

Dms1234's story

Posted by dms1234 - 23 Feb 2013 03:31

I am a recent Baal Tshuvah and college student and this is my story:

I grew up in a small Jewish Community but I was lucky that I had a traditional family, which definitely helped me come back to Torah. As I am a Baal Teshuva I grew up in a society where lusting is normal. In fact it is encouraged.

I was about 9 or 10 when an older friend introduced me to provocative material like porn. However I didn't start acting out till a few years later. As I went through puberty and a little later started acting out, I became quite socially awkward. My world was a fantasy. Because the secular world's goal, my goal throughout high school, is to receive as much pleasure from girls as possible, and I wasn't able to "get" (lack of a better word) girls, I had to pleasure myself. I was a lost kid with barely any friends and with this troubling addiction.

When I started becoming a religious, a couple of years ago, I really liked the Torah idea of treating woman. My eyes were opened of how society and I objectify women and the Torah moves past this superficiality. This concept definitely pushed me more towards Torah.

Last year, I tried stopping and my longest streak was about three weeks! However I had no resources so I kept acting out. I finally found this website last spring and I was so happy. I was thrilled. However I only subscribed to the chizuk emails, partly laziness but also I was headed to Israel for the summer. I went to Yeshiva (my first real Yeshiva experience) and loved it. I soaked it up and I left Israel I had was clean for about 60 days.

However i didn't fix the problem. I didn't truly break free. I just went to Israel! So the spirituality of course helped me. So after being home for a while and being clean for close to 5 months I had these weird occurrences. I would wake up in the middle of the night and almost fall. Then after a few of these I started falling. I called them subconsciously falling (has any one ever had this happen to them?). Then I started falling consciously regularly. So for the past while, about 4 months i have been falling quite regularly.

Its very hard being a college student as I am constantly around attractive young women. Guarding my eyes is very difficult. Also as I am in a small Jewish community and being one of

the only Frum college students in town, I am involved in Kiruv for college and also high school. This is tough as I can't just hide from women. (not making fun of anyone, rather jealous of people that can do this) So, If anyone has any tips that would definitely be appreciated.

I also I would like to briefly talk about how widespread this problem is. Many of my secular Jewish friends are deeply engrained in this problem. Very deep. Some of them have a hard time believing that people can actually refrain from masturbating. It is just out of their scope as they are in too deep. So GYE keep doing good work and God willing even Secular Jews will resort to this site very soon.

Even though I a member and have subscribed to chizuk emails. I haven't really used much of the other resources. So lately, I started reading stories and decided to start reading the Big Book for alcoholics. I have not participated in phone conferences or have a sponsor yet. And actually this is my first time posting on the Forum. So I think its about time to start using these incredible resources.

Through my journey I have learned a few strategies. These are some of them:

Get a filter and tie up all loose ends. I don't usually look at porn but when I'm desperate I do. I put a filter on my computer and my phone. However I didn't turn off Safari on my phone. Finally I got my Rabbi to restrict it for me. Also I deleted my password for my computer filter. I wouldn't suggest this but it was the easiest solution to get rid of the problem

Find out where you are lax and try to prevent it by "adding something". For example I fall at nights when I am in bed. I have started listening to shiurim when I go to bed (I'm single of course) Disclaimer: you may still fall. This is just an added fence/preventative measure to help you.

Lastly and most importantly, I have been working on the first step (powerlessness) and have had trouble figuring out exactly what I am supposed to do. I think developing an awareness of Hashem like talking to him in your own words has helped. Even saying thank you God that its sunny out or thank you God for this snow. If you keep trying to do this you will develop an awareness of Hashem. Then you are literally bringing him into your life and hopefully the Torah that you learn will seep through your veins.

May HaKadosh Baruch Hu help us in our journeys!

Dms1234

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Re: Dms1234's story

Posted by Shlomo24 - 23 May 2017 03:10

It was good to talk to you on Shabbos.

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Re: Dms1234's story

Posted by Bigmoish - 23 May 2017 05:20

Wow. Great to hear from you again.

