

**It's Time To Step Up...Here's My Story**Posted by Avraham613 - 20 Jun 2012 03:39

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I have been on and off this site for around 3 years now. I have utilized many of the tools here but never really got involved in the forum. Over the last few weeks, I have posted for the first time asking for some help. I received some great feedback and was encouraged to come clean and introduce myself as honestly as possible. So here goes...

Unfortunately, my story sounds similar to many of those I have read on the forum. I am currently 25 years old and married with one child B"H. I have always considered myself to be a very sexual type of person. As far back as 11 or 12 years old, I remember myself being attracted to inappropriate pictures. The environment that I grew up in, never really emphasized any importance to "look away" so I enjoyed what I had available to me. My parents (both amazing people), never thought twice about giving me my own laptop when I was around 14 or 15 so I, like any other innocent teenager gladly accepted. At times I tried to blame my parents for allowing me this accessibility when my struggles increased but I know now that Hashem wanted me to grow up a certain way.

I quickly began to use my laptop for very easy access to p\*\*\*. If I remember correctly, I looked forward to getting into bed at night knowing that I had my favorite part of the day awaiting me. There were no filters, no one watching and no one even using that computer except for me. I would look at pictures and videos for hours on a nightly basis which always ended with being Mz"l throughout those highly impressionable years of 14-18. The environment I grew up in and the Yeshiva I went to never really spoke much about the dangers of the internet at that point.

Along with these nightly "adventures" came a total disregard for Shomer Negiah. Again, where I was in school (yes, a Yeshiva day school), the amount of girls one touched was an honor, not something to be ashamed of. I truly believe that these two factors, the internet and the constant physical contact with other girls were the main source of my future struggles.

Baruch Hashem I had a sincere desire to go to Eretz Yisroel for a year (or more) and become more serious about my Yiddishkeit. I went to Yeshiva in Israel for 2 years and almost completely cut out any form of inappropriate material. I loved (and still love) learning a lot, got very serious and made very drastic changes in my life over those years. I became Shomer Negiah from the day I stepped off the plane in Israel even though I had a girl friend at the time. She gladly agreed to my plan (although this was a major change for us both) and B"H neither of us ever slipped from that day onward.

I became known as a very serious learner and a real shtark kid. My parents had their reservations because this was not how I grew up but warmly accepted all of my changes. When I returned home from Israel (with the same girl friend), I placed myself in a great environment in order to succeed in my learning. As I got back to America, I continued learning very seriously. The problem was that when I went back home (for weekends etc.) I began to get that same feeling that I knew all too well. I remember the first time I slipped after all my work and changes. It was devastating and I promised myself it would never happen again. Unfortunately, that one slip turned into weekly slips. Every weekend it became routine to come home and go straight to my computer that I had not used all week in Yeshiva. It would kill me that I would spend my

weeks learning every spare second I had and just give it all up on the weekends. I felt this growing contradiction within me but could do nothing about it. The addiction began to grow even more than it was pre-Israel in some ways. Now, I had an image to maintain. Suddenly, I found myself searching desperately to form online discreet relationships with random girls just to relieve the inner stress I was feeling. On one hand, I longed for my previous High School lifestyle, but on the other, I loved being frum. More importantly, I loved the way others perceived me and was not willing to give that up. A secret life was the only solution. I tried what I could to avoid those weekly occurrences but to no avail. I continued learning shtark but was constantly nichshol.

I cried many time to Hkb"h to help me get over this issue so I could be completely engrossed in my learning and Avodas Hashem but I kept slipping. This continued for a few years until I was around 21. That girl friend I had since High School and I never split up. We continued to grow and learn together. She made the same types of changes I did. She was always supportive of my learning and growth while she continued to grow on her own. We decided to get married early (being shomer negiah with a girl friend can only last so long) and I was ecstatic to finally resolve this issue once and for all through marriage. Never in my wildest dreams did I ever think the issue would continue once I was married.

I was right..... in the beginning. I had no desire to look or doing anything I shouldn't and was completely submerged in doing what I knew I was supposed to. Unfortunately, those initial feelings began to slowly go away while those old, unwanted desires crept back in. Now that I was not learning night seder in Yeshiva, I had plenty of time at home with my computer. I hated myself for "cheating" on my wife in that way. I felt so guilty for looking at other women but felt completely powerless. The thrill of meeting other women discreetly over the internet (even just to schmooze) was too powerful for me to stop on my own. All my wife ever did was smile and be that perfect Kallah any guy could ever ask for. I couldn't continue hurting her like this....even if she didn't know.

My wife and I always had very open lines of communication and I felt that I could truly tell her anything, so I did. I told her about my struggles, what I used to do every night in High School (some of this stuff she already knew from previous conversations but not to this extent). I never told her that I tried to form dumb online relationships with random women because I felt it would hurt her too much. She was completely understanding, never judgmental and wanted to do anything she could to help me. Randomly, she would ask me if I looked at other girls because I didn't get enough satisfaction from her. I would cry deep down for giving her those insecurities after convincing her that it was just my "addiction" and had nothing to do with a Chisaron in her. I thank Hashem for giving me such an amazing wife.

