

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

=====
=====

Re: Dms1234's story

Posted by cordnoy - 03 Sep 2014 16:56

If that's the way the Guards want it, they have every right, but it should be told to people beforehand...with the tools as to how to prevent it or change it.

there are many who don't update their charts at all, and now it says publicly that they have "0 days." What can be gained from that?

Thanks again

b'hatzlachah

=====
=====

Re: Dms1234's story

Posted by Pidaini - 03 Sep 2014 17:08

I agree wholeheartedly with the above sentiments.

When I first saw the feature in other people profiles I had a thought of "This could be good accountability", but the next thought was "why do I want to have the number of days right in front of my eyes every time I log onto GYE? Numbers aren't important, I need to stay clean today no matter what my numbers are! Having them there is just dangerous for me, giving me an opportunity to focus on the days and either tell myself that I'm clean long enough, nothing will

happen if I fall, or that I'm not clean that long anyway so I could fall and I'm not gonna mess up much."

I personally opted out, if anybody wants to know how long I'm clean they are free to ask me and I will look it up for them, but I certainly do not want it to be my focus!

=====

=====

Re: Dms1234's story

Posted by skeptical - 03 Sep 2014 17:58

I think that it may work differently for different people.

I would look at it throughout the day and think to myself, "Gosh, I'm still just on day 30*! When's it going to be 31 already??" That wouldn't help me very much because it would make me focus on it every second that I'm on here (perhaps I shouldn't be online as often as I am, but that's another story). I would much rather look up the amount of days from time to time and see the larger increment.

But I can sort of see it from the other point of view as well. If my number is on every single post that I write, instead of hidden away on the 90 day chart, maybe it would help me make the right decision when I'm having a difficult time. After all, isolation is usually the culprit, right?

Could it be that part of our unease is due to the fear of accountability?

*Not my real number

** and neither is 0

=====

=====

Re: Dms1234's story

Posted by TehillimZugger - 03 Sep 2014 21:36

If it says under your name 18 days clean, maybe you'll think twice before dispensing advice to someone who is 88 days clean.

Maybe that's good, maybe not.

=====

=====

Re: Dms1234's story

Posted by lavi - 04 Sep 2014 00:59

i think it should be totally optional.

it can have a backlash esp, since it can cause inappropriate comments, like trying

to sympathize with someone, who you think fell, and really he's been clean longer than yourself.

also it may cause someone just to ignore the number and not restart, because he never asked for the option,

i hope this will be corrected soon by the staff.

=====

=====

Re: Dms1234's story

Posted by cordnoy - 04 Sep 2014 01:05

everyone has the option to turn it off

=====

=====

Re: Dms1234's story

Posted by dms1234 - 04 Sep 2014 06:19

I turned it off but i do see both sides (if it doesnt hinder one day at a time of course).

Thanks everyone

My therapist told me some great advice when a bad thought (lust, negative thought, even thoughts during davening) comes into my head. I should say "Ah! There goes my mind again!" and laugh it off. And then change the subject! Go on to something else!

Having thoughts happen even fantasies. We just have to brush them away and keep on going! Getting depressed over our thoughts will just make it worse! And then we will go down into a

=====

Re: Dms1234's story

Posted by lavi - 04 Sep 2014 08:54

[dms1234 wrote:](#)

I turned it off but i do see both sides (if it doesnt hinder one day at a time of course).

deep dark dungeon of..."Ah! There goes my mind again!"

My therapist told me some great advice when a bad thought (lust, negative thought, even thoughts during davening) comes into my head. I should say "Ah! There goes my mind again!" and laugh it off. And then change the subject! Go on to something else!

Having thoughts happen even fantasies. We just have to brush them away and keep on going! Getting depressed over our thoughts will just make it worse! And then we will go down into a

about the mind, can't stop it, just redirect it. mind you, you have to kinda say, " i don't mind, but would like to remind the mind to mind its businss

=====

Re: Dms1234's story

Posted by Pidaini - 04 Sep 2014 10:10

[dms1234 wrote:](#)

I turned it off but i do see both sides (if it doesnt hinder one day at a time of course).

My therapist told me some great advice when a bad thought (lust, negative thought, even thoughts during davening) comes into my head. I should say "Ah! There goes my mind again!" and laugh it off. And then change the subject! Go on to something else!

Having thoughts happen even fantasies. We just have to brush them away and keep on going! Getting depressed over our thoughts will just make it worse! And then we will go down into a

Thanks everyone

WOOOOOOOOHHOOOOOOOOOOOOOOO!!!!