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Re: Dms1234's story

Posted by Happyjew04 - 24 May 2017 01:37

Much Hatsalacha in your Journey! I can identify with everithing you said. Hashem watches us and gives us back even for only trying.

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Re: Dms1234's story

Posted by Trouble - 24 May 2017 23:08

Who lets these cane-walking guys back?

Away for years and then he tells us what he's been doing!?

I guess it's good for him that he stayed away.

At least, he was accomplishing something; unlike me, who's still typing and struggling away.

Meetings! Hmmmm....those are good.

Should probably go back again.

Take care Mr. Count

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Re: Dms1234's story

Posted by dms1234 - 05 Jun 2017 18:51

Thank God for honesty with my sponsor. Thank God for honesty with myself.

I need to be truly honest. If i am not then i will start slipping. I need to be honest about how powerless I am over lust and how much i need to work the steps. I think I can do whatever i want and everything will be ok. That I am the master of the world. But that is not true. God runs the world. Truly not so pashut for me.

I need to lower my ego and listen to others, God and really to myself. What should i be doing right now? What does God want me doing right now?

Please God, I ask you to point me in the direction you want me to go. I ask for the right thought and the right action.

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Re: Dms1234's story

Posted by dms1234 - 15 Jun 2017 23:51

I was walking back from mincha today when i realized i was in a VERY bad place. I have been

escaping for the past few days. I have this project to do and other tasks and i havent been doing them. Worst off is i havent done real inventories on why i dont want to do them. So i was wasting a lot of time watching mainly sports highlights. And when i escape and i dont make an inventory then i could quickly turn to lust and lust is poison for me.

So today i took certain actions of lust. You know i didnt search up a porn site but i clicked on a video which had a girl in a bikini and i searched up some sites which probably would have women swimming. Then as i was walking home from mincha I started fantasizing. Fantasy is a bad, bad place for me. I used to fantasize and then masturbate. The 1 2 punch. I fantasised of a women running and then we having sex. Thats when i realized I was in a bad place. So I called other addicts, i wrote an inventory, wrote a gratitude list, reached out to someone that may need help.

Thank God, I feel better. I would like to say i moved forward on the project. I haven't but i am in a much better place. Please God, Please show me what you want for me. Your will, not mine be done.

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Re: Dms1234's story

Posted by Hashem Help Me - 16 Jun 2017 01:13

You are a real inspiration. You stayed in control even after getting caught up in inappropriate thoughts. For the future why don't you filter your computer to the extent you cant access such images? Maybe it will come with some inconveniences but isn't it worth it? And besides the obvious practical benefits, the gedolei yisroel have said it brings extra s'yatta d'shmaya.

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Re: Dms1234's story

Posted by dms1234 - 16 Jun 2017 03:31

Thanks, I have a filter but I'maisah I know if i want to lust, i will find something to lust at. A filter can only do so much. I think that a filter is going to be able to solve my problems??? Haha!! Ya right. I need way more than that. A filter is just an added safeguard, which i need, but thats not real recovery. Recovery is doing my inventories and being really, really honest with myself. "Why am i looking this up again? aha, its too try to find a picture of an attractive girl? I see, is that really what i should be doing right now Mr. DMS. Is that what God wants? Is that His Will?

Why dont you ask and listen to Him?"

My previous sponsor was 2 and half years sober and he put a filter on his computer when i told him that I had one. He picked his own password. I said: "What are you doing??? having your own password?" He said (something like) if i get to the point where i want to disable the filter, then i know i am in real trouble. I know i am being dishonest. Away from God.

Thats real recovery. Thats what I want. I know others that dont have filters. They dont need them. They rely on God and know if they stick to God, then God will help them stay away.

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Re: Dms1234's story

Posted by getthere - 16 Jun 2017 10:32

Very impressive story, especially for being away for so long.

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Re: Dms1234's story

Posted by Hashem Help Me - 16 Jun 2017 11:18

Its wonderful that there are people who have built up the self control to be clean even when they dont have a filter. It is also a fact that a filter is not foolproof. But it is also a fact that all gedolei yisroel have insisted we put in the strongest filters possible, and the G-d that you write we should rely on, wants us to listen to their instructions.

