

let's start from the beginning

Posted by bzyzgye - 28 Jun 2012 06:07

Hi everyone, I've been following you all for a few months now and noticed a few newbies introducing themselves and decided to take the plunge.

I am in my 20's, married with 3 wonderfull children k"h, financially stable, and everything going for myself b"h.

It all started when I was about 10 years old I started getting the urge to look at inappropriate pictures, I would find them in store flyers, magazines on the street, phone books, etc. As I got into my teens I graduated to worse type of images such as s*x and p**n, I figured out that I can masturbate myself (quite scary the first time it happened) from there it went down hill as soon as I discovered the internet after I got married. I couldnt go by 2 days without masturbation and mz"l. I recently had 70+ days clean and am currently working on hitting at least 90. My main problem is that I love to look at woman on the street and let my imagination wander, whether it's while i'm driving walking or just watching my kids outside. My falls can come at any given time, for no reason at all I'll just decide to go ahead and be mz"l. While I do have filters and accountability software on my computers and smartphone. I find that it doesn't take much for anything to trigger a fall. I have noticed that it usually comes from boredom or just a crazy hectic day at work where I feel I need to releive myself.

To set the record straight: I b"h have never gone to any places I shouldn't nor have I had any online social networks, never had anything to do with another woman besides my wife, just basically the personal struggle and the fantasies.

I must add that I have gained a tremendous amount of chizuk by hanging around on the forum, I truly regard you all as malachei elokim for keeping such a wonderfull program going.

I must "Keep Climbing"

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Re: let's start from the beginning

Posted by Machshovo Tova - 29 Jun 2012 14:13

Check out the Gemara Brachos 7a: How long is a "rega"?

And the Gemara gives two answers:

1. The time it takes to say the word "rega".
2. One 58,888th of an hour.

So, if you can manage it, I guess you can try doing the 3-rega rule as per the second interpretation.

Good luck to all of us!

MT

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Re: let's start from the beginning
Posted by gibbor120 - 29 Jun 2012 16:41

[obormottel wrote on 29 Jun 2012 06:30:](#)

If it takes three seconds, its proolly taking you too long, you're right.

Another way to tell that someone is on gye... when he sees a woman - he starts counting "one

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Re: let's start from the beginning
Posted by alexeliezer - 29 Jun 2012 17:17

Agree with O'Mottle and JKG.
Three seconds is long enough for me to get a whole fantasy up and running.

My eyes need to BOUNCE OFF any forbidden sights. Instantaneously. Better yet is O'Mottel's suggestion of develping early warning, meaning seeing a problem from a distance, and working to avoid it. I saw a young woman in shorts jogging on the sidewalk coming at me just this morning. I took my glasses off and looked straight down as I walked. At the last moment, I looked at her face and said "hello" so not to be rude (but I can't see even at that distance without my glasses -- I don't recommend looking up if you can see).

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Re: let's start from the beginning
Posted by bzyzgye - 29 Jun 2012 19:02

Thanks all, sorry for not listing each of you individually.

basically I understand from all of you, that you are confirming what said that the 3 seconds is a bit too long, it doesn't take more than a split second for the damage to be done. As AlexEliezer said i need to work on my eyes bouncing off instantaneously.

To 'Justkeepgoing', I actually drive myself and there's a jogging route on the side of the highway i travel. I've become an expert in driving and spotting the pretty joggers at the same time. that's one expertise i wouldn't mind losing, I guess I just have to really want to lose it.

Thanks for all your input here.

have a good shabbos kodesh.

Keep Climbing, don't let nothing stand in your way, keep believing.....

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Re: let's start from the beginning
Posted by bzyzgye - 01 Jul 2012 02:11

A gutte voch!

Shabbos was great!

I feel horrible writing this, but I know it's good for me to.

I had a fall on Friday, the problem started when I got hold of a computer with no filter, and the

rest is history.

it feels even worse because this was the first fall in almost half a year that I looked at the worst of the worst.

I guess you really can't be too confident in yourself.

Thanks for hearing me out

keep climbing.

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Re: let's start from the beginning

Posted by E-Tek - 01 Jul 2012 02:39

Been there, done that, about two weeks ago.

[Keep wrote on 01 Jul 2012 02:11:](#)

Keep climbing!

KOT! You have everything to gain!

Hatzlacha!

Meir

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Re: let's start from the beginning

Posted by ben yaakov - 01 Jul 2012 03:36

koc

This is a quote from Dov: Many of us - and I know it is really many - wish we'd not have the struggle....but what this really means it is that we wish we could just look at naked women once in a while, whenever we really, really feel we goota look...and yet stil not end up having to masturbate.

What I think Dov is saying is that we realy wish there wouldn't be any thing wrong with what we are doing wether it's looking at women on the street or the shmutz on the internet. The difference is that the shmutz on the internet most of us feel bad about it in the first place but looking at women we know it's bad but we don't feel it's bad so we still want to do it we just wish it wouldn't be wrong.

