

back after a long break and still struggling

Posted by hope613 - 05 Sep 2012 19:42

Hey guys,

Wow its been a long time since I posted something on GYE, and it look's like so many new 'heilige neshomes' have joined since

and found clarity and help here.

I don't really remember my previous username, so I will have to start fresh again, I am a young yeshiva boy, come from a black and white

yeshivish family and had my fair amount of struggles in my life. Im not sure what made me stop using GYE but certain things in my life have been better whilst other serious issues are still not solved.

Im not sure if I want to open up right away again with a detailed list of what I suffer (struggle) with, but hope to honest up a little soon.

I did explain back then that I found my problems are a little dif. then most users on this site, since I do have full Internet access but don't really visit por*** sites and neither do I masturb*** anymore. I feel like I just grew out of the latter habit but maybe I just dont want to admit it, that its from hard work and tears filled tefilos. All you guys thinking, "oh wow this guy is doing well, whats he doing on this site"

My struggles are much more severe then that. I fell in love with a married lady...and yeah, pretty much the absolute Nr 1 issur in the torah..I feel so let down, like im talking about something that happened a few years back, but I just dont feel like I made teshuva yet maybe the reason being that I am still in touch with her (shes gotten divorced since then) ok thats enough for now, just looking to finally clear my neshoma before yom kipur..

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Re: back after a long break and still struggling

Posted by hope613 - 08 Sep 2012 18:25

Dear friends,

Does a depressed person know that he is depressed ? I think of myself as a happy and popular boy, I have good friends

I have a loving family and all around imagine my future as a happy family man.

What worries me, is that one day Ill be married to some very loving and caring girl but somehow will get exposed on some far

away business trip to some attractive woman and wont be able to control myself. I feel like I need to fix my boundaries amongst many things.

I started speaking to a Rabbi a few years back openly about this but for some reason it never developed and soon after I found myself back

in this relationship.

Dov, do you know anyone in Israel recommend I speak to ?

I appreciate you taking your time to write the lengthy replies and I truly hope bs'chus H' will help you

overcome and fight your addiction.

Shavua tov umvorach

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Re: back after a long break and still struggeling
Posted by nederman - 09 Sep 2012 02:16

Check out cbtisrael.com. Call them up and give them a brief overview and get a referral.

No, a depressed person does not know they are depressed.

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Re: back after a long break and still struggeling

Posted by Dov - 09 Sep 2012 03:43

Who to talk to....

Well, can you go back to the person you started to talk to years ago? Getting honest and up to date with him might be a great place to start! You may feel it would be *humiliation* - but perhaps if you do it sincerely, it would be an opportunity for building *humility* and he would certainly admire it, as anyone would. Wouldn't you? Here is someone coming clean and wanting help. And humility is actually a very strong basis for a relationship - any relationship, really.

But maybe the reason it petered out back then years ago was because he was no good for you. Remember, you may need someone who helps hold your feet to the fire - at least one who sees through all your BS - and trust me, if you are anything like me, nederman, Guard, Charlie, and anyone else on this forum, you have a goodly serving of BS in your brain. We all do! It's our denial, self deception, and distraction with all kind of little things rather than facing the big, real stuff and it creeps up - that's why we are still growing! G-d is not through with any of us yet.

So who to talk with in EY?

...I will ask a few guys and get back to you. Can we communicate by PM for this part? It will get into docs, shrinks, and private stuff....ok?

- Dov

PS. Just for the record, though I thank you for the very nice brocha at the eand of your post, i want to clarify for you that I do not need to '**overcome**' my addiction, for it does not rule my life in any respect. I am a recovering sexaholic and sober one day at time, so life is a great and beautiful thing, so far for the past 15 1/2 years. My *worst* day sober is far better than my *best* day back when I was acting out. I have good sober friends, too, and though my wife knows she is married to a powerless addict, my wife is my life partner, and we're doing very nicely, b"H, one day at a time.

