

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.

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Re: Confessing some of my secrets
Posted by shlomoy - 22 Jul 2015 23:51

and behashgocha protis *poonkt* today I heard the Vort on the posuk MA YISOINEN :::ADAM CHAI

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Re: Confessing some of my secrets
Posted by ataglace12345 - 28 Jul 2015 18:13

Wow, that was a serious string of posts. I read a lot of me in them, which is so darn scary. This is a real killer disease, that can kill you just as much as drugs and alcohol. Hashem Yerachem .

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Re: Confessing some of my secrets

Posted by atagance12345 - 28 Jul 2015 18:14

It is "good" to know that others struggle as I do. This site has been terrific for that alone.

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Re: Confessing some of my secrets

Posted by cordnoy - 29 Jul 2015 02:57

[obormottel wrote:](#)

Hello Friend and welcome!

Have you read the Welcome Package to Newcomers? You can see a bit here

www.guardureyes.com/GUE/PDFs/ebooks/Nutshell%20July2011.pdf

In my opinion, joining the 90 Day chart would be very helpful to you, as it was for me (after testing is done, like everyone says). But you can't join unless you stop any form of lustful activity, including sex with self, looking at porn etc

In the AA's Big Book there is an expression "half-measures availed us nothing". It is also quoted in the SA's White Book. And the reason is, as long as you keep feeding your lust, it will be taking you back to all the dark places you're trying to run away from.

Yes, it will hurt. But as we know (and you know I'm sure) the moment you sooth your pain with masturbation, you'll be right where you started.

That doesn't mean, of course, you shouldn't try and leave the masturbation as a last resort, but our experience shows it won't take you closer to recovery, just delay the process.

And as a frum Yid, you do know that it's an aveiro just like the zoinos. So what's the use?

And another point: [Have2changeNOW wrote on 17 Jan 2012 22:40:](#)

I've 'tried' SA - but really prefer focus here - with Yidden who speak my language and share my world view.

Oh - no more zonahs . . . NEVER AGAIN. Need to live and breathe that.

I'm sorry, what world view do other Yidden share with you? The zoinos? Can you approach anyone in your shul and discuss your zoino issues? If you get diagnosed with STD (Chalilo), will you run to your Rov to get an advice?

The only reason we can relate to you on this forum, is because we, too, are sick in the head, and worship human bodyparts and the god of orgasm. What's so Jewish about that?

Stop fooling yourself. The surest way out for people like us is to be in the company of other "real recovering perverts", as Dov puts it. And it matters not that you will have to refer to zoinos as prostitutes, it will have the same effect on you, trust me.

When I was nearing my first 90-day clean streak, I was going through a difficult wothdrawal, and a friend from GYE called me to cheer me up. He asked me something I want to share with you:

He asked: How many minutes/hours a day do you think of being Jewish? And how much time do you spend thinking about all the shmutz? So what is really a priority in your life? And if your answer is, like mine was, that time spent contemplating my Jewishness dwarfs when compared to all the thoughts of znus that go thru my head every minute of the day, then the next step is (kinda) obvious: Get off your high horse, and drag yourself into SA meetings on a regular basis. If after 5 or 6 meetings (per Dov) you still feel you can't connect, we'll have to declare your case unique, and see what else is available.

So please read the GYE In the Nutshel I referenced above, as well as handbooks and other things available here, but keep your mind open to the fact that all these could be "half-measures" that will avail you NOTHING until you connect with live people who share your problem.

Hatzlocho.

Giving you a virtual hug,

Mottel.

Once this thread was brought up (as a mod, i try to keep the zonos and parlors out of the

regular threads if I can help it), I will bring up this post. The missile part is gold! He doesn't wanna go to SA meetin', for he wants to be among Jews. And OM's response was spot on!

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Re: Confessing some of my secrets
Posted by cordnoy - 29 Jul 2015 03:06

And let's not forget this gem of a post!

[BTW, Gevurah is at least 86 by now.]

[Gevura Shebyesod wrote:](#)

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"

"So what was that all about?"

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

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Re: Confessing some of my secrets
Posted by cordnoy - 29 Jul 2015 03:09

[have2changeNOW wrote:](#)

I so hope that I can change without reaching the bottom - as GYE says.

Kinda wonder where he thought "bottom" was.

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Re: Confessing some of my secrets
Posted by cordnoy - 29 Jul 2015 03:23

[have2changeNOW wrote:](#)

Hello All,

Shavua Tov! Hope everyone had a great Shabbos, and if you are a football fan - hope you enjoyed the big Game.

Whew! Wasn't expectin' a football reference in this one....and no; I hated/hate both teams.

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Re: Confessing some of my secrets
Posted by cordnoy - 29 Jul 2015 04:00

[ZemirosShabbos wrote:](#)

Hi H2CN,

like the Met's slogan after '86

Let's do it again!

wishing you much hatzlocha and happiness

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Thank God you didn't say '69!

I don't think I could've handled the memory of that colossal collapse again.

