

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 Pidaini - 22 Aug 2014 01:21

Great job!!!

KUTGW!!

BTW, don't forget that it's normal to miss it some times, and there is nothing wrong with that!!
The contrary, it just shows what a good idea it was!!

KOMT!!

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Re: Dms1234's story

Posted by lavi - 24 Aug 2014 01:04

deleteting facebook,

i think is a major accomplishment,

i take off my hat to you (and leave on my kippa)

and btw, by posting about it , you are also giving chizzuk to us all.

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Re: Dms1234's story

Posted by dms1234 - 25 Aug 2014 00:59

WAHOOOOOOOOOOOOOOOOOOOOOOOOOOOOO!!

WAHOOOOOOOOOOOOOOOOOOOOOOOOOOOOO!!

One more time:

WAHOOOOOOOOOOOOOOOOOOOOOOOOOOOOO!!

ITS OFFICIAL! I AM GOING TO ISRAEL FOR YESHIVA YAYAYAYAYAYYAYAYYAYAYA!

It'l be nice meeting up with some old GYE friends (OINK- donuts!) and some new ones!

We all know (please don't get into a philosophical discussion) that not just (keyword-just) Torah will help but hey it will certainly supplement recovery!

I am so excited! First long term stay in Yeshiva!

WAHOOOOOOOOOOOOOOOOOOOOOOOOOOOOO!!

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Re: Dms1234's story

Posted by cordnoy - 25 Aug 2014 01:02

I am so excited for you.

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I echo the WWWWWWWWWWWWWWHHHHHHHHHHHHHHHOOOOOOOOOOOOOOO  
OHHHHHHHHHHHHHHHOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOSSSSS  
SSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSS!!!!!!!!!!!!!!!!!!!!!!
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Re: Dms1234's story
Posted by lavi - 25 Aug 2014 12:29

will even understand if you don't post so much.

you'll be too busy shtaiging!!!

Re: Dms1234's story
Posted by dms1234 - 26 Aug 2014 01:24

But then i remember how small it is. How silly it is! Its nothing. It means nothing. . No need to stress. Just take a nice deep breath. Say everything will be ok and move on with my live. Nice and calm. Nice and calm. Life is good!

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Re: Dms1234's story
shhh, feel better already
Posted by Puddin - 26 Aug 2014 10:18

Awesome!!

Technology that doesn't do what it's supposed to is my number one set off!! it is the most frustrating thing!!

Nothing silly about it!!! :mad:

KOMT buddy!!!

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Re: Dms1234's story
Posted by ineedchizuk - 26 Aug 2014 16:59

Awesome news, DMS1234567898765432123!!!!!!

May you have a wonderful year full of growth.

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Re: Dms1234's story

Posted by ineedchizuk - 26 Aug 2014 17:02

(The Yeshiva thing, not the frustrating email thing)

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Re: Dms1234's story

Posted by dd - 26 Aug 2014 17:07

gevaldig may your stay be full of hatzlacha and syatah dishmayah!!

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Re: Dms1234's story

Posted by TehillimZugger - 26 Aug 2014 18:40

[dms1234 wrote:](#)

ITS OFFICIAL! I AM GOING TO ISRAEL

I am so excited! First long term stay in Yeshiva!

You're invited to join us for a true Bardichever/Heeteroigener/Lizhensker/Serentcher Shabbos meal anytime.

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

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Re: Dms1234's story

Posted by dms1234 - 29 Aug 2014 01:38

Its so interesting how Kavod works. Usually i yearn for it and ask myself how can i get Kavod!
But then when i don't yearn for it, it really comes! This happened today and it has happened
many times before. The Gemara is absolutely right! Where is it again? I am sure someone
knows!

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Re: Dms1234's story

Posted by TehillimZugger - 29 Aug 2014 01:46

Mishnah in Avos.

I'm always ready to give you kavod

Warning: Spoiler!

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Re: Dms1234's story

Posted by dms1234 - 03 Sep 2014 01:54

Dear GYE,

It seems that we have been all coerced into showing how many days we have been clean ("current streak" above your avatar). B"H that is not my current streak.

To be honest, and i know people like the 90 day chart, for me it didnt work and it doesnt work. It doesnt help me to know how many days i have been clean. I try to go day by day (one day at a time). Even moment by moment (one now at a time) This means soley concentrating on that particular day. "The past is gone, and the future is not in our hands." (GYE Handbook, 7). I don't think over the past and i try to think about the future as less as i need so i can fully concentrate on right now.

For example, when i look at Baba Metzia, gosh its long. How will i ever finish that? The answer is that i don't need to worry about that today. Right now, i need to concentrate on one particular tosefos. Thats it. I don't have to keep counting pages! And soon enough after many mishnas, gemaras, rashis, tosefos and other meforshim, I will Bezras Hashem complete the masechta! But it all starts with this tosefos. If i don't finish this tosefos, i will never be able to complete Baba Metzia. Thats how important it is!

So to with recovery. We can only be clean 90 days, 330 days, 6857 days whatever if we are clean in this day, at this moment. And can i do anything about all those other days: NO! I can only affect today! Thats it! Surely whatever happens today, affects tomorrow, yea yea, and thats exactly my point! We cant DO anything tomorrow. We can only do today.

So we should also ask: what can i do today for recovery? What steps can i take to ensure recovery today. Furthermore cant i be clean today? Just for today. We will re-evaluate tomorrow.

See? I am not expecting myself to be clean forever. Only today! I am only thinking about today.

That being said, if anyone knows how i can remove that from above my avatar, please let me know!

Have a great day!

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