

Dms1234's story

Posted by dms1234 - 23 Feb 2013 03:31

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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 Dr.Watson - 07 Sep 2014 18:02

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Super surrender Daniel.

There really are only 2 ways to feel free from the addiction. One is to give in to it, one is to surrender it entirely.

Giving in tp it gives temporary relief and a fake sense of freedom from the obsession. The only other way is surrender.

Trying to not act out without surrendering the lust is just continuing the obsession without acting on it. It's frustrating, painful and torturous.

[lavi wrote:](#)

how to make you next streak better

Streaks don't do too much IMO. The very word implies that it's a temporary phase of not acting out, soon to be over. As Dov said, it's like a game of ping-pong. "let's see what score I can get to before the game ends!"

Like an ever-lasting game of tetris where the goal is to keep the game going for as long of possible. But of course as the game speeds up it's impossible to go forever.

What we need is a new way of living.

Daniel, I've been a bit in and out of your thread lately, so I've forgotten, what do you do to keep sobriety? do you go to meetings? Do you work the steps? What action do you take daily to maintain spiritual fitness?

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Re: Dms1234's story

Posted by cordnoy - 07 Sep 2014 18:58

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Doc,

you always have a nice way with your words.

Perhaps you can tell the oilam in your simplistic type of way the definition of surrenderin' the lust.

Please define, and please provide example.

Thank you

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Re: Dms1234's story

Posted by Dr.Watson - 07 Sep 2014 20:42

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wow, that's a tall order.

I think that surrender has several connotations. What I mean here is that if we are addicts we cannot handle lust.

My biggest cause of relapse is that I still want to have just a little lust now and then for fun. I still want to be able to indulge in it a little, to enjoy just a little lust.

The problem is that as an addict that lust provokes a physical reaction in me and it takes over my whole being. At that point the only way I know to be free of the lust is to give in to it and act out.

So what's the answer? To not allow any lust into my life at all. Wow, that's difficult.

Well, sort of. It's only difficult for me because I still want to be able to enjoy it a little. If I really accepted that I was not going to have any lust any more and gave up my idea of trying to get it in any way, it wouldn't be so bad.

It would be like a group of friends saying "hey, we're all going out to get some lust, are you coming?"

"No thanks, I quit."

The alternative of always trying to enjoy it safely is just torture. why do that to myself? To get all hot and bothered and ready to act out but then denying myself the release. What's the point, who would even enjoy that?!

It's like a guy on a hot summer's day going to an ice cream truck and buying the most delicious ice cream he's ever had. He takes one lick and then slips and drops it. We all know that feeling. Even though we're grown men we actually get upset over the loss of the ice cream. He's desperate to taste that ice cream.

So he goes back and buys another one, takes one lick, slips and drops it. So he buys another one, takes one lick, slips and drops it. So he buys another one, takes one lick, slips and drops it, etc.

Can you imagine how annoying that must feel?

How many times does the guy need to drop his ice cream before he surrenders? Eventually he'll give up on his idea of enjoying ice cream that day. He'll throw up his arms and say "I'm never going to that ice cream truck ever again!"

As soon as he gets the idea of ice cream out of his mind he can go and enjoy the rest of his sunny afternoon. But if he keeps obsessing over the ice cream he wants he'll never be happy, it would be continued self-imposed torture.

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Re: Dms1234's story

Posted by cordnoy - 07 Sep 2014 20:56

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Wow!

Thanks.

So basically the two choices are to...

1. Give in to lust (look, enjoy, act out) (surrender to it).
2. Decide that it's death for me, and I ain't goin' near it (surrender it).

b'hatzlachah

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Re: Dms1234's story

Posted by newaction - 07 Sep 2014 21:27

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i have to come to despise it like death . As long as it is ice cream i would like to have the lick as the dr said . its ice cream full of deadly razor blades on the inside.just stay away .

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Re: Dms1234's story

Posted by dms1234 - 08 Sep 2014 00:46

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Hi everyone! Its funny that because i said i slipped, everybody expects the worst! I did slip but it wasn't so bad. I did not fall. And right after i said what i am i doing? Then i moved on. Which means I am fine! YAY! i am in no pain. I am not suffering. I am great! Calm as usual! (thanks kilo).

I don't care about days. I only care about day: today! Thats it! And currently today is AMAZING!

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Re: Dms1234's story

Posted by TehillimZugger - 08 Sep 2014 00:59

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OK OK

NUFF OF THAT

NOE how BOUT SOME MINCHO?

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Re: Dms1234's story

Posted by dms1234 - 08 Sep 2014 01:04

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TZ is right how could we not thank Hashem especially for all that he has given us!

ASHREI!!!!!! (sorry in our shteeble this is how we start!)

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Re: Dms1234's story

Posted by newaction - 08 Sep 2014 01:05

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oh ! B"H ! i thought you wrote you slipped hard , But the true Tzadik looks at his job ahead by learning from his nefilos . KUTGW dms and continue having Amazing days .

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Re: Dms1234's story

Posted by dd - 08 Sep 2014 03:23

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DMS1234 thats great to hear your back to yourself!!!

btw you are that breath of fresh air that you keep on posting about taking the deep breath, your posts are so relieving and full of chizuk,

i'm sorry for bothering you in middle of mincha,

KOMT!!!

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Re: Dms1234's story

Posted by TehillimZugger - 09 Sep 2014 16:43

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[dd wrote:](#)

i'm sorry for bothering you in middle of mincha,

KOMT!!!

DD, brider tiere, vuss iz UP?! WHen can we get together for a mincha or somethin'?

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Re: Dms1234's story

Posted by dms1234 - 09 Sep 2014 20:43

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This is something I wrote to myself about a month ago when i was going through a tough time and it helped me get through:

**dms1234**

Hashem believes in me. He knows I can do it. I know this because He created me TODAY. He didnt have to wake me up this morning but he did and therefore he believes in me. And He has a plan for me and He cares for me. He loves me. He knows i can do it. Thats all that matters that Hashem loves me. His kindness overflows like a river thats overflows its banks. He knows i can do it because I have done it before. I have overcome all the limitations and barriers that i have placed on myself

Its a little messy but its straight from the heart. I thought it was worthwhile to post it.

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Re: Dms1234's story

Posted by dd - 11 Sep 2014 15:01

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[TehillimZugger wrote:](#)

[dd wrote:](#)

i'm sorry for bothering you in middle of mincha,

KOMT!!!

DD, brider tiere, vuss iz UP?! WHen can we get together for a mincha or somethin'?

we can get together whenever you'd like but mincha i think can be any time between the shkiah and rabbeinu tam,

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Re: Dms1234's story

Posted by dms1234 - 11 Sep 2014 23:27

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Soooo....College has begun again yay! No really, I am actually excited. Not sure if its cause I'm ).

That also means a lot of attractive fine looking grade A juicy meat.

You thought i was talking about  
the other thing? YOU ARE SICK! EW! HOW COULD YOU THINK LIKE THAT? Gross! You are

Anyhow, its true. A lot of attractive girls walking around. Today after class, i saw 2 and was about to stare at one of them but i looked away and said: "please Hashem, please help." No rainbows or unicorns. Just a simple plea. And then i walked off and carried on with my day.

Just kidding, my campus doesnt have any kosher food. hehehe  
I don't need to look now. Its OK. I will live.

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sooo taking advantage of those poor girls!