

My story

Posted by Newbi - 09 Jul 2012 23:21

Ok. So here's my story. From what I can recall I've been into sexuality all my life starting from very young, even before I knew what sex was.... I just knew women were something different/special. I am from a regular yeshivish home "in-town" and I knew that what ever it was with women, it's a secret to be kept. I filled my mind with thoughts of women. I didn't know what masturbation was. As I got older i started to mature and realize more things, I always had the wrong friends and knew my parents, may the be well, didn't approve of them and they had told me, I should've listened. I would've been much better off no doubt.

When I got into 7th grade I met a guy that dropped out of high school he appeared nice, but apparently was rotten to the core, he decided that I was easy prey, I was as I had a very sweet smile and always liked to impress ppl. So I became friends with him and my father warned me to stay away. I regret very much not heeding his advice.

The guy made as if he was nice to me giving me things, allowing me to drive/stare his car... I was naive I had NO idea of the concept of homosexuality/gay. He used me, and abused me.(though not to the fullest extent). As I mentioned I had no idea what he was doing, I just knew that he let me drive..... Then he would tell me to get out of the car he needed to make a call, in retrospect it was no call rather I assume he needed to clean him self up, then one day he grabbed my hand and forced me to touch him"there" then he placed his glove ontop of himself I said what are you doing he said nothing. I left his car never ever to talk or look at him again. Though I cursed the day I met him, but still knew nothing of what he was doing or the concept of gay. This was around age 11 or 12.

then one shabbos afternoon I woke up from my nap and I was just pushing myself up and down on my bed and then something came out. I panicked bc I had no idea what it was. I almost fainted. But I didn't tell my parents because I just was scared, I don't know why. Either way I was very frightened I wanted to call a dr. Guess its better I didn't. Or maybe I should have. Anyway, so I stayed away from that guy. But was still very into girls. As a matter of fact I started hating guys in a certain sense.

I still had friends from class that were into sex,girls. Although il admit that what ever form of sex I knew it was still nothing, I didn't know about semen..... I looked at porn if I was able to I flirted with my neighbors and almost every night while sleeping, I had "Kerri". I knew it was related to sex....

Then as I got older I found out what semen was. And on 17th of Tammuz when I was in 11th grade after finding a very detailed science book, and it described sex in detail did I attempt to masturbate, realizing it's something that can be done with out a woman, I got into mas... and it was a spiral down hill from there. I was very scared but the more I did it, the more I ignored the inner feeling of pain, of lying to the world.

On the outside I was a good bachur in yeshiva and had very good group of friends. But to myself I was total trash. I was a lost soul. There were times that I almost blurted out to my parents that, I'm not who u think I am, rather I'm a real bum. It went on for a couple years. And when the guilt got to unbearable I would stop for couple days and then right back to the Shmutz, by now I was mas.. Every day... And watching porn whenever I could. I started to text chat groups and formed virtual relations all undercover, I told no one. (Especially after the story I

mentioned about the guy and me hating men, I could never discuss sexuality with men, I still can't).

I tried stopping many times though I always kept the "sheretz" in close proximity just in case. Until I even had a physical realation with a girl. Trust me I felt like real garbage I hope no one feels that. I vowed to stop..... But nothing. I just fell more and more. Until i found a local goyish girl, flirted with her and "hit home base" twice. That was it it was too much. I am shidduch age. I knew I had to stop it all. I was just sick with guilt. I don't remember how, but Hashem got me to sign up to gye email I got them and still falling but then one night, while at a wedding and reading the email it hit me, I stated to tear and I said that's it, I texted the girl just bc I knew she would, if I don't text her. I said goodbye as I have found a Jewish date.(I didn't really it was just agreed upon that when I find Jewish date, it will be good bye) Whished her luck. And deleted her number. I never wrote it down for this reason. Since then I have been feeling much better, for the first time in years I davened for real to Hanshem for help. I have installed filters. Yes I still have struggles. But now I want to be clean and stay clean. And as long as I leave it to Hashem and do mine, by davening I feel the heavenly assistance.

To anyone reading this, please don't let yourself fall like I did, the feeling, pain, life of a lie is awefully sickening. It's not worth it!!!!!!!

Be strong, keep giving and taking chizuk together we will win.

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Re: My story

Posted by 2nd-chance - 11 Jul 2012 19:13

hi newbi

what an amazing share

you are just another proof of hope

please consider 12 steps as they give, by far, the best prognosis

love you

Isaac

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Re: My story

Posted by rt - 11 Jul 2012 19:46

Shalom alecha dear newbie. One friend of mine had a goish gf I remember how hard it was for him to leave her. Shkoach.hatzlocho Raba in your battle.

Btw I've read it AFTET it was edited and was triggered...

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Re: My story

Posted by Newbi - 11 Jul 2012 20:39

Issac,

Your not the first to mention regarding the 12 steps, I'm at a loss, bc I don't think it's poss for me right now. Bc at this point I can say anything to my patents. Also I am in yeshiva and cant get the times that they have phone groups. And regular therapy. Is a fortune. For now I think forum/emails.... And work will have to do.

