

Introduction

Posted by JustKeepGoing - 18 Apr 2012 21:24

So this is my introduction

Hello! Thank you for this site

i was really addicted to z'l and pornography for about 3 years, i went to israel and studied in yeshiva where i managed to "quit," meaning i stopped for a couple of months would have a fall once or twice then pick up again for a couple of months. bein hazmanim was especially difficult (since i had so much free time and if i would fail i would be too embarrassed/ashamed that i couldnt step foot in a beis medrish,) then in my third year when i was in america (im so afraid someone should figure out who i am i dont even want to write details) I had a falling out were i fell 3 times over 6 weeks, that killed me.. it ruined my learning and every time i fail in this area it makes me feel like one big fake, so i was determined to never sin in this regard again i remembered this site and got on a 90 day program, and this is how i became a revisiting guest to this site.. im currently at 113. Im actually very proud i made it through this peasch

but the reason i went ahead and FINALLY opened this account is bc this break even though i didnt do z'l a few days ago the place my family went to for pesach was by an oceanfront hotel, i couldnt leave the room bc everywhere i went my eyes were molested with things i didnt want to see, so i basically locked myself in the room for most of the trip and got so frustrated that i gave up on watching my eyes and i flipped through the tv for as much garbage as i could find (too much free time on the break ruined my no tv commitment) and today i wasnt even planning on it but i was on the computer and i was like well if im never going to be able to watch this stuff again i should get one last dose before i quit for good (which is dumb thinking back on it) then i watched pornography for several hours something i havent done in years(still no z'l just watching) so now i realize that i have to get on this forum already, hope it helps

A main problem of mine is that i have alot of friends who were much worse than i was before yeshiva in israel and were involved physically with girls and now are learning full time yeshiva guys baal tshuva but myself, i grew up with very very low self confidence and self esteem, so i never had the courage to do what they did, and now after working on myself to the point that i could have the courage i feel like i missed out.... i know theres something flawed there and when i mentioned it to a rabbi, he told me that im lucky bc its much harder for them but that didnt do it for me. i needed to get that out

ok i hope that was a good introduction thanks

=====
=====

Re: Introduction

Posted by Machshovo Tova - 05 Jul 2012 20:44

I'm not a regular on the DC call, but I believe that the following is what you need to know (worked the last time I tried):

The call is Mon-Thu 12:00-1:00 pm EST

Dial 1-209-255-1000

When prompted, enter 637207#

That's it - you're on. You can introduce yourself, or (at first) just listen to how others participate.

Hatzlacha

MT

=====
=====

Re: Introduction

Posted by JustKeepGoing - 05 Jul 2012 22:09

Thank you very much. Now 12-1 est means like east coast of america time? Bc I have shiur exactly then. Is there an alternative time?

=====
=====

Re: Introduction

Posted by Machshovo Tova - 05 Jul 2012 22:28

1. Yes that's correct.
2. The following times are available.

8:30 AM EST (Steve)

12 PM EST (Duvid Chaim)

10:20 PM EST (Shlomo)

MT

=====
=====

Re: Introduction

Posted by JustKeepGoing - 05 Jul 2012 23:32

Thanks MT, I'm gonna try the 1020 one thanks for all the info. Exciting. What's the difference between who does it? All I've ever heard about was duvid chaim

=====
=====

Re: Introduction

Posted by obormottel - 06 Jul 2012 06:08

Just keep going.

Mottel

=====
=====

Re: Introduction

Posted by JustKeepGoing - 06 Jul 2012 13:14

Tushay

=====
=====

Re: Introduction

Posted by obormottel - 06 Jul 2012 16:12

[JustKeepGoing wrote on 05 Jul 2012 19:10:](#)

Being more real with myself since my last fall and seeing how I really can't do this on my own (albeit I still want to try to keep my anonymity as much as possible) also being real I see how without a show everything is more enjoyable. ..

Any tips on being more real would be greatly appreciated how do I stop wih approval seeking/pleasing. ...

Please write back! Its like the guy who goes to give a high-five and no-one responds AKA leaving them hanging don't leave me hanging!! Please not me-oh-thehorror-!!!!AHH!!!!!!

Ok in all seriousness that was exaggerated I'm just a little bored and I'm waiting for like EVER for a response. Ok that's enough from me for now

well, I just wanted to give you a quick response, not to leave you hanging...

why would you think that virtual posters on an anonymous forum can teach you anything about being real?

Anyways, my point was "just keep making phonecalls, and reaching out to real people", in other words "j u s t k e e p g o i n g".

=====

Re: Introduction

Posted by JustKeepGoing - 06 Jul 2012 18:29

Thanks for not leaving me hanging! I try to be very honest when I post, and writing out my secret "secret" helped me tremendously. Its lead to more honesty in other areas and I'm finally
)

Shbbat shalom Mottel!

=====

Re: Introduction

Posted by JustKeepGoing - 11 Jul 2012 00:42

Update:

- I realize that I constantly seek attention and approval, its hard to write this, but I find myself

contemplating how to write posts in my thread in a style that gets me the most attention and sympathy. I feel absolutely PATHETIC and rotten when I think like that, and it really traces back to being so self-absorbed and selfish which makes me feel gross. I also don't want to turn everyone here into my personal psychologist also and I don't like complaining all the time, that also makes me feel gross.