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Re: Dms1234's story

Posted by cordnoy - 16 Jun 2017 12:08

[Hashem Help Me wrote on 16 Jun 2017 11:18:](#)

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The gedolei yisroel have insisted on filters as a preventive measure for the populace. They have not instructed people how to recover from this addiction (of sorts).

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Re: Dms1234's story

Posted by Gevura Shebyesod - 16 Jun 2017 13:01

[Gevura Shebyesod wrote on 06 Nov 2016 16:48:](#)

I just want to stick in my 0.02 regarding filters. i agree with what many have already said, that a filter will not make you sober. But at the same time, no matter what other tools you are using and how they are working for you, not having a filter is just irresponsible.

I'm not a 12-stepper although I have learned a lot from them. But even if someone is totally immersed in the steps and is completely relying on G-d to remove his obsession etc. etc., you still have to be responsible not to put yourself in temptation.

We all believe that everything is from Hashem and He controls everything that happens to us. But does that mean that we can sit around all day and wait for Mon to fall at our doorstep? We have to make the Hishtadlus and do our part, but know that in the end the results are in His hands. The same way, we can't stuff ourselves with tons of fatty junk food and say "Well if Hashem doesn't want me to get sick then I'll be OK". Or drive on a curvy cliff road with no guardrail at 90 MPH and hope that Hashem doesn't want us to die right now. The same way, we cant be around unfiltered devices all day and just rely that if temptation shows up then Hashem will remove it from us.

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Re: Dms1234's story
Posted by cordnoy - 16 Jun 2017 13:15

Although what gevura writes is ?????? ????? ???, I do hear a flip side that if one is seriously workin' a program from within and that is his hishtadlus (and it is an effective one), a filter may be counterproductive.

Again, not always.

Again, not for all people.

Again, I'm not advisin' or suggestin'.

But for some, not havin' a filter might not be regarded as bein' "irresponsible."

This (like many things I write) might simply be the words of a manipulative, self-centered, egotistical, lust addict (and one with a bias).

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Re: Dms1234's story
Posted by GrowStrong - 16 Jun 2017 13:42

[cordnoy wrote on 16 Jun 2017 13:15:](#)

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This (like many things I write) might simply be the words of a manipulative, self-centered, egotistical, lust addict (and one with a bias).

I have to admit i feel a lot more 'empowered' without a filter.

Being powerless over lust means that i am powerless if i start drinking. As long as I don't take the first sip I can get to step 11 and pray for the **power** at all times to carry out and know Hashem's Will.

As a Jew, Gods Will is not such a mystery. its specified in halacha.

It includes not searching for or looking at things that are driven by lust.

Having said that, if i started to act in ways that were counter productive to my sobriety then i would place more filters.

But a filter never stopped me from acting out before. And thats the key here..

For me, stopping to act out has to come from inside, and not outside.

That means not placing myself in places I should not be, or searching for things i shouldn't search or looking at things i shouldn't look at. I need to know where i get triggered and keep away from them. And if i HAVE to go somewhere i need to have all the tools available to me to get through it.

f an open computer was triggering for me i would have had to deal with that, and if it ever becomes a trigger I will have to deal with it.

Focusing on dealing with my negative character traits and building a positive emotional sobriety and beginning the journey of reconnecting to God in a more personal way have been key to not 'acting out' for me.

I am not the case that anyone here should go by. Most people here do not work 'online' nor have any reason to be in front of an unfiltered device.

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Re: Dms1234's story

Posted by Gevura Shebyesod - 16 Jun 2017 14:20

A filter will not stop anyone from acting out. Once you want to act out, it's too late for outside obstacles to help. What the filter is really there for is to help prevent **accidentally** seeing something that might awaken the urge. It's just plain common sense. You don't have to be conscious of it or feel that you are "relying" on it.

Like the railing on the steps. Nobody goes up the stairs thinking "it's a good thing there's a railing or i might be tempted to jump". And if someone wants to jump he can climb over. But if Chas Vesholom there's a banana peel on the steps...

And putting a railing where one can fall is actually a Mitzva in the Torah.

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