

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 dms1234 - 16 Jun 2014 21:38

Yesterday, my shul did an activity. i hated this activity as a kid and i always use to say "i suck at it. I am no good, I am useless. This activity sucks. its boring, Its stupid"

But, yesterday, i decided to join and it was actually fun! I got into it and played hard. I played relatively well too.

I was surprised. I really did not like this activity when i was a kid. But when they said: "activity over," I groaned and asked for some more time!! WOW!

I learned I don't have to put my self down. I am not amazing at this activity but so what? Who cares? I CAN DO IT!! Even if i am not amazing, i can work my way up. Yesterday i surprised my self. I did well.

Why do we have to discourage ourselves so much??? Its not good for us and it only bring us further and further down. Lets just try and if we don't do incredible: whatever! We will try again next time. At least we tried!

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Re: Dms1234's story

Posted by lavi - 17 Jun 2014 08:18

i am in total awe of your struggle. this much i can say when you do reach a certain goal in this area, do a dance. and you should know even for very frum people there are several struggles in this area.

keep up the good work.

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Re: Dms1234's story

Posted by dms1234 - 17 Jun 2014 22:52

WE ALL JUST GOTTA CALM DOWN.

LIKE SERIOUSLY. TAKE A CHILL PILL. BREATHE, RELAX. CALM DOWN!

No need to worry about the past or the future or even the present. Just chill everything's gonna be alright.

deep slow breaths. we get so worked up. Lust takes up so much energy. Just relax and let the

WE ALL JUST GOTTA CALM DOWN

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Re: Dms1234's story

Posted by dms1234 - 20 Jun 2014 04:02

This is a very special shabbos for me! This Parshas Korach is my anniversary for 3 years of me starting to keep shabbos!!! BH, it has been incredible. I honestly don't know what i would do without shabbos. It allows me to take one day off from my life and just chill. This is especially important for me as i get very stressed. This time 3 years ago was when i committed to growing and start my journey of a frum life which has been AMAZING. I have met fantastic people and have had fantastic experiences.

This is also an important parsha for a lot of us here because we have Kavod (Honour) issues. Korach yearned for honour. He wanted to be Moshe. He wanted to be Kohane Gadol. But look what happened to him. He ended up in a pit. Just like we are in a pit. We are in a deep pit that could get very deep if we were not careful. We would just be screaming that Moshe and his Torah are true BUT not that we actually follow it. We would know its true like Korach who screamed from the pit but none of it rings true.

But we have all found GYE and we must forgo our honour because ME isn't what's important. Hashem is what's important. Moshe and his Torah are important. Its hard work but we are slowly making our way out with Hashems help Baruch Hashem.

Thank God!!

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Re: Dms1234's story

Posted by dms1234 - 01 Jul 2014 07:33

Life is GREAT! I am trying to calm down and take everything at a slow pace. We often rush our emotions but our situation usually aren't too bad! I am focusing a lot less on lust and just trying to live life. I find that if i a even obsessed about addiction, its not good for me. Yes i fully admit i am a sex addict and i absolutely must be careful, but the more attention we give lust, the more it runs my life. So, I am trying to change, nice and slow.

I am also attempting to bring Hashem into my life more. Simple things: thank you Hashem for this. Please Hashem help me with this. Simple one liners.

I am not perfect and I make a lot of my mistakes but in general, I am moving forward. I am definitely trying to keep a good attitude. Sometimes bad thoughts come into my head: what if this? or OH NO, I AM HOOPED! or how can i do this? but I gently swipe those thoughts away and just concentrate on right now. What can i do right now.

Ah! Deep Breaths, Deep Breaths. Everything is going to be just fine!

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Re: Dms1234's story

Posted by dms1234 - 06 Jul 2014 23:25

This is late but i thought it would be good to post.

) Parsha we read how Bilam wanted to curse us and he did everything he can: built mizbeachs, various offerings etc. and then he tried cursing us. But the words that came out of his mouth were good! They were blessings. Bilam was so confused. He kept trying and trying but whatever came out of his mouth was bracha for the Jews.

What can we learn? That ALL THE RESULTS COME FROM HASHEM. We could try so hard, and hard, hard. But we must realize its all up to Hashem. We must do Hishtadlus, yes, but this Hishtadlus (heard from Rav) is just showing Hashem that we care. Hashem decides if we don't fall, or we fall.

So what does this all mean? Well this is exactly what surrounding is. We come to Hashem and say my life is in Your hands. You are the decider, not me. You make the results happen not me. You are the King of the Universe not me! And You know what is best for me.

Last week's (yesterday's

How can we bring this down and apply it to our life? WE TAKE A CHILL PILL! We do have to work. To make a living, for family, for recovery. Its true. Hard work is needed. But at the end of the day, its all about to Hashem. Which means we can relax. Let Hashem deal with it. Jeez. The Earth is heavy. Our backs aren't made for that big of a load.

