

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 lavi - 05 Sep 2014 01:18

.

=====
=====

Re: Dms1234's story

Posted by lavi - 05 Sep 2014 01:19

[cordnoy wrote:](#)

Why?

I got this idea from the mabit.

he says on the gemara of "oilam hofuch ra'isi"

that the chiddush of the amora wasn't that the good guys are on top and the baddies on the bottom, that's too obvious.

rather, up there we see a bewildering sight.

his example is someone who was very blessed with good talents/middos and lives his life in a relatively peaceful way, and contrast him to someone who was really given a can of worms, who

succeeded in his life to get rid of some of them. bottom line the second guy had to put in more effort,(let say for example). so he is on top.

this is one example, it is all about effort.

similiarly, if someone has been born with this massive inclination for lust, he falls 100 easier than mr. regular, so if mr. regular slippes, on Hashem may consider them in the same place. and when mr. lustful make an exertion to move up, even if he is still down there somewhere, this may be more than mr. regular's basic teshuva.

I hope i'm being clear.

=====

Re: Dms1234's story

Posted by lavi - 05 Sep 2014 01:20

.

=====

Re: Dms1234's story

Posted by cordnoy - 05 Sep 2014 01:31

this time you added that he made an exertion to step up.

=====

Re: Dms1234's story

Posted by lavi - 05 Sep 2014 01:39

even if he didn't they could be at least equals

=====

=====

Re: Dms1234's story

Posted by dms1234 - 05 Sep 2014 01:43

MY THREAD HAS BEEN HIJACKED! NOOOOOO!!!!!!!!!!

Cordnoy, Lavi, the conversation you are having is very important, maybe. I am not sure because its way much thinking for me. Maybe you could open up another thread and discuss these issues.

But no Lavi, i don't look at myself has dirt. I have come to realize how much potential i have and how much Hashem loves me!

Calling ourselves an addict doesnt mean we feel like dirt. It just means we are accepting the fact that we have a problem and we need to do our best to solve it.

=====

=====

Re: Dms1234's story

Posted by lavi - 05 Sep 2014 01:51

like I said, to accept the fact, it is enough to think that one HAS an addiction problem....but if you feel you need to stamp addict...ok

=====

=====

Re: Dms1234's story

Posted by Pidaini - 05 Sep 2014 17:19

Thank you dms, I feel very much the same way. "I have strep" or "I am sick"...is it that big of a difference?

Anyway, How's by you Daniel?

=====

Re: Dms1234's story

Posted by skeptical - 05 Sep 2014 18:08

I understand where lavi is coming from. It kind of rubs me the wrong way, too, especially when people say, "but what do I know, I'm just a/n pervert/addict."

We're not JUST perverts/addicts. Our whole being should not be defined by this.

But what do I know...

=====

Re: Dms1234's story

Posted by cordnoy - 05 Sep 2014 18:27

Skep, I think your point is valid.

While don't think I have used the terminology that I am JUST an addict, but I definitely have stated that acceptance of this fact is crucial.

I went back to the Whitebook (I'havdil) to see what terms they use.

I'm not sure, but based on what you said, I remembered the followin' from DBT:

One acts the way they perceive themselves.

ex: I am bad....you will act bad.

I am angry...they will act angry.

they also said this with, "I am good," but I'm not sure about that.

What is the alternative?

I am actin' bad.....ok...change that.

I feel angry...ok...I understand that...you have such a right. Do you wanna remain feelin' that way?

So, with that in mind....

I am addicted....ok; let's go for it!

Hello, my name is Avrom and I am a lustaholic.....oh yea; let's go surfin'!

Instead, one can say, "I am actin' like I'm addicted," or even more, "I have addictive tendencies," or somethin' of the sort.

Is that 'acceptance'? I'm not sure, but maybe.

Now, if someone has strong convictions and workin' the program diligently with the proper support, maybe they can say, "I am a lustaholic."

Food for thought.

b'hatzlachah

=====

====

Re: Dms1234's story

Posted by TehillimZugger - 05 Sep 2014 22:54

I am proud to identify myself as an addict who accepted a new design for living.

=====
=====

Re: Dms1234's story

Posted by skeptical - 05 Sep 2014 23:27

I have no problem accepting that I'm addicted to the stuff, but that's just one tiny aspect of who I am. It's not my entire being / essence.

=====
=====

Re: Dms1234's story

Posted by dms1234 - 06 Sep 2014 01:08

To be honest, admitting i am an addict has probably been one of the most important steps in recovery for me (second to reaching out). I think its critical that people admit they have a problem. That is definitely necessary. Not sure about calling oneself an addict and i could care less really.

ANYHOW....

I slipped hard last night. Towards the end I realized what I was doing was wrong and gross. I am taking advantage of these girlsQ! I'm raping them! But not only that i am messing up my life! I know what real life tastes like. Its so sweet and last nights feelings were totally fake. They are such an illusion.

So lust, I admit defeat. You win. I cannot best you. I don't want to try anymore. I am done.
GOOD DAY!

"But dms123456789 nooooooooo!!!! How could you? You're done? That's it? What kinda hypocrite are you????????????????? You are giving up?!???"

No! I am just changing my perspective. I am facing reality. I can't beat lust. In fact I can't go near it. I am changing my strategy. I am calling in a Hitman called GOD to save me! I don't need to worry about fighting. He will do it! I will just live my life and let Him take the lust away. He can deal with it.

But I can't just just say this now. Inspiration usually lasts only 4 hours. I must renew my newfound perspective at least once a day!

"I like lust. But lust consumes me. It takes over. I can't win. I will lose every time. Please Hashem, please help me! Save me! I can't do this alone. I need you and the help of others so i can properly live my life. Or else i will be out of control. I will spin down a terrible spiral of hell into a terrible stupor filled with shame, regret, depression, despair, lonelines etc.

But NO! Hashem i want to be happy! I want to live my life. I realize that life is not a piece of cake. But i would definitely rather live life than die a painful death filled with nothing but lust. So i will try to do my part and not escape from my life and You please, Hashem, deal with my lust problems.

I AM A SEX ADDICT! I AM POWERLESS TO LUST! AND I ACCEPT THAT I NEED HELP!"

=====

Re: Dms1234's story

Posted by lavi - 07 Sep 2014 02:09

dear dms,

i have tears in my eyes from the pain you are in.

please let us know if you get any inspiration, about how to make you next streak better. renewing a perspective is good, but are you sure it is good enough?

=====

=====