

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 gibbor120 - 22 Jun 2013 00:09

[Chachaman wrote:](#)

Read Dov's latest post to "guy" and "george", I forgot where that thread was. (Gibbor, that belongs in Dov Quotes, best of). It's located on this thread guardyoureyes.com/forum/19-Introduce-Yourself/208841-whats-the-point?limit=15&start=30, and here's what Dov wrote:

ok, ok, I hear ya. Did it.

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Re: Dms1234's story

Posted by dms1234 - 27 Jun 2013 01:04

A very good update for everyone today!

Some Major Hashacha Pratis last night. I was on my way to fall but then i heard my stepfather. My room is in my basement and I had to leave the door open so my dog could get out and I heard my stepfather come downstairs to the second floor right above my room and I turned off my phone (i really need a filter, I tried one but didnt like it and i only got my Rabbi to block safari even though he asked me if i wanted to turn off adding new apps. He doesnt know of my situation, I just told him i go on facebook too much (which is also true). Anyways, I stopped falling and B"H I am clean another day. I analyzed how i got to that point last night and it all starts from that first thought. A fantasy came into my head and I kept pursuing. We really have to watch out for that first sip because it really goes downhill fast afterwards.

Other small achievements: I biked to shul this morning. Yay for exercise . Also I am starting to get better at self control. I could have taken a cookie after shul this morning or leave early from shul instead of learning davening. But I decided to do some chumash.

Baruch Hashem, I have seen improved over the past couple months but i am still having trouble stopping. I think i really have to work on surrendering: when i am able to do its such a calm feeling. I love it.

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Re: Dms1234's story

Posted by gibbor120 - 27 Jun 2013 18:27

thanks for the update!

yes, get him to block downloading apps. But that is just a start. As you said, we need to avoid the

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Re: Dms1234's story

Posted by dms1234 - 30 Jun 2013 20:25

For once in my life i will be totally honest. These past couple nights have been big trouble. What happened to me in the past, happened again both friday night and saturday night. I woke up in the middle of the night masturbating. Its unusual because on Shabbs, thank God, I dont usually fall.

Something is hidden for guests. Please log in or register to see it.

But Baruch Hashem, somehow, I didnt fall. What can i do about this? Is this some innate drive for spirituality and this how I am dealing with it?

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Re: Dms1234's story

Posted by Avrom - 01 Jul 2013 14:49

It sounds like you where not going to sleep thinking "I'd love to masturbate" So don't worry about it!! I think its a desperate measure of the yetzer hora.. He sees the old tricks are not working on you anymore, so he tries to get us down - by making us do things while we are sleeping.

To be on the safe side, I once heard from a big hassidic mashpia that if someone goes to sleep)!!!

So just to think a few seconds of torah is 1. Prevention 2. Redeems us of all guilt..

Keep it up brother, your doing great!!

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Re: Dms1234's story

Posted by gibbor120 - 01 Jul 2013 18:47

thinking of torah - even if he falls at night it is a ??? ? (=?like being forced at gunpoint

Keep working to stay clean, and over time those issues will go away as well. Don't sweat it.

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Re: Dms1234's story

Posted by dms1234 - 03 Jul 2013 07:07

Yesterday was pretty tough. 2 nights ago, I had the same episode and this time I believe I fell. And Yesterday I was completely unproductive and I also fell, but this time by my watch. But i shook it off and today was better. Still not so good, but better. I could have been more productive.

However, this morning I finally closed all internet access to my phone, which includes downloading apps. Before I just turned safari off but obviously all I have to do is download Firefox. But Thank God, it's done. Finally (big sigh of relief). Ever since ingot my iPhone, a year and a half ago I have been addicted to it. It's almost been my second outlet: Facebook, Internet and of course porn.

Although this is a big step, I do realize that the my Yezter won't pack up his bags and head home. In fact, like the past few days, he will find new avenues to try and hunt me down and not only make me fall but, even worse, make me despair. Fortunately, I have the best weapon: Hashem. I have to start living my life and let God take care of the Yetzer. I have to do what I am obligated to do. Like a recent chizzuk email said: I have to treat the Yetzer as a distraction to my life. I have to shrug him off and look up high. Because if i get to boggled down in a fight then I will only lose.

