

Dms1234's story

Posted by dms1234 - 23 Feb 2013 03:31

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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 dms1234 - 16 Jun 2017 21:14

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I should title my thread: dms's filter.

Thanks everyone for their contribution. I wasn't advocating not having a filter. All i know is right now, i need one. It wont help me stay stober but i need it now.

This is what the big book says after a person does step 10 (continuing to take personal inventory):

"And we have ceased fighting anything or anyone - even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically.

We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality - safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition. "

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Re: Dms1234's story

Posted by dms1234 - 19 Jun 2017 01:43

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I would like to thank God. Sobriety is a gift, and i am very grateful. And yet i am still powerless. I must realize this or else i will fall and fall and fall and then the end is near. Even on a joyous day like this, my neighbour beside her pool, could cause me to lust and lust. Thank God for people to call, thank God for inventories and thank God for the ability to reach out and help people suffering from lust.

One day at time. Today is an ordinary day. Where i need to my step 10/11 in the morning, call my sponsor, meditate, pray, make my calls. No sobriety birthday can every change what i need to do for myself, my sobriety, my life. I have not beaten lust, nor will I ever. It hurts to say that but its true. I couldnt stop masturbating, couldnt stop looking at porn, couldnt stop fantasizing. I cant win. Its a lose, lose battle.

Instead, I need to lower my pride and my ego and let God take over the reigns. I dont run the world, He does. His will, not mine be done. I, right now, make a decision to drop lust, fear, resentment, my will and decide to welcome Him into my life. He is in charge. My life is unmanageable. I cant do it alone and I am tired of life sucking. I really am. And i think there is a better life out there. A happy one. In fact, I felt it over the past year, not always but that relief, that serenity, that deep breath sensation is so much better than a life filled with lust, anger, fear and misery.

One day at a time. What does God want from me at this moment? God I ask for the right thought or action, please help me.

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Re: Dms1234's story

Posted by bear - 19 Jun 2017 02:59

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Mazel Tov on a full year!!!

God willing by all of us!!

Keep inspiring us!

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Re: Dms1234's story

Posted by Markz - 19 Jun 2017 03:05

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[dms1234 wrote on 19 Jun 2017 01:43:](#)

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Happy Dday

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Re: Dms1234's story

Posted by Gevura Shebyesod - 19 Jun 2017 03:10

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Happy Birthday!!!!

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Re: Dms1234's story

Posted by Hashem Help Me - 19 Jun 2017 19:51

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mazel tov on completing a full year. iyh many more!

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Re: Dms1234's story

Posted by dms1234 - 21 Jun 2017 00:11

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I am very grateful for God for giving me better awareness of how i am feeling. When i feel like garbage, I need to do an inventory! What is going on, Daniel? Why do you feel like garbage, why do you feel stressed? Well usually i am either resentful or afraid of something or someone! And those things are poison to me. Literally poison because they lead right to lust. It may not be today or tomorrow but it will be at somepoint. I need to ask my self Who am i angry at or what am i afraid of and why? Label the fear or resentment. Thats a great start. It really helps me to write it on paper. Get it out of my head. And then sharing with another person really helps break the power over the resentment or fear. And of course i need to pray to God that he take this resentment or fear because I dont want it anymore. It ruins my life. It hinders my life.

Its really simple. It really is. Baby steps. 1-2-3

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Re: Dms1234's story

Posted by dms1234 - 05 Jul 2017 02:46

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Today i realized that if something isnt going my way, it doesnt mean that the world is ending. It doesnt mean that its a hall pass to yell or scream at someone or go act out. I was angry. Thank God i called somebody and that helped then i decided to figure out exactly what i could do about my situation. However, i still escaped and escaped. No lust thank God, although i did think about it once which means that i was heading on a downhill spiral. So i called someone and ended the self pity. The world isn't ending, Daniel. Lets solve problems like an adult not like a baby and just sulk the whole day. A responsible person doesn't do that.

I have accepted my situation. Thinking it sucks wont help. It just makes it worse. My life us unmanageable. I am powerless over lust. If i do not deal with my character defects-fear, resentments, worthlessness then i am in trouble real quick. I am grateful to God for this program. If not for the phone calls, or the inventories or acceptance, i would be going to act out right now. Good ol' masturbation to bring some peace and serenity. Instead I will recite the serenity prayer: "God, grant me the serenity to ACCEPT the things I CANNOT CHANGE, the COURAGE TO CHANGE THE THINGS I CAN and the wisdom to know the difference. Your will, not mine, be done"

Ps. the acceptance prayer really helps me:

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation – some fact of my life – unacceptable to me and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober, unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes." Pg 449 Big Book of AA

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Re: Dms1234's story

Posted by getthere - 05 Jul 2017 11:07

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Very true, thank you for writing it down. Because a fantasy crept into my head yesterday and i did not know why or how it came, but now that you write this, it is exactly what happened. I was very upset with a coworker of mine who just does mobbing to everyone and yesterday it was my turn so i just yelled back at her. I guess this is where the resentment is coming in. I spoke about it to some people and that helped relieve the tension in my body somewhat.