Awesome stuff!!!!!!

Funny, but that is only possible for me to even appreciate now that I've sort of given up on trying to control the thoughts because I need to stay clean, and if I want to stay clean then I need to surrender that control. Before that, my main focus was that I want clean thoughts, I don't want to

What it

Ho...Ho..How could this be happening again?! ARRGGHHHHHH!!!!"

Thanks for that reminder!!

=====

Re: Dms1234's story

Posted by gibbor120 - 04 Sep 2014 20:46

This is what it means to get off the 18 wheeler and onto a tricycle. We have gaavah, so we think we should have clean thoughts all the time. If we don't, then we fight them with all our might. If we accept that we are normal and these thoughts will come, we can accept that they came, and show them the door without too much fanfare, rather than struggling with them.

be tempted, while I was there, I wouldn't have been happy with "Ah, there it goes again"

looked like was "What?!"
I saw something to this effect in a sefer. It basically said that we expect to be big tzaddikim, and therefore these thoughts bother us. If we could accept our true madreigga (sorry dov), we wouldn't get so bent out of shape, and could basically shrug it off and go on.

Nice thought. Thanks!

=====

Re: Dms1234's story

Posted by cordnoy - 04 Sep 2014 22:36

Gibbor,

good stuff (like usual).

This helps me understand why most of the time I have a relatively easy time with this struggle, and although people beat me up on it, it works for me.

I realize and openly admit that I am a lust addict, one who on a moments notice can sink to the depths of the dreg and even lower than that. I also say and believe that I have not come close to teshuvah at all (and I will not argue here with anyone that thinks differently). And accordin'ly, when the lust hits, I don't fret about it....I have those precious three seconds to pose the life or death question, and I don't mind at all askin' it, and choosin' life is the pleasurable way to go.

And perhaps after lookin' at your post again, I am sayin' even more....not better c"v, but more...I am not acceptin' that I and my thoughts are 'normal'; I am acceptin' that they are normal for an addict like me, and that's ok, for at the present moment - that is who I am, and I have no interest of crawlin' outta my skin.

so thanks again

=====
=====

Re: Dms1234's story

Posted by lavi - 05 Sep 2014 00:27

ok, very nice and clear.

somehow I feel that calling myself an addict, it feels very negative, and if I do have a problem, so I would tell myself" you have an addiction problem" but it doesn't do justice to my whole personality by calling myself an addict.

I guess everyone feels differently.

and to gibbor, I can appreciate your words of wisdom, but there is another way out as well. yes, we can expect to big tzadikim (this is in line with chazal, that everyone can be a tzaddik and even swears so, before come down to this world), but instead of being crushed by the amount of evil within us, take it as a compliment, chazal say "kol hagodol michavayroi, yitzroi godol mimenu" [succah 52a], and this was said about Abaye, who said about himself, that he wouldn't be able to hold back, if a tempting situation came up. {see there}. people with addictions may be more spiritually sensitive.

look, I've been long enough around here to know that there are several approaches and I respect everyone.

if thinking that you are dirt helps, good for you.

actually I find it amusing that Avrohom ovinu says "anoichi afar v'aifer"

and so does Avrum cordnoy!!!

=====

Re: Dms1234's story

Posted by cordnoy - 05 Sep 2014 00:43

ya' know...perhaps I said "dirt," perhaps not.

Doesn't make much of a difference to me.

Perhaps it's also easier for me to accept the addict term, for I have seen the shaar hatachton, unlike you or others whose desires are tv shows and stuff like that.

But whatever, everyone has their way of workin' the program.

as has become my habit lately, the next five lines were written and then deleted.

b'hatzlachah to all

=====
=====

Re: Dms1234's story

Posted by lavi - 05 Sep 2014 00:58

[cordnoy wrote:](#)

ya' know...perhaps I said "dirt," perhaps not.

Doesn't make much of a difference to me.

Perhaps it's also easier for me to accept the addict term, for I have seen the shaar hatachton, unlike you or others whose desires are tv shows and stuff like that.

But whatever, everyone has their way of workin' the program.

as has become my habit lately, the next five lines were written and then deleted.

b'hatzlachah to all

I think everyone has there own shaar hatachton. i'm not comparing. but it well may be, that even though to the human eye, certain things seem worse than others, being that everyone has different gettups, we can't know.

for example someone who has done every lustful thing in the book, for many years, may still be in Hashem's eyes like someone who has only slightly slipped.

=====
=====