SO Let's breathe, relax and take a chill (Hashem) pill and soak up this beautiful world that HE CREATED FOR US!

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Re: Dms1234's story

Posted by cordnoy - 06 Jul 2014 23:40

Thank you for the thought.

Can you just take it one step lower please and talk to us addicts for a moment?

What would you like us to do?

What shouldn't we do?

What is up to God, and what isn't?

If we fall, we should chill?

If we don't fall, we should relax?

If we fall five times in three days, we should breath easy, for it is all up to God?

Perhaps that wasn't the point you were addressin', but if it was, please elaborate.

Thanks

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Re: Dms1234's story

Posted by dms1234 - 06 Jul 2014 23:52

Great questions. YES. I truly believe not matter what we have to be relaxed. Getting angry, frustrated, even really inspired to change and not fall, will not help us. We have to calmly go through our day. Not matter what happens to us: we must have a calm demeanour, We have to take a deep breath and keep moving forward. Instead of focusing on our problems/what's wrong, we should focus on the solutions. But even then. we must realize we can't truly do it. Hashem is in control not us.

Hope that makes more sense.

PS. this is what has worked for me. Maybe others have different feelings but for me, i have to relax.

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Re: Dms1234's story

Posted by cordnoy - 07 Jul 2014 00:26

Thank you for the explanation.

It is not my nature to go back n' forth on this site when there's a disagreement of sorts, so I will leave it at that, especially cuz' for the most part, I agree that one who doesn't act calmly will not accomplish much.

Regardin' your initial post, you wrote: but this Hishtadlus (heard from Rav) is just showing Hashem that we care. Hashem decides if we don't fall, or we fall.

That can't possibly be true. What happened to bechirah/free will?

Thanks

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Re: Dms1234's story

Posted by dms1234 - 07 Jul 2014 00:34

GREAT QUESTION. I asked R. Dovid Gotlieb this question. (He's a philosopher/logician) He says that we do have bechira "in our head" but only Hashem makes it happen. For example, I want to take 3 steps but Hashem may make it that i fall down on the second step or perhaps I will see a friend on the first step.

Thats as far as i understood it. Its very complicated and wayyyyyyyy above what we need for recovery. Lmasseh, we do have free will, yet Hashem is control. For now, I am comftroab;e with saying I don't understand plus my Rosh Yeshiva was fond of saying: "A jew has to live with Steeras."

In any event. We must do our hishtadlus but we also must be calm. This is how i understand it, at least.

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Re: Dms1234's story

Posted by dms1234 - 08 Jul 2014 01:59

2 things occurred to me:

Yesterday, some disgusting mess happened in my house and i had to clean it up. It was gross but I had to do it! Even though i didnt feel like doing it, i must do it. Its a requirement. I transferred this lesson over to recovery. Somethings I really don't want to do but i just have to do them anyhow because they are required. For example, I must do my assignment. If i don't i will lose marks. I would rather do other things, even if they are good for me: Learn, exercise, BUT right now i need to do this assignment. I need to JUST DO IT! I making to much of a deal out of it. LETS JUST GET IT DONE!

For the past little while those night falls (subconscious falls) have plagued me. Now, there is nothing i can do about them while i am subconscious but I have a feeling that my lack of guarding my eyes has helped cause this problem. SO, i propose a solution for me. Everyday,during Modeh in shacharis I thank hashem for 3 things. But lately I don't give much thought into what it is i am thanking Hashem for which defeats the purpose of the exercise, So throughout the day I am going to ask myself: what can I thank Hashem for?

And pick 3 of those things. WHAT CAN I THANK HASHEM FOR? What am i able to extract from my INCREDIBLE life that i can appreciate?

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Re: Dms1234's story

Posted by dms1234 - 08 Jul 2014 21:11

WOW! It is really working! Asking myself what can i thank Hashem for? I ask myself this whenever i am looking for some lust. It helps me remember that lust is an illusion. Seriously, what pleasure do i get from it? Also it reminds me that Hashem has given me so much. There really is so much to be thankful for: shade, the sun, my family, etc

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Re: Dms1234's story

Posted by ZemirosShabbos - 08 Jul 2014 23:07

sounds great!

i enjoy your thread, thanks

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Re: Dms1234's story

Posted by dms1234 - 14 Jul 2014 07:13

Guys, I have been struggling the past few days. No, Not with Lust but with Life. Thank God, Life has been superb and currently i am trying to actually be on schedule with school and not do it at the last minute. Its hard. My problem lately has been spending too much time on news sites exploring the happenings in Israel. OY! I have spent over 2 hours on Friday and over 2 hours today just looking at videos and what not.

Deep Breath

SO I AM DONE! Not with news, but i feel like a behama. I want to live. Be an avdei Hashem not

an avdei news. NO i cant control. I am soooooooo outta control. But i am taking a deep breath and going to actually face my challenges not shy away from them and Bezras Hashem, He will help me.

Deep Breath

AH! That feels good. Nice and calm. One step at a time. One little step!

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