

hello world

Posted by amordechai - 18 May 2012 19:51

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Hello,

I am new to GYE, and I wanted to introduce myself. I have struggled with thoughts related to acting out various sexual fetishes for 16 years and with masturbation for about 9 years. I would like need to be free... for myself, because I can't afford to spend more time, money, energy – any more of my being – on things that give me no fulfilment : not physically, not emotionally, and certainly not spiritually. for the people around me, because when I act out and drain my energy, I am not present for them. Hashem is important to me, and halacha is very close to my heart... but I am very far the place I want to be in yiras shamayim, and I know that spiritual reasons alone have not been a strong enough impetus to overcome this addiction.

I have signed up on the 90 day chart, and I am 6 days clean currently. I intend to heal myself physically (by staying away for 90 days), and emotionally (by trying to be more aware of my emotions and journaling on a regular basis).

Spiritual healing might take a little longer. . . but b”h I am headed in the right direction.

--amordechai

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Re: hello world

Posted by Kevin Pond - 30 May 2012 01:10

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and by the way, Amordechai, how are you doing? is your recovery going well? Do you need some tips and / or advice?

(we got so caught up by this names issue that we forgot who started this forum and why...)

good luck to you, Amordechai- I accept you whichever way you choose to call yourself

all yours,

Zundel Shmerl Attias (that's already Kevin's FOURTH name here- tss...tss.. shame on me!)

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Re: hello world

Posted by Dov - 30 May 2012 04:09

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Oh, no...Dov woke up. Negelvasser took a few days, but here we go!

Kevin Pond, please stick what *works for you*. He can help us in lots of different ways, it seems. To heck with me and whatever else anyone else says. You are doing right if you are doing OK, I say. But with Hashem's help, here is my side of the story:

OK, so I figure that the reason that it's called "*Alcoholics Anonymous*" is because we keep eachother's identity private outside the meetings. But there is a catch: unlike in this forum - on which we are only identified by our *username* (and whatever facts we choose to divulge) - traditional AA meetings involve **walking into a room**. I usually bring my face with me, personally. It's just too painful to remove each time. I also bring in my tzitzis, my yarmulkah (both of which I used to *remove* "so as not to make a chillul Hashem" before going into a dirty book store, years back!), and I bring in my real name. The one my wife and friends call me: "Dov". So much for hiding in a paper bag....or in a username. It's different than meetings.

And as Reb Eye (the eyeball guy) pointed out subltly, "OHMIGOSH! I SAID I LIVE IN A FRUM COMMUNITY!" I'll tell you a story. Early in our marriage, when it was mikvah night and my wife went out to the car to go and mikvatize herself, heaven help me if I would pop out the door and say *anything* to her...like, even "seeya later," or "Here is the credit card, the car needs gas, honey." Oh, boy. She'd give me a look that could kill...and later she'd be mad as heck. "I was going to the mikvah! How could you embarrass me like that?"

That was twenty years ago.

After a few years of growing up, she began getting less self-conscious - eventually even being able to call out to me from the car as she was on her way to the mikvah with pronouncements like, "Dov (cuz that's my name), put the perishables away soon, OK?" She did **not** announce, "I am finished with those bedikos and going to the mikvah now and we might be having sex

later....but please Dov - *put away that cottage cheese!*" Not quite.

But early on, it felt to her that this was exactly what she'd be announcing.

That's usually the same fear newbies feel ID-ing themselves (by just a first name!) here, I think. It's OK. We all outgrow it, be"H.

I have been on this forum a long time, I have been going to SA meetings a long time - with frum guys and even to shabbatons with hundreds of frum sex addicts there (many with their wives, too)...and we do not lose shidduchim. We respect eachother's addiction as we respect our own. We are anonymous.

OK, so enough with the name. I bring it up when I feel it is needed - that is, when the writer seems to be hiding his brains out. That's when it needs to be broached. Not for everybody. If someone makes a deal of it, then it is probably a big deal for them - and it probably needs to come out if they are to really grow into their next layer of recovery.

But maybe not.

And you are right, KP. What happened to **amordechai**? He had some awesome posts the other day!

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Re: hello world

Posted by Kevin Pond - 30 May 2012 14:44

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thanks Dov, for a very interesting post. you have great sense of humor, and your story is amazing.

my wife & i are also more "normal" nowadays than 20 years ago in these matters of privacy, as i am sure many couples are.

i was just peeved because i felt - as a newbie- that i am being judged.

in Frum society we ("kevin" included) sometimes tend to judge too much. i believe it is part of our inability to deal with our SA problem.

i went into this forum for a breath of fresh air, a lifesaver, a place where I & others are FINALLY NOT being judged (!!!!) and all of a sudden this idiotic comment was made about me and my username.

ironically, my username alludes quite strongly to my real name (hmmmm... start the guessing game!) Much more than "kadosh770 " tahor123" or "eyesForYou613" So when i sign as kevin pond i DO feel "myslef". how can others judge me?

one more point- people on this forum should please respect the fact that we come from different mentalities. i live in Europe (that's a weird place...It's outside Boro Park!!) and we Europeans tend to be much more private.

au revoir!

