or even just masturbating. On a scale - if I only just stayed at home and masturbated - that would be great (relatively), especially if it's just using my imagination not on internet. Does that make sense – or am I just rationalizing masturbation?

I think my self-esteem is ok (?) - I have grown a lot in learning, pretty good job, nice friends,

Baruch Hashem - I get along well with my wife (she's great in most ways, including a good sex life and she's understanding – she knows just about the internet porn /masturbation part of my addiction) but I would instantly become the biggest hypocrite ever if the zonah part ever got out – G-d forbid! And I do believe that its hurting my Nashama – and it's one of my life's' avodahs to have to fix . . . . somehow. . . .

Please Hashem help me to never do that again!!!!!!

Thank you all for reading/listening – feels very cathartic to tell the truth to this special group of holy brothers.

Sincerely,

Trying4awhile.

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Re: Confessing some of my secrets  
Posted by blackbigday - 10 Feb 2012 19:39

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H2 - you are incredible. Keep up the good work, and the good posting.

How could your wife not know, with the time and money this seems to involve?

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Re: Confessing some of my secrets  
Posted by have2changeNOW - 13 Feb 2012 20:34

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Hello Holy Chevra,

Shavua tov! missed the posting and reading over the weekend. Had a lot of insights along my personal recovery path this weekend. Here's a few - please let me know if these ring true:

1. I sensed something new (for me) about one of the classic splits about the luchos - one half adam l'makom, the other half adam l'chavairo. This year I heard these two categories, differently than ever before - as how we need to connect to help our Recovery:

a. Adam l'makom is how we need to surrender to Hashem, ask for Hashem's help repeatedly throughout the day, realize/believe that we NEED Hashem's help every moment to stop lusting/acting out. Trying to stay focused on recovery hishtadlus and away from any dust (avak) of lust, pushes us to increase our relationship, our mental and emotional dependence on Hashem. This can also, and should, engender feelings of hakoras hatov, not self confidence, for each battle towards sobriety we win, be it big or small.

b. Adam l'chavairo is all about GYE and sharing with fellow addicts via SA/ SAA etc. Its about telling the truth, and the comforting feeling to know that there are many other good souls out there who have found themselves fighting this terrible addiction. It means no more secrets (at least not here), and more isolation. That is a freeing and empowering feeling to know that we have this chevra and we can tell the truth to people who will understand. I was zocha to be part of a recovery group yesterday that was very helpful to hear others with their own struggles as me. The acting out was different - but the struggle was similar. We need each other.

2. Little triggers (in other words good looking women) are just about everywhere. i went to a Yeshiva Dinner last night, and i realized i needed to look away, or walk away, repeatedly. So its not just in the street - its even with our haliga frum women. If someone just watched me - i would probably have seemed weird - closing my eyes a lot and making some sharp turns away from the crowd. But i don't think anyone was - just a private battle.

3. Black bigday asked how my wife didn't know and what about the cash. Well most of my acting out was late at night. or sometimes on the way home from work so easy to sneak in 30 extra minutes or so. so much time in my daily situation that I basically can be 'unaccounted' for. the cash was unfortunately a lot over time, but just sneak in with all the myriad other experiences - \$100 here, \$200 there. My wife and I don't keep a super tight balance of monthly expenses (even though we should) and I would handle that any way. Baruch Hashem that she didn't find out !!!! - I hope and pray to recover without ever hitting that terrible bottom. She deserves it. I've posted before how devastating that would be - I'm sure many of us all face that in some degree. If we haven't been caught yet - what a great motivator to stop now before

we are!!! please G-d!

Hatzlascha to all of you, my holy Chevra

H2CNOW

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Re: Confessing some of my secrets  
Posted by alexeliezer - 13 Feb 2012 20:56

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H2,

Thanks for the update.

Your commitment, and true recovery approach gladden my heart.

Shteig on bro!

Alex

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Re: Confessing some of my secrets  
Posted by obormottel - 13 Feb 2012 22:04

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Keep keeping it real!

Mottel

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Re: Confessing some of my secrets  
Posted by gibbor120 - 13 Feb 2012 22:18

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[Have2changeNOW wrote on 13 Feb 2012 20:34:](#)

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Frum events are the worst! I find it much more difficult than the goyishe prutza in the street. You are not alone on this one by a long shot.

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Re: Confessing some of my secrets  
Posted by Blind Beggar - 14 Feb 2012 11:11

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Gibbor 120, I am with you all the way. I would die in my wife's office - wall to wall chareidi women. Give me floor-length denim skirts and head scarves any day.