Over those years, I decided I wanted to become a Rebbe. I wanted to devote my life to guiding kids growing up in a similar situation that I did, trying to prevent them from making certain choices that I might have made. My wife was all for it and we have been in this together for a few years now. Only because of GYE have I made the progress that I have. It brings tears to my eyes that I can count the number of times I was Mz"l this year on one hand. For me, this was unheard of. Recently, I saw a post on the forum about someone that struggled with going to inappropriate masseuses. I am not going to lie, I have been feeling those taivas lately myself. But when I saw the cycle he suddenly found himself in (and b"h is getting out of) I decided I cannot let myself fall into that world....who knows if I will be able to get out like him? I do go

through swings of taiva and am trying very hard to work on avoiding those vicious cycles. I have strict filters and accountability on all computers that surround me. I have acted out on occasion this year and felt horrible about it, especially when I am preaching to kids the opposite. But, I have come to realize that my clean streaks never go to waste and I just need to get back up and keep going. Any slip I ever had always ended in disgust and despair. If I can focus on the result without having to go through that torturous process, I know I can prevent many falls iy"h. I thank GYE and everyone here for all your help and support and look forward to many more years of Kedusha and Tahara.

All the best,  
Avraham

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Re: It's Time To Step Up...Here's My Story  
Posted by Machshovo Tova - 18 Jul 2012 18:38

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Sorry O"M that we do not see eye to eye. Doesn't look like a debate will change either of us. I guess that you will not be buying my upcoming "Good Intentions" book.

I was gonna end with a "vort", but I'm finally learning...

So until next time, take care - and stand up for what you believe in (I do so too).

MT

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Re: It's Time To Step Up...Here's My Story  
Posted by JustKeepGoing - 19 Jul 2012 04:25

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I love you guys. So honest.

[Avraham613 wrote on 18 Jul 2012 01:27:](#)

Hey Guys -

B"h I have been going strong for a while. The last few days I have been battling like crazy. I know my trigger, it is a certain way to chat that doesn't come up on WebChaver and is not really reported.

Anyways, I met a girl who wants nothing more than to have a "virtual" relationship with me. I am not gunna be able to hold back much longer.

Some chizuk/advice would be great ASAP.

Thanks,

Avraham

OY! AVRAHAM AVRAHAM

The trigger is lust my dear friend and think good and hard if thats what you want to do. I heard it in the steps and its the Pasuk that MT quoted.

THINK THINK THINK DONT SHUT YOUR BRAIN OFF!!!

IS this *REALLY* what you want??? Take a deap breath, go outside for a walk and get some CLARITY. YOU DO NOT WANT THIS TO RULE YOUR LIFE!

and for what??? A bunch of pixels on a screen?? a bunch of words?? your going to sell yourself out, possibly get depressed, possibly do what they call " The bunjee jump without a bunjee" ok so they dont call it that, but still. AVRAHAM when a person falls they say to themselves "**WHAT WAS I THINKING!?!?**" THE ANSWER IS "**THEY WERENT**"

PLEASE PLEASE PLEASE THINK THINK THINK

Take a moment to picture yourself at the goal. whats the goal? well you tell me. Whatever you desire. The goal is to have it, right?

So go ahead and pretend you have it, its all yours buddy.

What have you got exactly now?

NOTHING!

Jokes on you because you bought the brooklyn bridge! And dont think the Yetzer isnt going to rub it in.. hes going to have a BALL (not the inflatable version **please** do NOT get confused with the inflatable version that would **TOTALLY** kill the serious mood we got going on here right now)

Avraham. please, I beg of you, THINK before you SINK\*

\*I was *going* to go with ACT but "sink" rymes better

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Re: It's Time To Step Up...Here's My Story  
Posted by Avraham613 - 19 Jul 2012 13:54

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Speechless.

I have never heard someone be so blunt and obnoxious about such a sensitive issue...but I loved every word of it.

It is hard to hear those words and not get angry but I know the deep place where they are coming from.

M.T - I truly appreciate the words of Torah as I feed off of them as well.

Mottel - You really see things clearly and your clarity is what I aspire to have. In terms of taking prevention steps before I am in the zone, I have put a filter on every piece of technology in my house and used the Taphsic method as best as possible. My post during my struggle was the first time I reached out for help BEFORE i fell and something I am proud of.

To follow up on that night, Baruch Hashem I was not MZ"L. Because of the post, someone I had already set up contact with saw it and was deeply concerned. HE did not stop texting me until I finally called him. It was the first time I spoke with someone extensively in the middle of a struggle. HAd it not been for that, I would have let go completely. So the post, was effective in that regard.