That's why I've been hesitant to post.

Now although I think the above is true I still have hope that with the phone conferences I can learn the tools to overcome this. I've been in touch and I'm really really really looking forward to them.

I finally told my friend everything, I told him about GYE, the forum, phone conferences. (I told one other friend before but we didn't go into such detail but we did make a 50\$ deal so now I have cash on the line as well). That was yesterday, I was on a high the rest of the day, just so HAPPY that I told him I spoke to a person, you really can't beat the "human element" even though I still think the anonymity of being online helped me open up about it in the first place. It was a key first step. And I think speaking it over with my friend was key step numero dos.

So..

Thank you everyone! I finally feel like I'm taking steps to getting better *outside* of myself. And I owe a tremendous debt of gratitude to everyone here for making that possible.

Some vorts!

- we kill the animal a person was with, for the honor of the person that was with it! Imagine that a guy who has sunk so low as to be chayav mita! The Torah ensures that he be respected. The guy who fell that far the Torah is still machshiv him. So practically for us, no matter how far we fall we should try and appreciate that we have value.

- A person that holds his amah when he goes to the bathroom its as if he was machriv the olam. Q. Why? Not EVERY time a guy holds it when he goes he'll come to wasting? So why make it like a rule, that a guy like this will be machriv the olam? A. Maybe, its not the problem that he's touching his amah when he goes the problem is, if hes doing that then he must not be *afraid* to fall/ he doesn't have fences. In THAT case its a lost cause and he will fall.

Also another brutal confession is that when I see all the encouragement for people that fell, saying don't worry, "*its no big deal*" I feel like hey maybe I **can** have another fall its no big deal ill "justkeepgoing".....! Keeping my count of days and not wanting to start over helps me with that but I'm just saying that that's what flutters through my mind sometimes.

And now that I just un-loaded my kishkes to all of you- Thanks for reading!

=====
=====

Re: Introduction

Posted by Newbi - 11 Jul 2012 18:15

As your name says, just keep going, but make sure you know the direction ur heading in or else.....

This not wanting to really give up feeling I can relate to as well. But the truth is you DO want to give it up it's the yetzer hara that is putting words into ur mouth/mind that ur not sure if u really want to give it up. So tell yourself load and clear(not that everyone around you has to hear) that u do want to give it up, and that you WILL give it up, and you'll see it will become easier. I'm not saying this the Gemara already does,

"there is a small limb that if you feed it, it craves more. But if u starve it it dies down." so there u have STOP feeding it, stop lusting. Take action to stop, and with Hashem help it will get easier.

=====
=====

Re: Introduction

Posted by alexeliezer - 12 Jul 2012 17:41

[JustKeepGoing wrote on 11 Jul 2012 00:42:](#)

Also another brutal confession is that when I see all the encouragement for people that fell, saying don't worry, "*its no big deal*" I feel like hey maybe I **can** have another fall its no big deal ill "justkeepgoing".....! Keeping my count of days and not wanting to start over helps me with that but I'm just saying that that's what flutters through my mind sometimes.

It is a big deal when we fall. But b'dieved, what can we do but get back up. Wallowing in it just makes it worse.

The reason it's a big deal is because there comes a point where it does get easier to stay sober. Getting sober is very taxing, a huge, stressful mental effort. Then it gets easier, especially if we aren't sipping. But if we slip and fall, it resets the battle to super hard all over again. Sometimes that's my principle motivation not to fall. Getting sober was sooo hard. I don't ever want to go through that withdrawal again.

So stay sober, ok?

=====
=====

Re: Introduction

Posted by JustKeepGoing - 16 Jul 2012 13:56

Thank you Newbie and AlexEliezer

I said it out loud- "I don't want lust" several times and it helped. The main test is gonna be the summer for me right now I'm pretty sheltered.

I'm currently on the 4th step work writing out resentments etc. I have so much anger coming up its unbelievable, I don't usually feel such strong emotion, and if I do it'll play out as depression, I think that all the times I get depressed it comes from a deeper anger/frustration. Ex. Why didn't you speak up for yourself when person x made fun of you. And the anger turns inward I'm angry at myself and can't help myself or do anything about it so ill get depressed and that'll lead to acting out. Its the same depressed pathetic feeling that leads me to act out. This morning I was so angry I started getting anxiety during tefilla and walked out early. Please G-d I hope I can get rid of these feelings with the program.

I keep writing and writing resentments the list goes on and on. Is this normal?

I'm emotionally raw right now, on edge.

Thanks everyone I don't know where I would be without you, well depressed probably lol but other than that I don't know.

=====
=====

Re: Introduction

Posted by obormottel - 16 Jul 2012 15:29

Are you working the steps with a sponsor*?

*sponsor is someone who is ahead of you in working the steps, has tangible sobriety, and has his experience to offer.

=====
=====

Re: Introduction

Posted by JustKeepGoing - 16 Jul 2012 15:56

I'm part of one of the phone conferences, I haven't finished all the work yet and haven't been set up with a sponsor

=====
=====