

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 - 26 Aug 2013 15:33

Feelings are mutual, it's great to have you part of our group!!

KOT KUTGW!!!

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Re: Dms1234's story

Posted by dms1234 - 08 Sep 2013 01:05

Ok wow, a lot to update. I will try to remember everything. We had our final oink meeting before the holidays, 2 thursdays ago. I was feeling good, too good because I almost fell that night and the next night. That thursday I had an incredible test. I was going to a fellow GYE member's house for Shabbos day and I didnt have his house number. So i kept calling him and I was going nuts. Suprisignly I kept some sort of composure but inside i was screaming: Why dont you answer??? Dont't you know that I am the centre of the Universe?? You serve me!!!.

And then during Shabbos I realized what a mistake I had made. I am not the centre of the universe: Hashem is, and there are other people that live in this world, not just me. They have feelings too and their own lives. I also learned that I don't run the world. Hashem does. I need to let Him and not worry. Yes, I should have caled my host earlier but now I have to give to Hashem. Funny enough, I had this same test today. I called for a Sherut and it didnt come when it was supposed too. I got scared because the number I gave them was a freinds who wasn't with me so i thought they skipped me. I freaked for about 10 minutes but then decided to call them. I think I improved, I did call out to Hashem but you know I am not perfect.

Anyways at that last oink meeting, the Rebbe said take it easy on RH. Dont get so worked up. This advice helped me so much. Around me guys were screaming and davening but most likely it was also fake. I tried to internalize the davening and work more on admitting powerlessness and crowing Hashem as king

So currently I am at the airport leaving Israel to go back. I hope to be back in just over a year. Thank God I am doing well. I am really calm and trying to my hishtadlus and then let Hashem take care of the rest. I am trying to be honest and real. I realize how fake by Avodas Hashem was. I thought i was connecting to Hashem: davening, learning etc But it was all fake. But now thank God I am truly growing and truly beginning my journey up the ladder to shamayim.

I am about to board. Will post tomorrow "or I guess later today lol" on more what I learned and more of my fears for when I go back home.

I passed our oink spot while on the sherut!!!

I am sitting here at Ben Gurion and I am scared to go back home. I have already seen more pritzus than i should i ever see. Thank God i diverted my eyes (success!) But for the short time I have been in Israel, I have done much growing. I thank you all for helping me get to this point. I feel so good to have shared my story to real people. I think from only that point can true healing begin, and it has. I feel much calmer and no i dont feel this, incredible close feeling to Hashem, even after R"H. But i have opened the doors. And as we all know,, is it really us that making this connection or is more that we open ourselves up to let Him in. Ofcourse we must do our hishtadlus but no matter how many Mitzvos we do, only Hashem determines if these are "valid" enough.

Also I have discovered that true recovery cannot take place until we fully admit that we are addicted. I am an addict and until I fully accept that i will keep falling or be atleast be a dry drunk. Of course this is the first think we say at our meetings and it is also the first thing that I say when I speak to Hashem. Admitting this fact, lets us feel powerlessness to the Yetzer and only Hashem can save us. And this feeling is ironically liberating. It frees us, allowing us to let go of this gashmius world connect to the Source.

I am truly grateful to you all, as you saved my life and I hope to be back in Israel as soon as possible

Daniel

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Re: Dms1234's story
Posted by dd - 08 Sep 2013 06:30

wow thats really gr8 im very happy for you daniel chazak vematz keep us posted when u get home hatzlachah

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Re: Dms1234's story
Posted by Pidaini - 08 Sep 2013 09:18

WOOHOO!!!!

KUTGW!!!!

We'll be waiting for you when you get back!!

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Re: Dms1234's story
Posted by dms1234 - 10 Sep 2013 06:40

So I am home Thank God. But an interesting story to tell everyone.

Yesterday, I arrived at my connection city with an hour left to board and after going through customs and struggling to find the right terminal, I walked to the desk to get my ticket for my next flight. I was scared because i only had 30 minutes till boarding, and I really wanted to daven shacharis on the ground. So i got the desk and heard that my flight was delayed 3 hours. I immediately fell into despair. I just wanted to go home, I was tired etc. I strted complaining but eventually I realized, I can take my time to daven shacharis. Hashem allowed me to do his will properly. I wanted to follow his will and he let me, even helping me!!