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Re: Confessing some of my secrets  
Posted by tehillimzugger - 14 Feb 2012 11:18

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[www.guardyoureyes.org/forum/index.php?topic=4608](http://www.guardyoureyes.org/forum/index.php?topic=4608)

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Re: Confessing some of my secrets  
Posted by ontheedgeman - 14 Feb 2012 13:21

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Maybe they don't do this at yeshiva-type places, but it seems there is a growing practice in Modern Ortho shuls for women to whip out their "feeding machines" in very visible places!! I

don't entirely blame them, but at least cover it up a bit, or give us some warning!! It's very awkward for a man when women feed their babies in public. Plus now I have some visuals that I'd rather not have!!

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Re: Confessing some of my secrets

Posted by helpme! - 14 Feb 2012 16:38

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[Blind Beggar wrote on 14 Feb 2012 11:11:](#)

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[gibbor120 wrote on 13 Feb 2012 22:18:](#)

[Have2changeNOW wrote on 13 Feb 2012 20:34:](#)

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I totally agree. I think the inyan is that a goy is mufrach from our minds to be with her, but a religious woman, shes already close to our wives, has the same beliefs as me, shes already shayach to me. and if shes married she already knows what ... is

we have to get it into our minds that also they are mufrach from us because we will never be with them. tough work over there...

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Re: Confessing some of my secrets

Posted by Dov - 14 Feb 2012 21:42

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Just to be polite to my sweet friends here, this is to report that b"H all is well but I am taking a break from the *forum* for a while to focus on my own recovery. I will be checking email for PMs, though. The forum is just too much time for me to handle. Maybe for a few weeks, maybe a few months...no way to know, cuz it really is one day at a time. Love you!

Till then,

Dov

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Re: Confessing some of my secrets

Posted by have2changeNOW - 14 Feb 2012 21:52

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Well - i have to admit it - my addict is not soo picky - our haliga frum sisters look great - but a lot of other females ding my bell too.

Here's a call out for some urgent advice /chizuk. I need to work late on special project at my office tonight. Its likely I'll be the only one hear for about 2 hours, and that means I'll be alone with my PC that has a filter - but i know the one or two websites that i can get to 'around' the filter. I REALLY WANT & NEED TO STAY CLEAN - but I'm worried about this upcoming triggering event! Seeking success tonight - just to finish the project and go home happy that I keep away from the shmutz - IY"H!!

Your recos please - will be greatly appreciated.

Thank you Chevra!

Have2change NOW

and stay clean in potentially tempting situation tonight!

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Re: Confessing some of my secrets

Posted by Gevura Shebyesod - 14 Feb 2012 22:06

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Hi H<sub>2</sub>CN

Keep in contact with a recovery buddy by chat or PM, reach out right away if you feel the urge.

Hatzlacha and KOMT!!!!

(And stay away from the HCN! ;D :o )

Gevura!

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Re: Confessing some of my secrets

Posted by Hashem Yaasfeni - 14 Feb 2012 22:15

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Dear H<sub>2</sub>CN,



I have advised many people to do waht i do and it works wonders. I listen all the time to holy words different sites lectures. Three I would recommend.

- The Shmiras eynayim clips. Took a few to get used to his style but great to listen to to keep me focused and eyes in the right place. I have about 60 classes downloaded onto my mp3 player and listen always. You can easily download one file and it opens to a bunch of clips. Try it out !! [http://guardyoureyes.com/component/zoo/item/windows-of-the-soul-group?category\\_id=159](http://guardyoureyes.com/component/zoo/item/windows-of-the-soul-group?category_id=159)
- Theyeshiva.net another great site you can listen direct from your computer while you work. You gotta keep the mind focused for those 2 hours only !!! One day at a time !! search for the one called 'Vayechi-The seed of Yaakov' very relevant !!
- KolHalashon.com I personally love Rabbi Avigdor Miller . you can search his name and start listening right click and save and you will be saved !!!! From the Yetzer of course !!

If you do as I say you will be so interested you will forget about your nisayon. DO NOT SIT IN SILENCE as 'he' will creep up on you !!!

I hope you get addicted to listening to these shiurim !!!

No more excuses, hatzalacha !!

with love .... HY

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Re: Confessing some of my secrets  
Posted by blackbigday - 14 Feb 2012 22:39

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If I feel an urge I come here. I read about what someone else is dealing with, sometimes falling, hopefully winning, and then the feeling passes. Good luck, brother.

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