So, Thank God, I am improving. Baby steps, there is a growth.

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Re: Dms1234's story

Posted by Gevura Shebyesod - 03 Jul 2013 07:13

Wow good for you!! You're on the right track KUTGW!!

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Re: Dms1234's story

Posted by gibbor120 - 03 Jul 2013 18:15

MAZAL TOV! That was a GIANT step in the right direction!

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Re: Dms1234's story

Posted by dms1234 - 04 Jul 2013 22:52

Last night was not me...

I was trying to go to sleep and I starting fantasizing (you know how it is) And I was just about to start masturbating when for some reason I didnt or rather i was stopped. It was not "me" persay

that stopped. It was clearly Hashem. It was not my victory. Hashem intervened because I was going downhill fast. So b'H that He stopped me.

So after this. I knew if i stayed there doing nothing, I would eventually fall so i grabbed Garden of Gratitude, which I have been reading, and read this: "Suppose a person intended to travel a certain destination, and on the way, he was involved in a car accident. Thank G-d, he was only lightly injured, but his plans were spoiled. He wanted a certain result, but Hashem had different plans. In such a case he should discard his own expectations and embrace Hashem's will, with the emuna that Hashem only wants the very best for him. It's a good idea to say something like,

'Master of the Universe, I wanted it to be one way, but I see that Your will is different. I accept Your will, and thank You for the change in plans, for it is surely-as always-the absolute best for me.'"

We can convert it to something like this: "Master of the Universe, I want to Masturbate (or lust) but I know you dont want me. Hashem I am powerless to the Yetzer and I surrender. Please help me"

In retrospect my conversion wasn't so good. Anyone have anything better? Anyways I think it fits well in that our will is different from Hashem's and we have to work to accept His and the way we do this is by Admitting we are powerless and humbly asking Hashem to intervene.

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Re: Dms1234's story

Posted by gibbor120 - 04 Jul 2013 23:11

[dms1234 wrote:](#)

Anyways I think it fits well in that our will is different from Hashem's and we have to work to accept His and the way we do this is by Admitting we are powerless and humbly asking Hashem to intervene.

I like!

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Re: Dms1234's story

Posted by dms1234 - 25 Jul 2013 20:22

Sorry I haven't been posting in a while, I actually am in Israel right now and I am not of really sure if the Internet that I am using is traceable

Anyways, I am in Israel!! I wanted to know if anyone was available to have a chat with me. It will be hard for me because I had never spoken in person about my situation but it is a necessary step that has to be done for my recovery. I am quite busy but Fridays are definitely the best.

Currently in Israel, I am not on this tremendous spiritual/inspirational high which I think is good (although inspiration is very good on occasion) I am more down to earth. My learning is Good and each day I connect with Hashem, outside of davening, more and more. I am also trying to improve my kavanah while davening

However, shmiras eynayim is not going so well. I am even more enticed by the more modestly dressed! In my small community there are very few frum girls so it's "awesome" to see so many. I think I am more enticed about them than secular girls because I know one day I will marry someone frum so it's like am "scouting prospects." this makes me feel terrible as these girls are very tzneius and I am looking at them like they are objects.

So I have been clean for the past little while (about 3 weeks) but I don't know if I am a dry drunk. How can I tell?

I know I still need to tell my story Upfront and I need to learn the steps (I have tried to do the first few but its hard without learning them). Is there any way to learn them without joining the phone.conferences? (silly question I know but I just won't be able to tune in during Israel.

I am really scared that when I go back I will fall into my regular slump. So I want to do what I can while I am here so I can carry it in to chutz laaretz

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Re: Dms1234's story

Posted by tryingtoshteig - 25 Jul 2013 21:20

You may want to contact Pidaini (PM him). He is in Israel and organizes the OINK-OYNK meetings. According to [this post](#), they are meeting tonight (ask him for time and place). If a group meeting is too much for you, maybe one of the chevra there could meet with you privately.

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Re: Dms1234's story

Posted by Pidaini - 25 Jul 2013 21:39

Thanks for the Advert TTS!!

And yes, dms1234, you are more than welcome to join. No need to worry about anything, we even have light refreshments. no name giving required (although highly recommended by our local Dov).

Contact me if you would like, we'll be delighted to see you!

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