Another interesting story. After shul this morning my Rabbi who knows I am having trouble with shmiras einaim (but thats all) said he had this book for me. I think its called vayera eineinu. Anyone knew if its any good? I just thought it was a blessing from Hashem because well Shmiras Einayim is my biggest problem (like in the streets). Also the thought of telling my Rabbi entered into my mind. What do you all think

Today was the first day at college and whoooah. My eyes, my eyes. I tried and I actually did pretty well. But still its very hard. pritzus everywhere. But whenever i felt any lust I admitted I was addicted and started talking to Hashem. It worked pretty well. I just dont want to fall into a pit and then ending up falling.

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Re: Dms1234's story
Posted by Pidaini - 10 Sep 2013 07:37

Thanks for sharing!!

May Hashem help you through all hard times!!

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Re: Dms1234's story
Posted by gibbor120 - 10 Sep 2013 22:13

can you take off your glasses?

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Re: Dms1234's story

Posted by cordnoy - 10 Sep 2013 22:50

dms: if you are competitive, try keeping score as to how many times you wanted to take that 'second look,' and avoided it.

i have been doing this, and it has made a serious dent in my travels during the day.

b'hatzlachah

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Re: Dms1234's story

Posted by dms1234 - 13 Sep 2013 00:29

i dont really wear glasses (but probably should) and good suggestion about keeping score but i dont want to seem like a game as in i would probably just be holding my breath

So Last night my shul Rav gave a talk on marriage (I'm not married but the Rav said I could get something out of it)

One thing that he said was very applicabe to us addcts. He said the reason men have to get married is because we intellectually know that other people exist but not emotionally. So when there's another person that we have to take care of, well come to emotionally believe other people exist like our wife.

So to us addicts. We obviously know other people exist but we don't really know it in our heart. I assume that the best way to do this, as I believe Dov always likes saying is just simply reaching out to others, start giving. I guess what I am struggling with though, maybe Dov can clear it up is what does this really mean? Or rather what our practical examples? Like if someone drops something pick it up for them? Stuff like that

On similar lines, it has really helped me internalize that I am addict but just saying that I am addicted. I try to say it atleast a few times a day and it has really helped me keep at bay, meaning that I am powerless and Hashem is my Saver. Unfortunately, if we get cocky, our Saver, can just pull the carpet from right under us and we easily fall. Therefore, it is really important that we stay as close down to that carpet.

and thank God, i can see improvements. I am much more calm even though that i am completely out of control. I rely on Hashem to help me. There is really nothing I can do. Of course i must to my Hishtadlus: guard my eyes, set filters, but besides that, there is nothing i can do

And boy this attitude has helped at college. Whoah! It is hard to guard my eyes but even so. If i mess up and look at a woman, its not over. I dont have to masturbate, I dont have to use my drug because I have outside help. It doesnt seem very empowering but it sure is. That I have the KING of the universe with me. He is by myside. That is empowering.

Sent from my iPhone

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Re: Dms1234's story

Posted by gibbor120 - 13 Sep 2013 00:47

[dms1234 wrote:](#)

So to us addicts. We obviously know other people exist but we don't really know it in our heart. I assume that the best way to do this, as I believe Dov always likes saying is just simply reaching out to others, start giving. I guess what I am struggling with though, maybe Dov can clear it up is what does this really mean? Or rather what our practical examples? Like if someone drops something pick it up for them? Stuff like that

This is a tricky one because it's not just giving to others, it's the intent that counts. I considered myself to be a giving person. I didn't realize that it was coming from a selfish place. I have a low self esteem, so I need to try and be perfect, part of being perfect is to be considerate. So, when

I am considerate towards others, I am simply trying to make *myself* feel better. I could do that for a lifetime without having an inkling what chessed really means.

Some people who are really very helpful simply have low self esteem and need others to like them, praise them, think highly of them. It's not from a healthy desire to give, but they are trying desperately to fill a void and run away from bad feelings about themselves.

That is why some people cannot say "no" (I sometimes have a hard time myself). It's not because they are so giving, but they are deathly afraid of someone thinking badly of them.

Chessed means doing it for the sake of the other - no self interest at all. I started to understand that from reading some of dov's posts and from being on his phone call. It is a very hard concept for me, but like I said, it has started to make sense to me.