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Re: hello world

Posted by obormottel - 30 May 2012 23:08

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The case for a real first name use is very well articulated and is quite compelling. The opposing argument is merely an irritated outburst.

Kevin's username was used as an example, and was certainly not a personal attack. Notice that the original poser of the question was merely trying to get an understanding of Dov's s h ita on this issue, and I merely got him a compilation of old posts. So it got a little trigger-happy, and real people with fake names but real feelings got dragged in.

No one here could care more for you than your own self. If you feel that the first name use is lost on you, I am no wiser.

But for everyone reading this, this discussion is important (although it flares up every so often, like [here](#)).

If we've been around the block and tried to attend to this issue of ours for many years, and nothing's worked, perhaps it's not the last question to ask ourselves "what am I doing wrong". And being honest with oneself is one of the more important tools we learn in this program.

But we, addicts (those who are), are a very sensitive bunch, and G-d save you if you step on my

ego or dare to suggest what might help me.

Whatever works for you, even the "we, Europeans, are more private" myth.

Mottel

P.S. No offense taken on the "idiotic comment" comment. I know you mean it sincerely, and sincerity is a positive attitude. keep it up.

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Re: hello world

Posted by Dov - 31 May 2012 05:52

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Dear Mr Pond,

Thanks for the kind words about my sense of humor and for your openness about your feelings regarding the whole *name* issue. You were open and honest and explained where you were hailing from clearly.

The last thing I need or want to do is look down on *anyone* - least of all a fellow lust-problem-person. No doubt, my 'direct' approach has turned off some and I regret that. Frankly, in the end, I believe that it is the ones who are the most judgmental themselves who see judgmentalism in others - as you alluded to quite nicely.

As Gandalf put it so well in Tolkien's "Lord of the Rings": well...I can't really remember (having not spent that much time in the restroom lately) but it went something like: "the deceitful are ever suspicious." In other words, we tend to interpret the behavior of others based on the way we would behave. If we ourselves are sarcastic, then we will more often misinterpret things people say or write as being vicious or sarcastic, etc. The Ba'al Shem Tov said it a long time ago, when he taught that when we see others as ugly, we are actually only seeing our own defects.

For all that, KP, you seem above it, actually - if I may 'judge' positively. And the wages of that attitude are nice.

Vive la' liberte! (spelled right?)

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Re: hello world

Posted by Kevin Pond - 31 May 2012 12:29

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BSD

hi Dov, Obermottel and everyone else,

i am really sorry if i got too heated up about the whole issue. specifically for calling your post idiotic.

you all replied with impressive maturity.

you also made me think deeper into the issue of fake identity/ username. i am actually intending to start a new thread here about myslef and about that whole subject BH.

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Re: hello world

Posted by Eye.nonymous - 31 May 2012 17:54

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Wow, Dov! Gandalf and the Ba'al Shem Tov in the same paragraph! (I'havdil) I think the appropriate expression is (though I feel like I must be on drugs to actually say it or type it), "You rock!"

--Elyah

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Re: hello world

Posted by tehillimzugger - 04 Jun 2012 10:08

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[Eye.nonymous wrote on 31 May 2012 17:54:](#)

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--Elyah

Since you enjoy being cross-referenced, here you go

[www.guardyoureyes.org/forum/index.php?topic=3071.msg131234#msg131234](http://www.guardyoureyes.org/forum/index.php?topic=3071.msg131234#msg131234)

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Re: hello world

Posted by mifatfait - 07 Jun 2012 17:41

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Dov,

Whoever said it, that idea is so true its scary. The only things that bother me in other people, are the things I myself am weak in.

Us humans are such incomplete creatures.

MB

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Re: hello world

Posted by Eye.nonymous - 09 Jun 2012 18:48

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TZ, I'm impressed.

--Elyah

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Re: hello world

Posted by Dov - 11 Jun 2012 15:33

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[kevin wrote on 31 May 2012 12:29:](#)

BSD

hi Dov, Obermottel and everyone else,

i am really sorry if i got too heated up about the whole issue. specifically for calling your post idiotic.

you all replied with impressive maturity.

you also made me think deeper into the issue of fake identity/ username. i am actually intending to start a new thread here about myslef and about that whole subject BH.

Hey Kevin, or Ezra, or whatever your username is now...any news from over the 'pond'?

It occurs to me that a few of your posts veer into the husband-wife relationship. That's great and I wish more posts were about that area. G-d knows we are poorly equipped to be healthy there, especially porn and fantasy-using males like us...

We need healing and Help there, if we need it anywhere.

Have a nice day and hope you are still in the game.

- Dov

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Re: hello world

Posted by Kevin Pond - 27 Jun 2012 11:07

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BH

Dov,

i want to thank you for keeping in touch. After last debate i was in a bit of a sulky mood, and it is



your zechus that i am back on the forum.  
yishar koach!

-Kevin (i am pretty consistant nowadays with my false names...criminla's morlas, you know.... 8)

BTW i am moving to eretz yisroel very soon IY"H!

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Re: hello world  
Posted by obormottel - 27 Jun 2012 14:52

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Welcome back!

Hatzlocho on your aliya!

Mottel

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Re: hello world  
Posted by Kevin Pond - 27 Jun 2012 21:57

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thank you

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