In order to win this we have to accept that it is truly hurting us even if it would be allowed according to Halacha. The problem here is that we are using women in any way we can(on the street internet etc.) to make ourselves feel better this is the meaning of addiction.

Alccohol is muttar yet most of us (I hope) would not start drinking to escape our problems and we look down on people that do use alcohol to escape. well when we look at women that is exactly what we are doing.

We need to focus on what our issues are what is making us feel we need a boost. we have to feel good about ourselves.

once we look at it in this way then we see that even looking at any women is bad for us and we can start the 12 steps that any time we have the urge ask Hashem to help us not to look . Hatzlocho

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Re: let's start from the beginning
Posted by obormottel - 01 Jul 2012 05:34

Ben yakov, very well thought out. We should have a privilege to read more from you throughout the forum.

Mottel

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Re: let's start from the beginning
Posted by bzyzgye - 02 Jul 2012 00:44

Thank you Ben-Yakov for the perfect words, and oh so sadly-the truth.

I realise that deep down there's a part of me that doesn't want to give up the "pleasure" of looking at pritzus on the web.

As I mentioned before that the fall was due to an unfiltered computer, what bothers me now is that I realise such a computer is a continuous threat. When do we reach a point where one can pass an unfiltered computer and not be dragged into logging on? As I mentioned, a fall of this sort I haven't had for over 6 months. I thought that I took care of this area already, quite upsetting.

Sorry if my words sound a bit like the y"h, but this is what's bothering me now.

Thank you E-tek for the thoughtful chizuk.

Yours truly

keep climbing

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Re: let's start from the beginning

Posted by ben yaakov - 02 Jul 2012 15:42

OM

Thanks for the complement. I need to post more, for myself and of course to give chizuk to others. Unfortunately I don't have the time to post as much as I should.

KC

I am clean now for 2 years. About a month ago my wife left the computer on with access to everything, but we have k9 installed. That day I was feeling a little down and I tried looking for pictures B"H k9 stopped me. This is after 2 years.

I was talking last night with my wife about what you wrote. I said that I think with internet I may never be able to have free access. But for women on the street I feel I am able to look at them as people.

My wife answered and this is the point: Women on the street [s]we[/s] as addicts make them into sex objects. Therefore when we change our attitudes towards them we will be able and look at them as people without getting turned on.

With the pictures on the internet all they are trying to present is that they are sex objects. We just have to make a decision to look or not. We cannot change what they are trying to present.

So don't feel bad about not having free access. Unfortunately we did this to ourselves and this is the only way to heal. I think Elya wrote that he is still afraid to be home alone. I don't know if there is any sober addict who can handle free access to the internet.

The most important issue to work on is to think about and discuss why we want to stop looking even when we know this is hurting us and preventing us from having a true and full connection to our spouses. This is where we need to ask Hashem for help.

I find that any time I ask Hashem for help it takes away the urge to look and reminds me I can't do it alone and keeps me focused on the positive things I am able to do. Such as learning reading talking with mt wife playing with my children etc. etc. things that bring true growth and true happiness.

Ben Yakov

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Re: let's start from the beginning
Posted by bzyzgye - 03 Jul 2012 01:17

Thank you Ben Yakov

I find it hard to believe you still have newbie status, you sound like a pro.

I spent a while today internalizing your explanation of the difference between woman on the street and the schmutz on the internet.

I found myself reviewing those 2 lines today everytime I saw a woman on the street.

Thanks for the chizuk.

KC

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Re: let's start from the beginning
Posted by bzyzgye - 10 Jul 2012 05:50

Hello everyone,

I figured I should come back to my original string to post about myself and what i'm up to now, I b"h did not have a fall in 4 days. This past Friday I finally spoke to someone from the forum here. I have to admit I was a bit reserved. We spoke aabout 15 minutes. After that I found myself craving to speak again about my struggle, as the relief of finally speaking to someone who truly understands you without blaming you or pointing fingers is something I can't begin to describe.

I spoke with him again today, this time for longer and opened up much more about myself and my past.

I just have this reccomendation for all of you who haven't opened up yet and spoken to someone live, go for it see if you relate to someone on the forum and send him a pm. The results are amazing the feeling of letting yourself tell someone your story is the best thing you can do for recovery.

Truly yours

KC

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Re: let's start from the beginning
Posted by bzyzgye - 16 Jul 2012 00:38

Hi everyone,

sorry to report I had a fall of mz"l today.

Reason: I have youtube open on my smartphone, I'm working on a solution to disable it.

I felt horrible afterwards, depressed, not interested in my family, irritable, etc.. luckily my wife attributed it to my lack of sleep. If only she knew.

Thanks for listening, I feel better writing about it.

here we go again, day 0 in my count.

KOMTGC

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Re: let's start from the beginning
Posted by obormottel - 16 Jul 2012 02:11

The idea is to call someone before you fall.

Nu. You'll get another chance, I'm sure.

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