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Re: Confessing some of my secrets
Posted by AlexEliezer - 29 Jul 2015 14:50

[cordnoy wrote:](#)

[have2changeNOW wrote:](#)

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Kinda wonder where he thought "bottom" was.

getting busted

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Re: Confessing some of my secrets
Posted by cordnoy - 29 Jul 2015 14:58

[AlexEliezer wrote:](#)

[cordnoy wrote:](#)

[have2changeNOW wrote:](#)

I so hope that I can change without reaching the bottom - as GYE says.

Kinda wonder where he thought "bottom" was.

getting busted

Yep; I guess each have their own definition.

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Re: Confessing some of my secrets

Posted by belmont4175 - 29 Jul 2015 15:56

What a post by R' Dov, I wonder if he still holds by it!

[Dov wrote:](#)

Alexeliezer believes in ecovery - but the tools of his that you are quoting here refer only to sobriety, not to recovery. Please hear me out for I am not putting anything down here:

Chaza"I argue whether learning Torah is greater than doing mitzvos. They end up saying kind of both: Learning is the ikkar, for it brings one to action (Mitzvos)....so the doing of mitzvos is clearly the goal of the learning - so it is sort of the main thing, but they call learning greater. Funny, but OK.

The Gr"a and others comment on the idea that *ha'omer "ein li ella Torah," af **Torah** ein lo!* Along this same vein.

Now, Torah is certainly da'as Elokim, so attaching ourselves to Hashem by knowing His Da'as is certainly the goal of everything - if Olam habo is neheneh m'biv haShchinah and that is from the Ohr in the Torah, then Torah is obviously the ikkar of it all, period.

But we are not dead yet. Mah yis'onen Odom chai? v'al ta'amin b'atzm'cha ad yom mos'cho...*Bil'am thought he knew **Da'as Elyon**, too!*

"Recovery" **is** a big word. We all try the best we can to recover and get healthier. But using my own mind to do that is **exactly** making the fox in charge of guarding the hen-house. One has to be foolish, self-centered, and in denial (that is, a typical addict like I am) to place his recovery *in his own hands*. If there is anyone who needs a double helping of humility, it is the addict in real recovery. Gevalt.

But "Sobriety" **is not** as big a word as recovery. We can be in charge of minding our sobriety. After all, who else can? Not G-d. He does a very poor job of it, since He gives bechirah to (nearly) all! No. Only we can guard our eyes, use the filter between the ears, and pray to Him for a daily miracle of protection (from potential trouble) and help (when we feel like getting into trouble anyhow). He is certainly Melech Ozer - uMoshiya.

Like the Chazon Ish (who did not hold of the Mussar derech of Reb Yisroel Salanter, at all) believed, the honest keeping of mitzvot - for the addict that means **sobriety** - *automatically* leads to *having* to become a good man who gets attached to Da'as Elyon - that is **recovery** to the addict. Since I *cannot* act out - it is not an option I can afford at all (like losing all the money I have R"l). So as I go through life, Life will force my character defects into the spotlight. I *will* rage at people, resent people, and will struggle with approval-seeking, lust, machlokes, fear, and all my other crazinesses. They are part of how I *work*...and as long as they are in me, I will not be *able* to remain sober very easily. Remaining sober **as I am** becomes too uncomfortable - so the work of the 12 steps - or something like it - is **forced** upon me. Very Chazon Ish-y. This is not philosophy or "toiroh" - it is experience of many, many addicts (including myself).

So Mussar is nice. Filters are nice. The filter between the ears is indispensable...but *who is in charge of it?* Lets not be naive. We need connections with other people in recovery - connections that are real, not virtual. Please do not start to give the mussar and filters too much credence - for on the day that I start to believe that my mussar level is getting powerful enough - I will become doomed to eventually fall on my face and destroy my life with sexual acting out. For I will no longer be dependent on my G-d.

So. Similar to the Chaza"l regarding Torah and/or mitzvot...

The ikkar and tachlis is **Recovery**. Sanity and Serenity, ie. getting right with myself, right with my G-d, and right with people. **But** the only way to have any chance at all at 'making it', I (as an addict) need **Sobriety** - just plain Sobriety - no sex with myself (Masturbation) and no sex with anyone other than my wife. And feeding my lust will make that impossible, so self-honesty is all I've got.

And self-honesty for a professional frum porner and masturbater is a tall order indeed! years of hiding and tricking and faking! So I *only* learn how to become honest *with myself*, by practicing

being honest *with other real people*...ala Captain Kirk.

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Re: Confessing some of my secrets
Posted by Dov - 26 Aug 2015 10:54

Which guy do you mean, 9494? Do you mean "ataglace12345"?

...wondering the same thing...

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Re: Confessing some of my secrets
Posted by cordnoy - 26 Aug 2015 12:22

[9494 wrote:](#)

ataglance1234's absence haunts me, but not nearly as much as have2changeNOW's.

You cannot force people to stay on; this recovery thin' must come from within.

We need to provide the environment for which they can become inspired.

People come, people go

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Re: Confessing some of my secrets
Posted by MBJ - 26 Aug 2015 13:11

But cordnoy lasts forever.

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