

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 cordnoy - 22 Sep 2014 20:30

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Is there any place where a post can be nominated for "post of the week/month or year"?

I'd like to nominate DMS and this last post of his. [Don't you just hate it when the next page starts after such a good post?]

[dms1234 wrote:](#)

I have seen a bit of it around the forum but it's probably going through any addicts mind during this time: "I suck! Hashem doesn't love me, why can't I just stop? I don't want to act out anymore."

I am not even going to reply to any of the sentiments directly. Instead I am going to speak about the underlying issue or factor in the above statement.

Over the past year of being actively involved in GYE, I have noticed among myself and others, that a lot of us (maybe even all) struggle from being WAY too hard on ourselves. Am

I saying that lusting or acting out is ok? NO! Of course not.

But, we are really hard on ourselves. We constantly yell at ourselves (WHY DID I LOOK AT THAT GIRL?) and are disgusted at ourselves (I am a terrible human being).

This only leads to depression and despair. And what good does depression and despair do? That's right! It only makes it worse! We just feel terrible and act out even more.

Why are we so hard on ourselves? Because we want to be perfect NOW!

"Perfect"- we think we should be perfect. We shouldn't fall or slip. Nope. Basically we think we are God. We think we should be capable of perfection. This leads to arrogance and failure (because we are not perfect).

"NOW"-we want everything NOW! It's programmed into us because we have always yearned for immediate gratification. I want pleasure now! Everything had to wait before we could get our fix, and we needed it as quickly as possible. This is selfish and puts us in the centre of the world. It also reduces our patience. My theory is that this mindset carries over from our listing habits to our recovery: "I want to be clean NOW!"

In reality we can't be perfect NOW! Because we can't be perfect and sobriety just can't happen overnight.

So what do we do?

We have to accept that we are imperfect beings. We may fall and slip anywhere at anytime. We do make mistakes and that is fine. Humans make mistakes. It's natural.

Also recovery takes time: "progress not perfection." It takes work and time. We have been lusting for years!!! What makes you think we will recover in just a matter of days?

So let's all TAKE A DEEP BREATH and ask ourselves what can I do today for recovery? How can I be clean today or better yet this moment!

And for God's sake and ours, please give yourself a break! Relax! Accept you are not perfect

and recovery takes time.

If we are so hard on ourselves, we will not be clean. We will just be depressed and keeping pounding our hearts and crying the same old tune, year after year.

Relax, Deep breath, Reach out, Smile

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Re: Dms1234's story

Posted by dd - 22 Sep 2014 22:19

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I agree with cordnoy 100%, thats a great post keep them coming Dms1234567890!!!

Maybe we can even give him the post of the year as we're finishing up 5774!!!

KOP and big time please!!!

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Re: Dms1234's story

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Posted by cordnoy - 23 Sep 2014 00:34

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Hey DMS!

Even guard loved it!

check out today's chizuk email.....and ya' all; don't forget to donate!

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Re: Dms1234's story

Posted by dms1234 - 23 Sep 2014 03:02

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To continue:

It amazes me how a person could be so hard on himself yet his esteem be so low. It's such a contradiction. I can definitely see it within myself but it appears in other addicts as well. That we want to be perfect (no mistakes) and yet we have such low self esteem. I would think because we strive for perfection, this shows that we believe in ourselves. We believe we can be perfect. But in reality we treat ourselves like dirt. We hate ourselves. We think we are nothing and when something comes our way we say: "it's too hard for me," "easier said than done," "you think I could do that?? No way!"

It's like an addict is bipolar. We think we can be perfect but we don't believe in ourselves that we really can do it.

I am not sure as to why this is, but from my experiences in the past 9 months of real recovery, I have noticed how to start breaking these two polar mindsets.

Perfection: I mentioned this in part 1. We must accept that we are human beings and prone to make mistakes. We can not be perfect! And that's okay, that's life.

Beliveing in ourselves: everyday we wake up and say Modeh ani. In Modeh ani. We say "Raba emunasecha" Hashem believes in us! The Creator of the world! The Master of the universe

believes that we can do it! After all we are alive right now! There are plenty of ways for Hashem to dispose of us. So the fact that we are here now shows us that Hashem believes that we are capable and capable for anything!!!! If we only realize how much potential we have, we would be on the moon! Have you ever done something and thought to yourself "WOW! I did that? I had no idea I could ever do that!"

By accepting we are human and genuinely believing in ourselves, we can start breaking down this horrible mindset and start true recovery! For the past while, I have seen incredible change in myself and these 2 principles have helped immensely!

Just because we are human and make mistakes, doesn't mean we can't accomplish and go far! It's not all or nothing. It's not we are either perfect or worthless. There is a middle ground filled with endless potential that we must tap into so we can truly recover and live life to its fullest.

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Re: Dms1234's story

Posted by Pidaini - 23 Sep 2014 19:04

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Thank you dms for these posts, they are truly wonderful!!