Rt. I'm sorry, also regarding goyish gf Baruch Hashem its not the hardest thing. Yes occasionally il get tempted to try contacting her. But I can usually suppress it I have more of a struggle with myself, know what I mean?

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Re: My story

Posted by rt - 11 Jul 2012 20:48

Since I Boruch haShes never got one I can't really relate to THIS problem, but yes takke about problems with yourself I know too well.. drishat shalom
R"T

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Re: My story

Posted by Newbi - 11 Jul 2012 20:55

Rt.

Your in it to win it. Thank Hashem that you didn't get to where I did. Hashem was watching you. He loves you, Baruch Hashem I was able to get out. Keep going strong and praying to him,or Totty and you'll see, he answers.

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Re: My story

Posted by alexeliezer - 12 Jul 2012 17:34

[Newbi wrote on 11 Jul 2012 20:39:](#)

regarding the 12 steps, I'm at a loss, bc I don't think it's poss for me right now.

I have had success working the steps to the best of my ability and understanding without a group. I have not reaped all the benefits the collective wisdom of a group can offer, but I have remained sober.

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Re: My story

Posted by Newbi - 12 Jul 2012 18:01

Alexelirzer,

Am I able to down load the12 steps for free? On GYE

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Re: My story

Posted by alexeliezer - 12 Jul 2012 20:15

www.guardyoureyes.com/the-12-steps

Hatzlocha!

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Re: My story

Posted by Newbi - 16 Jul 2012 02:50

Wow. I am standing here watching this amazing thunder and lightning storm. Funny I used to think whenever it was thundering and lightning that it was because of me because of my actions but now I feel like we're beating the yetzer hara down. And Hashem is doing it from heaven.

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Re: My story

Posted by Newbi - 16 Jul 2012 02:56

I guess it's time for a little update from the past week. BH I have been doing really well over the last week thank you very much to the GYE forum. I probably had only one slip in not watching my eyes over the last week. Friday I went to the mall I managed to keep my glasses off almost the whole time I wasn't being flirty to the sales representatives although I was being proper and polite. I kept my mind filled with proper thoughts of Hashem and his glory. I must not forget and always be prepared for sudden attacks even though I had a very good week many times it can be the calm before the storm. I must keep praying to God for assistance or without him I have done, and cannot do anything.

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Re: My story

Posted by Machshovo Tova - 16 Jul 2012 14:57

[Newbi wrote on 16 Jul 2012 02:50:](#)

Wow. I am standing here watching this amazing thunder and lightning storm. Funny I used to think whenever it was thundering and lightning that it was because of me because of my actions but now I feel like we're beating the yetzer hara down. And Hashem is doing it from heaven.

Check out the following Chazal (Brachos 59a):

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Re: My story

Posted by Newbi - 23 Jul 2012 05:13

Shalom holy brother,

I haven't posted on my own post for couple days. So let's do it!

Well. Baruch Hashem I can say over all there has been lots of improvement in my life, first and foremost the way I treat myself. In terms of reaming calm with myself, that means not beating myself for a small slip... And also I found its important to have iner peace in order to have peace with others. If I am not at ease, peaceful with myself, then there is trouble, that's also when the yetzer hara turns up the heat. And some times it just gets to hot for me.

Yes I had a couple falls. But I found something interesting... The last 2 times I fell (5days ago and today) it was like when I first stated watching porn, back in the day I was affraid,scared..... My heart was pounding a little harder then normal. I felt like I shouldn't be doing this. I'm not allowed... The whole fall time was much shorter then the old me. Well as much as I know that I can't say I'm cured I do see the progress Hashem has allowed me to make, with his help as well as the GYE family. I have been texting and keeping contact with a couple guys... Wow it helps.

Now that it's Bain hazmanim, summer vacation time it can get more challenging.

I'd like to share a nice dvar Torah,

We know in the parsga that discusses the "Aishes Y'fas Toar" the beautiful women one will come across while at war. The Torah give us a small set of rules to follow and if afterwards u still desire her, you can have her. Rashi explains that the Torah is speaking against that yetzer hara, that of its not done in a permissible way, it will be done in a forbidden way- therefore the Torah was "matir" on certain conditions.

The question screams out, we all know the only the most righteous went to war, those who were completely free of even the smallest sin. They were of the utmost perfection, and to them the Torah is worried that they will desire some goyia, that if the Torah forbids her, he will end up violating the Torah?

The answer is, that no matter how great the person is, when he leaves his comfort zone he is very vulnerable. At that time even the lowest things can be viewed differently. And he is at risk of falling.....

We must take a lesson from here that even though we have grown tremendously, but as long as we are in our comfort zone, we may be ok,(sorta) but when we step out we are very vulnerable. So we must take precautions, extra precautions, to remain strong in the battle(that means leaving it to Hashem, as the was were fought back then)

Thanks for reading, and thanks for constant chizuk!

Chaim

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Re: My story

Posted by Gevura Shebyesod - 23 Jul 2012 10:38

Nice one, and great progress.

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Re: My story

Posted by Newbi - 23 Jul 2012 11:49

Good morning all my dear friends,

At the suggestion of geburashebyesod,

I have decided to change my username from the newbie to getting there. because ultimately after finding GYE, I finally feel that I am starting to get somewhere of course it's always Hashem's help.

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