

Confessing some of my secrets

Posted by have2changeNOW - 16 Jan 2012 23:09

---

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.

=====  
=====

Re: Confessing some of my secrets  
Posted by obormottel - 20 Jan 2012 18:15

---

Heuni,

what a beautiful and thoughtful post, encouraging for all of us!

ChangeNOW, I will daven for your refua - either from addiction, or, chalilo, from something you may have picked up. Please G-d, it's the former. Let us know the results as soon as you know them, we are here to help you deal with it.

The most difficult harddrive to "empty out" is the one in your head, or course. But the start is the removal of physical bonds that hold you connected to the old ways. Don't think for a second you're not gonna want to call these numbers today, or tomorrow, or the day after. I would recomend to find a trusted friend you can call instead. You can PM me and I'll give you my cell#. Set up other fences: things you MUST do before you make a zona call.

Stay strong, stay clean, daven to Our Father for help.

Gut Shabbos,

Mottel

=====  
=====

Re: Confessing some of my secrets  
Posted by have2changeNOW - 20 Jan 2012 19:50

---

Thanks Obormottel.

Appreciate your davening for me / my situation.

Will PM next week bli neder. Eager to get ideas about those fences. Right now I'm eager to read the attitudes and handbook in depth, ready to throw myself into needed recovery - please G-d it should be without needing to deal with whole STD thing.

Good Shabbos to all, and yasher kaoch - you have helped this troubled 'newbie' very much. I already cherish this Forum and the help, insights, chizuk and love of people who share this terrible problem in their own way,

Have2changeNOW

=====  
=====

Re: Confessing some of my secrets  
Posted by gibbor120 - 20 Jan 2012 20:05

---

Have a good shabbos!

=====  
=====

Re: Confessing some of my secrets

Posted by the.guard - 22 Jan 2012 20:16

---

[Have2changeNOW wrote on 16 Jan 2012 23:09:](#)

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?

??? ????? (???????) ????

???? ???? ???? ?? ????? ????? ???? ???? ?? ???? ????? ?? ??? ???? ?? ?? ???? ???? ?? ???? ???? ?  
???????? ?? ?? ???? ?????? ???? ??? ???? ???? ???? ???? ???? ???? ???? ???? ?" ????  
??????? ?" ???? ???? ?????. ??? ???? ???? ???? ???? ???? ???? ???? ???? ???? ???? ???? ???? ?

=====

=====

Re: Confessing some of my secrets

Posted by Dov - 22 Jan 2012 22:14

---

I had a phone sex relationship with a woman for seven years - it was hard to forget her #...actually, it was impossible. I had three or four other phone #s that were burned into my memory that I used for sex services - burned in my mind for about a year. It was impossible to forget, too.

But I forgot it. And the only thing I can say is that I did not forget it by trying to. Like everything else in recovery so far, it was a shocking gift that G-d gave me, and I only recognized it after the fact. One day I just realized that I did not remember it...I had not made forgetting it my business - it was impossible for me to forget it. So it must be G-d's business. He gets the impossible

tasks, I get the possible ones.

And I end up staying sober - which is obviously impossible for me. I end up forgetting phone numbers that I called for years and years - also impossible. I end up freed from lust most of the time - also impossible. For me the ikkar is to remember that these things are not possible, even if they happen. It makes me laugh when I see I am sober another month. A month! Ridiculous. It's not me, that's for sure!

Continued hatzlocha! And keep giggling.

=====

=====

Re: Confessing some of my secrets

Posted by Blind Beggar - 23 Jan 2012 10:43

---

Didn't she remember your number after 7 years? Or did Hashem make her forget it also?

=====

=====

Re: Confessing some of my secrets

Posted by tehlimzugger - 23 Jan 2012 11:39

---

[guardureyes wrote on 22 Jan 2012 20:16:](#)

??? ?????? (????????) ????? ???

? ' ?????? ?????????? ?? ?????? ?????? ?????? ?????? ??????

?? ?????? ??? ?????? ?????? "?????????????????" " ?? ?????? ?????????? ?????? ??????????"? ??????"? ??

????? ?? ?????????

??? ?????? ?????????? ?????????? ?" [?????????] ?????? ?????? ?????????? ????"? ?? ??? ?????????? ???  
????????????? ?????? ??????, ?????????? ??????????

=====  
=====

Re: Confessing some of my secrets

Posted by Dov - 23 Jan 2012 14:08

---

[Blind Beggar wrote on 23 Jan 2012 10:43:](#)

Didn't she remember your number after 7 years? Or did Hashem make her forget it also?

Either she is my business and I am dead, or she is not my business and I have no idea. She will remain a mystery to me, like lots of other things.

But to answer your question, she dropped dead.

Ein siman brocha shoreh ella al davar hasamui min ha'ayin. It's true.