[dms1234 wrote:](#)

To continue:

It amazes me how a person could be so hard on himself yet his esteem be so low. **It's such a contradiction.**

I beg to differ. For me it is very much the same thing, that is Arrogance! The core of my perfection is my arrogance and that based on what I hold of myself, everything I do should be perfect, nothing less than G-d Himself! How can I hold myself to esteem when I'm not acting according to my picture of myself? How can I hold myself in esteem when everything seems to be opposing that idea?

Self esteem is when I accept myself for who I really am, when I can acknowledge that I'm not perfect and yet I'm precious. When I can account for some humility in my view of my life, I will be able to see myself for the gift that Hashem sees me as!!

If that didn't make sense, forgive me, I just came off the plane.

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Re: Dms1234's story

Posted by dms1234 - 23 Sep 2014 22:44

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I noticed something very interesting yesterday. I looked up at the trees and the leaves changed. They are orange! WHOAH! Isn't it amazing that when Hashem turns to us to change, our environment is also changing! Its like "change" is in the air. Its the essence of this time period and even nature is changing!

Maybe Hashem is trying to get us in the mood to change and is reminding us to change!

So lets change! One day at a time!

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Re: Dms1234's story

Posted by Gevura Shebyesod - 23 Sep 2014 23:01

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Re: Dms1234's story

Posted by dms1234 - 23 Sep 2014 23:05

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## **Gevura Shebyesod**

Just don't say the name of the season we don't want to be reminded of that

Sometimes we have to ~~bad word removed~~ to grow?

Maybe its talking about our ego ~~bad word removed~~ing

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Re: Dms1234's story

Posted by Bigmoish - 23 Sep 2014 23:11

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Re: Dms1234's story

Posted by dms1234 - 24 Sep 2014 23:52

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This holiday season I am going to work on a thing that I have been trying to do (or Atleast what I shouldn't have been doing) every day for the past while: give up my will and accept His.

And isn't that what RH is about? Crowning Hashem as king not us!! Hashem is the centre of the universe not me! I am apart of His universe and I must realize, internalize and actionize accordingly!

His will, not mine!

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what's wrong with autumn?

Re: Dms1234's story

Posted by kilochalu - 28 Sep 2014 03:23

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thanks for your beautiful inspiring posts

I saw a nice vort from Rav Nosson Vachtfogel regarding a favorite topic in your posts. The Ramban in his famous letter says the first step is to speak calmly to EVERYONE, Rav Nosson says that people don't realize that everyone includes themselves also!

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Re: Dms1234's story

Posted by UnJovenConfundido - 29 Sep 2014 06:33

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Hello dms...

respectfully,

I see your commitment to share your history and help others and to avoiding falling again.

but

I see a problem...

you have posted, and answered a lot of comments, that means that you have, free time...

I recommend to you to spend a little less time on internet...

I fall many times for being curious and try to dare the safety holes on the internet filters...

If you really need to use internet, my suggestion is, it is possible to you, get a powerful internet blocker, like Net Nanny, and set up only the "white list" on the web pages.

In fact this is an annoying program, it is very difficult for uninstall, add all the web pages that you really need, take a time doing it, because you will not longer to make changes on it, after that tell your rabbi to set up the password.

The thing that helped me is recognize that I was having a problem with porn, and I was having a problem with using internet...

If you don't need it, then do not use it too much,

and please avoid your friends if they lead you to do the wrong, I'm sure you know some of them which avoid bad things and are doing well, you should be with them...

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Re: Dms1234's story

Posted by dms1234 - 30 Sep 2014 16:21

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Hahahahahha

It happens to be that you are right! I do go on the internet too much! But Baruch HaShem i have a really good filter.

UJC, if I may humbly give you advice....welcome to this fine website! It seems you are well on your way. If I may though say, be careful with the advice you give and to whom. Some things for some people could even be destructive! It all depends on who the person is and where they are on there journey.

I have been on GYE for 9 months and I still have much to learn about giving advice.

So please be cautionary!

It's very easy to throw up advice everywhere. I may do it a lot and maybe I should be more careful but we must give advice for that person and not for ourselves

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Re: Dms1234's story

Posted by dms1234 - 30 Sep 2014 23:15

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So last night was interesting. I didnt have a lust attack. It was just a conversation with my self.

"I really want to lust"

"You do?"

"Yea, I really want to lust"

"But it won't help you solve your problems!"

"But it feels good"

"Really it doesn't fell good. remember how you always want more. Once is never good enough"

"But i really want to lust!"

Thats pretty much how the convo went. I went to bed or at least changed the convo.

I am at this interesting crossroads. At one end i want something, my instinct is that i want lust, but i know from experience that lust doesn't really "do it" for me anymore.

But i be just keep livin my life, one day at a time (as cordnoy would say)

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