B'H I have deleted any type of connection (numbers, email...) of this girl and blocked her so I will not be able to contact her again.

I appreciate all of your thoughts.

Mottel - thanks again for piercing through my superficiality. It was needed.

Avi

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Re: It's Time To Step Up...Here's My Story  
Posted by Machshovo Tova - 19 Jul 2012 13:58

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[JustKeepGoing wrote on 19 Jul 2012 04:25:](#)

Avraham. please, I beg of you, THINK before you SINK\*

\*I was *going* to go with ACT but "sink" rymes better

How bout - THINK before you STINK

MT

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Re: It's Time To Step Up...Here's My Story  
Posted by obormottel - 19 Jul 2012 15:13

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Maybe I should change my name to Obnoxomottel.

But then it may give away my true identity...

Glad you took it in stride. Believe me it was motivated by love. I spent over an hour yesterday on the phone convincing my sister not to enable our brother, who, just like me, is a screwed up addict, but who (as of yet) refuses to acknowledge this fact, partly because he is being enabled to continue his destructive life-style by family members. Trust me, my posting here came from the same place of love and concern that I have for my blood-brother.

I am also happy that you're keeping at it, installing filters, posting, calling people. Even in the heat of the action it is a positive development, especially if it stops you from actual acting out. But in order for the program to stick and to have a long-term effect, all these action need to take place prior to getting into the "zone".

And finally, a personal story, which I was reminded of by Alex's post:

When I just started here, about a year ago, I installed filters etc, but I still had an external harddrive full of pornographic pictures and videos.

I was petrified to go into the drive to delete this stuff because I was sure I couldn't stop myself from taking that "last look" at my best friends before removing them permanently from my life.

So I called Alexeliezer (by his invitation) and he stayed on the phone with me untill I accessed the harddrive and deleted the (in)appropriate folders.

I only did this because my mind was made up that if I ever look at pornography again, I'll die (slow and painful death; the dying process may span over decades and make every day miserable and unbearable). And because I, Mottel, do not have what it takes to have porn at my fingertips and not look. That's the filled shotglass I referred to above.

You can read all about my initial struggles (and bits of this story) on my original thread [Personal Recovery Plan](#).

I am only sober today because when I woke up my first thought was to masturbate while lusting over my wife who was still asleep but exposed herself in a provocative way. This reminded me that I am powerless over lust and in turn, it reminded me to renew my commitment to stay sober today.

Hope my sharing helps someone. It sure helps me.

Mottel

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Re: It's Time To Step Up...Here's My Story  
Posted by alexeliezer - 19 Jul 2012 17:56

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Yes. I have found that I had to give up even checking out my own wife, unless b'shaas tachlis. Unfortunately, it's the same poison.

Avraham, sounds like you're moving rapidly in the direction of true commitment to life without lust. Life is good on this side of the fence, and it's still taken one day at a time.

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Re: It's Time To Step Up...Here's My Story  
Posted by JustKeepGoing - 19 Jul 2012 19:07

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It comes from love and of course of course of course every word that I wrote to you applies to me.

KEEP GOING!

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Re: It's Time To Step Up...Here's My Story  
Posted by mifatfait - 19 Jul 2012 19:58

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Mottel, I just read your'e words of wisdom, you really touched my heart. Thanks.

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Re: It's Time To Step Up...Here's My Story  
Posted by obormottel - 20 Jul 2012 00:39

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[Charlie wrote on 19 Jul 2012 19:58:](#)

Mottel, I just read your'e words of wisdom, you really touched my heart. Thanks.

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Re: It's Time To Step Up...Here's My Story  
Posted by bzyzgye - 20 Jul 2012 01:11

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Wow wow wow!

I wasn't active on the forum the past 2 days and I seem to have missed tons.

this is a great thread, Mottel your post on the 18th was incredible, so honest and true, yet I can sense the love in it.

Keep it coming Mottel, we all need to hear this. quit a few Newbis joined here the last 2-3 months we all need to hear some tough words.

Thanks, KC

Thank YOU, [s]Mefat[/s] Charlie!

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Re: It's Time To Step Up...Here's My Story  
Posted by Avraham613 - 23 Jul 2012 03:19

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Had a Hava Mina to do something tonight after learning for many hours today.

I read a few stories about hitting bottom while still on top.....and its off to bed.

Goodnight chevra!

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Re: It's Time To Step Up...Here's My Story  
Posted by obormottel - 23 Jul 2012 03:46

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Atta boy!

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Re: It's Time To Step Up...Here's My Story  
Posted by bzyzgye - 24 Jul 2012 05:06

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Keep Climbing Avraham

From what I understand that the havah amina will always be in our mind, we just work 1 hour at a time to keep it from becoming a maskanah.

KC

Re: It's Time To Step Up...Here's My Story

Posted by obormottel - 24 Jul 2012 06:11

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And the way to see the java amina for what it is, is to share it before acting out on it.

Way to go!

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