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Re: Dms1234's story
Posted by Avrom - 13 Sep 2013 00:47

Yay! Keep up the good work!!

(Didnt get the "don't know other people exist" part - but I'm not married, so perhaps I dont know
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Re: Dms1234's story
Posted by Pidaini - 13 Sep 2013 01:04

Daniel, ur an inspiration!! KUTGW!!

I am married and I do understand what you are saying, and what gibor wrote about not being

able to say no was exactly me, I was also afraid of loosing peoples "respect". I used to do it in other areas as well, going places I didn't really want to because other people felt that I should be there etc.

Have a G'mar Chasimah Tovah!!

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Re: Dms1234's story

Posted by dms1234 - 18 Sep 2013 23:13

Before I tell about the past little while (i keep procrastinating posting) i must start off with today. what an amazing day so far.

I usually bike to shul but I was exhausted and plus it was raining so I decided to go on the bus. As I was walking off the bus I slipped and my kippah fell off. As I was recovering I realized that I even left my wallet in my seat. So right after a big slip in front of everyone I had to turn around and walk back to my seat. So whatever ego I had it disappeared. I was very embarrassed. However this actually made me realize how low I am, how powerless I am. My Rabbi says this as well. That we should humble ourselves. He says fundraising is very good for this (maybe all of us gyers should go door to door fundraising)

Anyways I realized how powerless I was and how truly nothing is up to me. I am an addict.

My davening was very good. Not the spiritually unfitting inspirational feeling really close to God kind (thank God, that really feels fake to me), but just a nice pleasant, tranquil davening.

So, I have been having troubles since I got back from Israel right after RH. Shmiras einaymim, learning, davening. It's been tough the past couple weeks. The good news is I haven't fallen intentionally. I did a couple of the half asleep falls and a couple other times I have caught my self. I hate saying this though because it makes it seem like it's ok. It seems like an excuse. But I don't really know what to do about those. Maybe tighten up shmiras eiyanim.

Last Friday, Erev Yom Kippur I was going to play tennis with my dad (I realized later probably not the best idea before a fast) I ready to go and was waiting for my dad to get home. I got a feeling like I had to lust so I grabbed my phone (which I got unlocked to add some apps speaking of which anybody have what'sapp? Message me we should exchange numbers.) I didn't get it locked right after (now it is Thank God) So downloaded safari and here we gooo. But somehow I was thinking. What I am about to do? Maybe I should go on Gye instead? And thank God I typed in GYe and then my dad called me to go play.

But then after tennis a similar episode. Same feeling and I was on my phone. This time I typed and went to an actual site. It was slow to load and I realized I don't have wifi on my phone so it will cost a lot of money to watch a video. So I exited. Whoah very scary times but wow Hashem came to the rescue.

So here I am on a rollercoaster ride called life. I am just trying not to despair. No matter what happens. How many times I fall when I am a sleep or how many college girls my eyes roll to I will try not to despair and be happy, even put a game smile for Hashem is watching and guarding (cue sukkos reference) us.

All I have to do is my hishtadlus. Put filters, make gedarim, try not to peak and leave it to the Guy upstairs above the schach (how is that spelled?) and just keep trying to live my life.

One more thing. When installed k9 a while ago I stupidly threw away be password, meaning I can retrieve it whenever I want. I emailed venishmartem to keep my password but does anyone want to help me out? Maybe chol hamoed?

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Re: Dms1234's story

Posted by dms1234 - 23 Sep 2013 02:09

Last night, I fell again. Another one of those half a sleep falls. But i am trying to brush it off. Its a brand new day and life is amazing. I feel really good. Liberated. I am an addict, truly powerless.Only Hashem can save me.

I was thinking over the past few days how when i daven to Hashem I say please help me but

really this doesnt make sense. It is as if i am doing most of the work and then Hashem is doing a little bit to push me up the mountain. In reality I must do my hishtadlus: not look at girls, truly want to change, get right back up after falls and then Hashem will take care of the rest. Its more please Hashem save me! I realize that You, only You can truly save me. Nothing that i will do, no matter how many times that i dont look at girls can still fall. Please Hashem remove the battle from me!

But i am going to keep trucking. I must get up. I must truly want to change. Thats what matters: my attitude. So thank God, life is wonderful. Chag Sameach! Have a good Sukkos!

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