And gevalt, I certainly do not want to ever be busy '**fighting**' it again, either. For all those years that I *fought* it, I lost rather consistently. So the fight is so over, b"H. I don't fight it. I am powerless, so I give up the fight and stay sober with G-d's total Chessed. Since it is working so well, i'd rather continue simply using the 12 steps to keep me living more and more for my G-d

as much as I can and continue growing in that, one day at a time. That's all there *is* in the steps - there is nothing else there. That's 'Recovery'. And I learned from the goyim in AA and SA how to do it, be"H. It's a nice trip. How's yours going?

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Re: back after a long break and still struggeling
Posted by nederman - 10 Sep 2012 13:29

I have also found a doctor in Israel who is clearly an expert in cognitive therapy. His name is Jonathan Huppert. I think he is at Hebrew U. You can google his name for some of his articles. I emailed him to see if he can give you a referral. He said you are welcome to call him for a referral at 0545730903.

Remember that therapists don't have the same beliefs as you have. You are going there to learn skills to change some beliefs of yours (like powerlessness) into new ones of your choosing, not pick up theirs.

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Re: back after a long break and still struggeling
Posted by Dov - 10 Sep 2012 21:57

This is enough, really. I do not know who is reading this, but I need to say something about the problem of powerlessness that nederman keeps referring to. He makes it out as if the very first step some people (maybe all people) need to take in order to *finally* get well, is to let go of the false idea that they are "powerless".

And I agree with that 100%!

But with a big caveat:

He is 100% correct for **normal Jews** (and non-Jews). But addicts - by definition - are men and women who have tried reading "Feeling Good" - and still drink/drug/act out their lust destructively. They go to therapy, take their meds for depression and "OCD" - and they still act out destructively. They even learn the Torah hearing what G-d has to say - and still fail. We are failures who know we shouldn't be, for we are great people...why does nothing work? Answer: that's an **addict**. The addict has a specific allergy to his or her drug that is inborn or learned - and it can be triggered by psychic pain. For this problem, nothing less than a daily miracle from G-d will work, period. And he does not have to *deserve* it - that's nice to know. As Chaza"l told

us, "v'haboteyach baShem, Chessed y'sovevenhu - **aflu rosho**, uboteyach baShem, Chessed y'sovevenhu."

So is it bad for me (an actual addict) to start off 'believing' that medication will save me and run after it? Nope. Is it bad for me to start off 'believing' that religious dogma will save me and run after it? Nope. Is it bad for me to start off 'believing' that working on my depression with exercises of cognitive therapy will save me? Nope. Not at all! For when they do not work I will finally discover that I am an addict. Then I will be sure, and will be at the 1st step of AA. And it will open up the door that was closed by my pride and my prejudice to sobriety and sanity in recovery.

Admission of powerlessness is the most powerful and lifesaving thing a tested and true powerless addict can do.

But if one is in fact **not** an addict, then why shove powerlessness down his throat?! He is not an addict and **is not powerless!** Most Jews (and goyim) are not powerless (over whatever)! Trying to convince that person that he *is* in fact powerless is a huge disservice, in my opinion. And it makes some people come off with the crazy idea that 12 steps is a religion - that somehow if you are 'good' then you humbly acknowledge your powerlessness - and if you do not, then you are somehow 'bad' - one to be pitied. Pity, for it's such a ridiculous idea. Most people who get drunk once in a while are *not* alcoholics - most people who are late for minyan do *not* need a 12 step group - and most people (especially men) who are attracted to porn and masturbation are *not* addicts, either! For crying out loud, there is a yetzer hora for it that is 100% *normal* to struggle with! It's what Teshuvah was *made* for. And 'Teshuvah' is very different than 'recovery'. For recovery is only necessary for people who have lost without Divine intervention - Teshuvah is for anyone, as the RMB"M makes clear - everyone has free choice and can do Teshuvah. An addict has lost. That takes real humility to admit - or more humiliation. As Rebbi Nachman used to say, *ader a nisayon, ader a bizayon*.

