

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 ataglace12345 - 03 Sep 2015 21:42

I am here, struggling with my Y"H as always. Going so so.

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Re: Confessing some of my secrets
Posted by waydown - 03 Sep 2015 22:21

Ataglace,

Again I will make the disclaimer I always make. I am a newbie and a novice. But just to stick in my two senses.

Rome wasn't built in one night. As long as you are still struggling and not giving up you are on the right track. Yes I know us addicts are not suppose to white knuckle. We are suppose to just feel powerless and surrender. But my feeling is that white knuckling is a start.

(It should not be the ultimate goal. But we must be willing to fight while surrender at the same time. Sounds like an oxymoron? Not really. Fighting is what gives me the will power and realization that I am powerless.)

As a jew we for sure know that fighting the lust even for second brings us tremeoundous rewards. So for just staying in the game you are great. I know we can't look at this from just a jewish perspective. We have to look at it from an unmangeable perspective. But I think its intertwined with judiasm. If I weren't jewish my life probably would not be so unmangeable. After all I would prob just stay single and lust out half the day!

Bottom line hold on tight and continue the battle.

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Re: Confessing some of my secrets

Posted by ataglace12345 - 04 Sep 2015 16:04

B"H I had a very positive experience last night. I was in a situation where it would have been perfect for me to go to a tavern and engage in my negative behaviors. I was really really having a hrad time fighting the urge. So I went on GYE, and put out a message to ask for strength for this specific urgent situation. Instead, I ended up reading my earlier posts and said to myself...do I want to go through this again???? I could not believe what I had written the "day after". So B"H, I got in my car, and went home. Went to Mincha Maariv came home and went to bed shortly after. No waking up full of tumah and guilt. A samll victory, but a good one.

I did notice something very intersting, though. I did not go home and have a drink, or even crave one. What I was craving was teh experience of going out to a bar, and all the schmutz that it entails. This tells me that this is not a substance issue, but an emotional issue completely. And I will be very honest, I missed not going out, I craved it terribly and felt like I was missing out on something by not going out to a bar. I was missing out, but taht is for the good. So, B"H since Rosh Chodesh Elul I have not gone out to a tavern, period. I hope with Hashem's help, that I

can stay out for all of Elul, and for the Aseress Yamei Teshuvah, and G-d willing through Simchas Torah. I thanked Hashem profusely last night for giving me the tools to fight my Yetzer Hora. I can daven as much as I like to aks Hashem to REMOVE my Yester Hora but that will neve happen. What I need to daven for is hte strength and tools to FIGHT my Yetzer Hora. So, to sum up, GYE was a tremendous help last night, if only that I read my past posts and did not want to go there again. Is there some sort of "hotline" though that we can call when we feel we are going ot go over the edge...I could have used some support last night, but in reality, I got plenty of support by reading the posts from some very caring and truly concerend people so Yasher Koach to you all.

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Re: Confessing some of my secrets
Posted by waydown - 04 Sep 2015 16:49

atalagnace,

Good job I share your struggle and kniw ow hard it is. How about finding something else enjoyable to do. We all need outlets. After all if your choice is minch mariv verse the bar you'll probably choose the bar next time around. But if its say the bar or nice basketball game well you can have fun playing a game of basketball too.

As a side note some will say oh your whole outlook of a fight is wrong. We need to feel powerless and surrender not fight. Thats true if we fight our whole life we will loose. but it starts with fighting and then we surrender. So great start and don't give up. Its tough.

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Re: Confessing some of my secrets
Posted by YeshivaGuy - 25 Jan 2021 15:45

Bump

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Re: Confessing some of my secrets

Posted by Lou - 26 Jan 2021 08:07

[YeshivaGuy wrote on 25 Jan 2021 15:45:](#)

Bump

@Yeshivaguy Thank you for finding these gems buried in the forum. This thread is truly amazing. I just hope I take the practical lessons out of it and not just the good read.

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Re: Confessing some of my secrets
Posted by Grant400 - 26 Jan 2021 14:57

So much to learn, good and bad. Let's have it setting the bar higher, not lowering the bottom.

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Re: Confessing some of my secrets
Posted by YeshivaGuy - 26 Jan 2021 15:01

[Grant400 wrote on 26 Jan 2021 14:57:](#)

So much to learn, good and bad. Let's have it setting the bar higher, not lowering the bottom.

Maskim 1000%!

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Re: Confessing some of my secrets
Posted by Lou - 26 Jan 2021 20:17

So much to learn, good and bad. Let's have it setting the bar higher, not lowering the bottom. What do you mean?

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Re: Confessing some of my secrets
Posted by YeshivaGuy - 26 Jan 2021 20:22

My understanding is he's saying that one shouldn't say that as long as we aren't going to zonas and "just" doing porn etc then it's not so bad.

But rather this should push us to strive towards a life of elevated Kedusha.

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Re: Confessing some of my secrets
Posted by Lou - 26 Jan 2021 20:32

I hear that.

I didn't take it like that at all but that may be because I identified more with the struggles mentioned here... Long story

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Re: Confessing some of my secrets
And I'm personally Masking 1000%!
Posted by YeshivaGuy - 26 Jan 2021 20:34

[Lou wrote on 26 Jan 2021 20:32:](#)

I hear that.

I didn't take it like that at all but that may be because I identified more with the struggles mentioned here... Long story

No judgments buddy, all g

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Re: Confessing some of my secrets

Posted by Lou - 26 Jan 2021 20:51

Just to clarify,I meant that I identify with the struggles but not necessarily with the exact actions mentioned....

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Re: Confessing some of my secrets

Posted by Hy - 26 Jan 2021 21:11

Wow seriously thank you. I totally needed chizuk today and this thread really helped!

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