=====  
=====

Re: Confessing some of my secrets

Posted by Gevura Shebyesod - 23 Jan 2012 14:36

---

This works better in the original Yiddish, but I'll try....

Moishe is traveling, and he runs into a friend from his old hometown, Yankel. He gets himself invited for a meal. They sit down and the first course is served. Moishe digs in, but Yankel wants to catch up on all the news from his old friends. So he asks "How's our old buddy Shmerel doing?"

"Dead", says Moishe, and continues eating.

"What about Berel?"

"Dead"

"Shmuel?"

"Dead"

This kept going on. Whatever Yankel would ask, the only answer would be "Dead!"

Finally the meal was over, and Moishe leans back satisfied. Yanked could not contain himself. "All our friends are dead, and you just sit there fressing?"

"Don't worry, everyone is alive and doing fine"

**"When I'm eating, the whole world is dead!"**

Re: Confessing some of my secrets  
Posted by have2changeNOW - 23 Jan 2012 17:26

Good to be back on the GYE Forum. Last week was my first time to really get involved and it was very helpful in many ways. I did unfortunately have some big slips over the weekend - not quite a major fall - thank G-d, but still pretty serious and enlightening to me how addicted to lust I really am. More on that later -but first - can someone please translate this post that was made in Hebrew to my question last week about mast#### as opposed to falling further into zona.

??? ????? (???????) ????

???? ???? ???? ?? ?????? ?????? ???? ???? ?? ???? ???? ???? ???? ???? ???? ???? ????  
 ??????? ?? ?? ???? ??????? ???? ??? ???? ???? ???? ???? ???? ???? ???? ?"? ????  
 ??????? ?"? ??? ???? ???? ???? ???? ???? ???? ???? ???? ???? ???? ???? ???? ???? ???? ???? ?

Thank you!

Have2changeNOW



Re: Confessing some of my secrets

Posted by Blind Beggar - 23 Jan 2012 18:01

---

The one and only Guard is quoting from the Sefer Chassidim that it is better to masturbate than to sin with a woman but still he needs to do teshuva because it is still a serious sin.

And in case you are a litvak, the Sefer Chassidim was 500 years before the Baal Shem Tov.

And we are all dying to hear the results of the STD tests and are praying you are clean.

=====  
=====

Re: Confessing some of my secrets

Posted by obormottel - 23 Jan 2012 20:07

---

Why not indulge him and reveal the recommended atonement as well?

He says: Sit in the ice cellar in winter or fast forty days in summer (when days are long, I assume).

Hope you won't have to come to this, and that you're clean.

Hatzlocho.

=====  
=====

Re: Confessing some of my secrets

Posted by have2changeNOW - 23 Jan 2012 20:21

---

Thank you Guard and Blind Beggar.

That works for me - feels good to have authoritative halachic support. Even in that scenario - that its relatively ok to mast\*\*\* instead of going to zonah, I realize by my experience on this Motzi Shabbos and sunday night that my lust addiction will be pulling at me very strong. I have to get it into my head that i need to live with this - and always be recovering, not that it will just go away one day (which i did think before).

I am fortunate to be a BT - so I'm used to letting go of habits, and making new good ones, but its just not working with this at all. I had such major slips over weekeend - set up a PC that i previously dismantled without a filter surfed alot, tried to pay for live webcam views but thank G-d credit card failed (haven't done that for a very long time), called some zonahs and thank G-d didn't go. So even just totally avoiding zonahs still leaves me struggling at the edge. I have to dis-assemble that PC tonight!

Its hard to accept this is a sickness, and what that means, instead of something I can do teshuva on. Do we do tehshuva on all things in our control - such as recovery work, and daven for refuah that we are sick? Until now - I have always davened about this in the teshuva bracha in shemona esray. Seems like i should move to refuah shelayma?

I do feel like the only answer is throwing myself into recovery - but I'm scared, scared of the time commitment, scared of what if it doesn't work, and scared that this will always be me. Seems incredible to me when people say they are clean for so long - would like to get there but not sure i can.

But first - please G-d to get a 100% ok on the STD test - should get back results in next day or two. Will report the news either way.

Please keep all your suggestions coming . . . .

Dov - did you get my PM about talking as your suggested?

thanks to all,

Troubled and

Have2changeNOW

=====  
=====

Re: Confessing some of my secrets

Posted by gibbor120 - 23 Jan 2012 20:50

---

[Have2changeNOW wrote on 23 Jan 2012 20:21:](#)

I do feel like the only answer is throwing myself into recovery - but I'm scared, scared of the time commitment, scared of what if it doesn't work, and scared that this will always be me. Seems incredible to me when people say they are clean for so long - would like to get there but not sure i can.

The alternative is also scary - no?

Can you be clean today?

=====  
=====