But an addict does Teshuvah and *still* acts out destructively until his or her life is a mess, over and over again. He tries hypnosis and it doesn't work. He tries Torah and it doesn't work. He tries convincing his wife to be his hooker and it still doesn't work (he masturbates in bed after having sex with her or goes off to porn anyhow). He tries therapy and medication and 'support groups' and he is still mired in an even worse mess now. He is brought to his knees, finally, before he says "ein lanu al mi *lehisha'ein* (to lean on) ella al Avinu shebashomayim," period. And he has surrendered beating it with his power and will and is willing to learn from others how exactly to **do** that - **how** to *lean on G-d*, one day at a time. That's an addict. He does not need to be told "Gevalt! Don't admit you are powerless! *That* is why you aren't beating it yet!" His excrement has hit the fan one time too many now and he cannot be fooled that he just needs more self-esteem. He has been down that pretty road already and he knows that the problem is *not* the yetzer hora, *not* the pretty women in the street, *not* his wife, *not* his penis, and *not* even his parents who abused him evilly as a child. The problem is Him. **He** is bankrupt and needs bittul. He is not evil - he is broken. "ein hadovor tolui ella bee," as Rav Elozer ben Durdaya put it. I can't even blame it on the yetzer hora any more. It's all me - and it's all up to me. I need help and only I can be the one to get it. I need to give it allup and lean hard on G-d.

And this is a terrible thing to try and **convince** a person who is not broken! 12 steps is not a religion. It's medicine for those who need it. And even for addicts - who are we to say that it

works for everyone? But we can share it if it works for us. That's what we do - we share it if it works for us.

And by "*works*" we addicts all know we mean one thing: that we are actually really **sober**. Happiness is not success, for even if a person would be so self-centered as to think that, Torah teaches us that sunstance is the key - lo hamidrash ikkar ella hama'aseh. Living right (sanely) is the what it's about. And the bottom line of living right for an addict - like breathing - is sobriety. Sobriety is where living starts, not ends.

That's why Derech eretz is kodmah laTorah - so where is Torah? It starts after derech eretz is achieved. For an addict, sobriety is the key to sane living, and sane living is the key to continuous sobriety. That's his or her Derech Eretz.

Then, Torah starts from there.

I and many hundreds of thousands of sober drunks and drug addicts the world over have discovered we are sober and are living a great life - the only easy life that's ever been ours - as long as we realize and remember that we are actually powerless. This is not a mind game, not "a religion of powerlessness", as I have posted many times. G-d cannot tell us we are powerless. Only our own experience is the teacher. So by all means, read the books, do the meds, whatever. Try! Hashem wants us all to try! But I and others are here to say that there is *addiction*, and it means I am broken and need fixing. v'ein chavush matir atzmo mibeis ha'asurim. Unlike normal Jews, we need our G-d to do it for us. When we do it - even "with His help" - we have found that we eventually end up naked and masturbating to porn again. "How did I get here?!" Unlike normal Jews to whom (thank G-d!) most sforim are referring, when we do it, we foul it up - only **Hashem** can be the one, for addicts. That's just what many addicts have discovered. It's not a religious dogma, but experience. For you it may be different. So please go try (I mean it).

And finally, a bit on *being happy*:

AA teaches that 'feeling good' is not the point of it all. And, of course, so does the Torah. And no, the directive to serve G-d with joy is not 'putting happiness as the goal'. Quite to the contrary. Happiness, many tzaddikim have told us (the Mesilas Yeshorim 300 years ago, and modern ones are Rav Noach Weinberg and Avigdor Miller, zt"l among many others) is a **byproduct** of living right. Its purpose is to 1- let one know they are doing something right, and 2- to energize right-living with power. For happiness is nothing but power, energy - it is not life itself. Even rav Noach, who taught the "Five levels of Pleasure" and that G-d created us for happiness, explains that (as does Mesilas Yeshorim at great length) that the *only* Happiness we were really created for is the **greatest** happiness - all else is nice, but ultimately false **as a goal in and of itself**. As Shlomo haMelech wrote: "and I said of simcha, *mah zo osah?* - What does it do?" He means what does it **do** - it does not actually *do* anything. Rather, it **helps** you do, for it energizes whatever we do, but it has no intrinsic value in the long run. Hey, this is Torah, here. Torah is about the long run - *doing* G-d's Will. *Living* right. Not "being happy". This is called growing up for me.