Thank you

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Re: Dms1234's story

Posted by Markz - 18 Jul 2017 03:44

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[dms1234 wrote on 19 Jun 2017 01:43:](#)

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One day at a time. What does God want from me at this moment? God I ask for the right thought or action, please help me.



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Re: Dms1234's story

Posted by dms1234 - 21 Jul 2017 19:54

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I am allergic to lust. I am allergic to lust. I cant control it. Nope. I want to lust like a gentleman. I want to look at all the pretty women out there. It is so enticing but im allergic. Its like poison to my body. It makes my life completely unmanageable. I yearn for it. I want lust. That is going to fill the hole inside of me, wont it? I have come to believe that no matter how many women I look at or how many times a masturbate it just doesnt fill that God hole. I have learned that nothing can fill that God hole but....God!

I have to be completely honest with my self. What are my motives? For example, i went running in a park. What was my motive to see very attractive girls in bathing suits and stare and look at them and hope to have sex with them. I am being honest. And sometimes being honest means i need to be descriptive (dont worry i wont be so descriptive on the forum) I called someone before and told them this and then i went running. I ended up finding what i wanted and i felt my body well up with lust. Its a miracle that God kept be sober. I am very grateful.

Thats one example that i have to be very honest. Another example is i was at SA convention this past weekend (who knew being in a room with 700 sick people (addicts/wives) could be so incredible) and one girl there was single, frum and attractive and i was seeing her everywhere i went (match made in heaven!). I shared to a couple people that i really wanted to marry her. One guy told me that he was speaking to an old timer and the old timer told him that he has to be really honest, what does he really want to do to her? I wasnt ready to admit it but the next day i agreed. I didnt want to marry her! I wanted to see her naked and have sex with her. Thats really what i wanted.

Rigorous, rigorous self honesty. And its not just about lust. Its about everything i do. What should i really be doing, thinking, acting like right now? What does God want me to do? Thats what i need to think about constantly. And its ok if i dont want to do something, thats fine. I just need to be honest. "I think God wants me to call my sponsor now. But i dont want to, I dont want to call him" Great. So God wants me to call my sponsor and i dont want to. So what do i do know. God, my best thinking gets me into trouble. I dont want to get into trouble. Your will is better. But i dont want to do your will. I am not willing. So what should i do. I should slow down and ask God for the willingness. God, Grant me the willingness to do your will, to call my sponsor.

So, right now, infront of all of you, I pray to God that to grant me the willingness to do your will.  
Your will, not mine be done.

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Re: Dms1234's story

Posted by serenity - 22 Jul 2017 00:02

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I was at the convention as well. Pls send me an email to [gomu2serenity@gmail.com](mailto:gomu2serenity@gmail.com).

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Re: Dms1234's story

Posted by dms1234 - 14 Aug 2017 21:56

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Done a lot of escaping in the past little while. Escaping to me means that i am running away from something, usually a fear, or a resentment. Something thats bothering me. The place where i usually run is to lust. Thank God, I haven't run down that path yet. Key word "yet". All escaping leads, for me to lust. Thats why i have to be careful. Is this what God wants from me now? If it is, great. If its isnt, what does God want from me? Great so God wants me to say- make a phone call. Ok. Am i willing to make the phone call? Do i want to? No, ok so then lets ask God for the willingness to make the phone call, the power to carry out His will. I dont want to do my will. Its doesnt usually end up well. His will is always better.

And I have to remember that i need to take it one action at a time. What's the next write step? Sure it seems difficult to do God's will every single minute of every single day but thats not what He expects from me. That is my mistaken view of His expectations. He loves me, cares for me. Its me that doesnt care about me. I am the one that thinks I am a piece of garbage. God wants me to be present, focus on what i need to do now. Thinking only in the now.

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Re: Dms1234's story

Posted by Kleen4real - 17 Aug 2017 15:26

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Your story and life challenge is a real inspiration for me.

Keep up the good work.

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Re: Dms1234's story

Posted by dms1234 - 08 Sep 2017 21:28

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Thank God. Doing well. Had a big realization yesterday. I fear a lot. A big part of my fears is fear of other people, in particular what they think of me. A lot of what i do is because what will other people think about me. For example, if i walk out of a classroom in the middle, what is everyone going to think about me or what do people think of that stain on my shirt.

I realized that I sick other people's approval. And that is a very important part of my self worth. In fact that is my self worth. To feel good, i need to make sure other people are thinking of me positively.

I realized that I am sick. And this is not healthy. Instead i need to concentrate on how God thinks about me. Then i started thinking well how does God think about me. God loves me and cares for me. He has unconditional love for me. Even if i mess up, his attitude is unchanged.

This is really how my worth should be based upon. Upon God, not on what other people think. Then I will be comforted and happy. I wont have to be so self conscious or try to make people laugh to uplift my spirit.

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