

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 ZemirosShabbos - 15 Feb 2012 22:53

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GlenNahafochLivetSlivovitzChangeUcanbelieveInNow2....

happy to hear you are rocking and rolling

thanks for sharing, you give me chizuk

KUTGW

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Re: Confessing some of my secrets  
Posted by have2changeNOW - 15 Feb 2012 23:16

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And that's just my middle name!

I'm still laughing too loudly outloud from that one. feels good.

Is there a "Joke of the Day" prize on this Forum?

yasher koach!

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Re: Confessing some of my secrets  
Posted by alexeliezer - 16 Feb 2012 16:31

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[Have2changeNOW wrote on 15 Feb 2012 23:16:](#)

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GEZUNTHEIT !

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Re: Confessing some of my secrets  
Posted by tehllimzugger - 16 Feb 2012 16:39

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Well, "outgribing" is something between bellowing and whistling, with a kind of sneeze in the middle: however, you'll hear it done, maybe -- down in the wood yonder -- and when you've

once heard it you'll be quite content.

Lewis Carrol- Through the Looking Glass and What Alice Found There

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Re: Confessing some of my secrets

Posted by have2changeNOW - 16 Feb 2012 17:36

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Chevra, I'm still cracking up about Zemiro's Shabbos new name for me! You guys are awesome!  
and yes Alex - pls pass me the tissues!

Here I thought I was getting recovery advice and I'm getting high quality laugh outloud humor.  
Which I need - I think I take myself way too seriously anyway (step #4).

Dianu!

Keep it coming - all flavors are good!

KOT, KOP

I forgot my name already!

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Re: Confessing some of my secrets

Posted by gibbor120 - 16 Feb 2012 18:19

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Here's plenty of material to keep you laughing

[www.guardyoureyes.org/forum/index.php?topic=1065.0](http://www.guardyoureyes.org/forum/index.php?topic=1065.0) .

Posted by Gevura Shebyesod - 16 Feb 2012 19:43

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Hey! That's the secret formula for my Monstuh Truckin', Possum repelling, Cholint flavored  
 > > > ! The dark forces are  
 going to get hold of it and turn it against us!! RUUUUUNNNNNNNNNNN!!!!!!!!!!!! :o :o :o :o :o :o :o  
 :o :o

Posted by ZemirosShabbos - 16 Feb 2012 20:24

Gevura, there is a latin name for the secret formula you just described. in case you need to re-order from the pharmacy

ZemirosShabbos wrote on 21 Jul 2011 18:50:

welcome to the wonderful world of GYE. as you can see, part of the therapy here is *laughticus comedius*, which is wonderful in treating diseases like lust addiction and many other ailments.

weapon of mass gestaltzumpfleeing! Now you've let the secret out >

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Re: Confessing some of my secrets

Posted by have2changeNOW - 16 Feb 2012 23:31

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Cholent, scotch/whiskey, with a bunch of really funny lust addicts?? sounds awesome!! - how about tonight after couple hours Mishmar? Not sure we should wait til Kiddush after shul Shabbos morning. . .

This Recovery thing could be alright, IY"H.

KOT

Be matzliach!

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Re: Confessing some of my secrets

Posted by tehylimzugger - 17 Feb 2012 09:13

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Told you're graduating Newbie Status!

You're a Jr. Member!

Mazel Tov!

Woohferd? :o

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Re: Confessing some of my secrets

Posted by ontheedgeman - 17 Feb 2012 13:07

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you know cholent is a trigger for Overeaters, Scotch is a trigger for Alcoholics...

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Re: Confessing some of my secrets

Posted by have2changeNOW - 17 Feb 2012 20:07

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Whehoowee! Well - that is nice! Does being a Jr. Member carry extra responsibilities? or do my annual dues go up?

Actually I just noticed that its exactly 30 days since my first big confessional post about zonahs, and then the whole STD push from you guys (and test, etc) . Wow - its a bit scary to note that those events which were so powerful seem further away than a mere 30 days. The scary part is that makes me think maybe this TOP OF MIND recovery focus will fade and/or seem far away too. That happened to me in the past when i tried to fight the lust addiction with teshuva process.

Well I know its One Day at a Time, and Baruch Hashem, there is such a full range of Recovery hishtadlus to keep it TOP of MIND. But still - this has been a very precious time in my life, and OHHH how I want/ hope/pray/act that it continues. A taste , first time in YEARS, of REAL sobriety. 22 days now of the REAL thing!! BH!!!! My old 'clean' was sometimes masturbating in hotel parking lot of the zonah I called and drove to see after big web search, but glad I didn't actually go up. oy vey.

So really want to thank you all - I feel different, I daven different, I'm more humble, I feel and look at my wife differently. For me the keshet with many of you has really been food for my aching lust addicted neshama. You done good! PLEASE keep it up, don't be shy - your frankness has been super helpful too.

So all the best for a wonderful Shabbos Kodesh, and please know that you really helped a struggling fellow Jew

Muah!

Upside Down, inside out, still lot more changing 2 do NOW (after some woooferd)

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Re: Confessing some of my secrets  
Posted by gibbor120 - 17 Feb 2012 20:27

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Have a great shabbos!

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Re: Confessing some of my secrets  
Posted by alexeliezer - 17 Feb 2012 21:01

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Beautiful !

Some parts of recovery will hopefully become more automatic, like avoiding triggers.

Eventually (still far off I imagine) your hishtadlus can shift from such obsession with recovery, to more normal, healthy pursuits. There will always be some recovery work, though. And we can NEVER allow ourselves to become complacent and think we're cured.

Have a wonderful Shabbos with your family.

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