And as both my rebbis and I'havdil my goyishe sponsor told me, "if you are living and *not* happy, it probably means you are going about things the wrong way." It is G-d's gift to us to

change. The burr under the saddle. Not that much more, really.

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Re: let's be sober and be happy
Re: back after a long break and still struggling
Posted by hope613 - 11 Sep 2012 19:34

OH WOW what a reply !! Had to get my reading glasses out for that one !!

I have a MASSIVE problem, like I said I dont struggle constantly and what I described since the lady in question does not live in the same country as I do, BBUUT I have a tremendous problem going on in my life at the moment, like crazy crazy which I dont wish to elaborate about now, and I know I desperately need H's help and to get that I should be taking on myself a kabola or so and my main yezer hora is this lady...

I just cant get myself to promise not to speak to her again..even though I NEED to !!

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Re: back after a long break and still struggling
Posted by E-Tek - 11 Sep 2012 23:32

You may be better served with your 'big problem' if you have at least SOMEONE to tell it to.

Anyone you trust around here, via PM, works. You'll find the unburdening to be helping your feelings about it.

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Re: back after a long break and still struggling
Posted by nederman - 12 Sep 2012 01:01

Did you get a referral for a therapist?

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Re: back after a long break and still struggeling
Posted by hope613 - 21 Sep 2012 10:59

I still am not any further with my problem, I took on myself certain things erev Rosh Hashana but now I just find myself

give excuses to that yeah and that not.. I want to go to a therapist but really need a good one that is discreet and actually

will care rather than someone who just does it to pay the bills.. preferable in the Jerusalem area..

Anyone PLLEASSE ??

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Re: back after a long break and still struggeling
Posted by nederman - 21 Sep 2012 11:26

Maybe try one therapist, find out if he cares enough, and if not get a new one. Right now you are procrastinating.

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Re: back after a long break and still struggeling
Posted by Machshovo Tova - 24 Sep 2012 19:47

[hope613 wrote on 21 Sep 2012 10:59:](#)

Anyone PLLEASSE ??

Dear chaver,

Hi there and hatzlacha. May I humbly suggest that you take advantage of the upcoming holiest day of the year and take some time to have a personal talk with your/our Loving Father. Tell Him all your issues and ask Him to help you and to lead you in the right direction.

Gmar chasima tova

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Re: back after a long break and still struggeling
Posted by Dov - 28 Sep 2012 18:52

Dear hope613,

I PMd you a list of 3-4 good people, with good referrals from decent folks like me ;D

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Re: back after a long break and still struggeling
Posted by help613 - 20 Jan 2013 13:55

WELLL !! Its been a few month again, and allot of things have changed. My primary struggle is hopefully being taken care of...shes engaged to someone else, and I hope he will keep her happy enough, so that she does not contact me again !

I have been experiencing something weird the passed few weeks which I need to take care of.

Every morning I wake up finding myself having wasted seed during the night, now, its happened before, many times ! But I always woke up as it was happening sometimes even on time to stop it.. Now, I dont even feel it anymore and just wake up to dirty pants...

I went to the mikva before shbs, but bam, shbs morning...

Any tips advise ! I say kriyas shem every night !!

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Re: back after a long break and still struggeling
Posted by chaimcharlie - 21 Jan 2013 02:57

Hey man. Just thought to clarify that according to Torah law any ejaculation while sleeping is nothing to worry about, just need to clean it off and your'e good to go. The only problem is to intentionally waste seed, which I have spent most of my life doing, cause I'm a sexaholic..., but that's besides the point.

All the best!!!

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