

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 shomer bro - 02 Oct 2014 03:20

B'kitzur, our only real tool in this battle with the yetzer hara is tefillah. Without Hashem we are powerless. I will add that it took, and is still hard for me to completely give myself over and give my fantasies and lusting over to Hashem. It's easy to preach, but super hard to actually do.

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Re: Dms1234's story

Posted by dms1234 - 02 Oct 2014 03:34

Thanks bro! (Shomer bro) but I don't like using "battle with the yetzer" it's soooo dramatic and oversensualizes recovery.

Also even with Hashem we are powerless!

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Re: Dms1234's story

Posted by cordnoy - 02 Oct 2014 03:35

[shomer bro wrote:](#)

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there are plenty of tools; you have to be willin' to use them though.

One should always daven.

b'hatzlachah

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Re: Dms1234's story

Posted by reallygettingthere - 02 Oct 2014 04:31

[shomer bro wrote:](#)

B'kitzur, our only real tool in this battle with the yetzer hara is tefillah. Without Hashem we are powerless. I will add that it took, and is still hard for me to completely give myself over and give my fantasies and lusting over to Hashem. It's easy to preach, but super hard to actually do.

Yes, without a doubt, as long as we think that we are actually in control we have no hope.

However don't think that by "davening" long enough or hard enough your "yetzer Hora" will go away. I promise you, I davened long and hard and my yetzer hora didnt go away.

Only if we really use tefillah as a way to completely be subjugate ourselves to HKBH it will help.

(Regardless, if one is an addict and they don't deal with the root cause/trigger of their addictive behavior they will not be healed no matter how much they daven. (V'hametzius moreh kein)

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Re: Dms1234's story

Posted by dms1234 - 02 Oct 2014 04:59

To be honest, right now I am at the point where any amount of davening will help. Ofcourse I am

Not davening that the yetzer will

Diminish just that I should be clean today and for Hashem to help me cause I know I can't "beat" the yetzer

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Re: Dms1234's story

Posted by shomer bro - 02 Oct 2014 05:15

Obviously you can't just daven and hope that by miracle things will change. These things take a lifetime of hard work. But you need both in order to grow!!

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Re: Dms1234's story

Posted by Shlomo24 - 02 Oct 2014 05:21

i have found that davening for tools helps. for example i thought getting a connection with some1 who has ssa would help.so i davened that i should meet some1 who has ssa that i could talk with. lo and behold that happened and it really helped.

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Re: Dms1234's story

Posted by lavi - 02 Oct 2014 10:29

[dms1234 wrote:](#)

Thanks guys! I think having a conversation with ourselves is great and helps delay the inevitable but i think we must speak/surrender to Hashem and reach out to others as Dov always says that living in our own warped head will always lead to problems!

i find it quite depressing to use the term delay the inevitable. do you really feel that way?

do you think everyone should feel that way?

is this just another way of saying "one day at a time" (this is from the aseres hadibros!)?

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Re: Dms1234's story

Posted by Dr.Watson - 02 Oct 2014 11:11

I feel the need to point out that this forum caters to both addicts and non-addicts. What works for an addict does not work for a non-addict and vice-versa. So it would be terrible for an addict to listen to the advice of a non-addict and yes, delay the inevitable.

I listened to much advice from non-addicts for 2 years and the term 'delayed the inevitable' would be a perfect summary of what the result of that was.

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Re: Dms1234's story

Posted by Pidaini - 02 Oct 2014 19:56

[cordnoy wrote:](#)

I asked that to a fellow today; he replied, "cuz it feels good."

I would have answered the same.

I even did many a times.

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Re: Dms1234's story

Posted by dms1234 - 02 Oct 2014 20:55

I am very sorry, i didnt mean it like that. If one of us (i am certainly an addict) is in the heat of a lust attack, it is good to delay a fall, meaning don't fall right away. Hopefully by reaching out and speaking to Hashem, we won't have that falling feeling.

Who would that have been?

BUT! I think that if i just have a conversation with myself then it may be delaying the inevitable. Ofcourse we can always choose no but it becomes so much harder.. Thats why reaching out and speaking to Hashem are invaluable during those pressing times

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Re: Dms1234's story

Posted by dms1234 - 02 Oct 2014 22:35

One day at a time, for me, means concentrating on life only for today. That includes recovery and being clean. Really, i can only do today. I cant do tomorrow. Tomorrow hasn't come yet. I can think about doing tomorrow but why would i do that today. Its pointless.

So one day at a time means doing what i can about my situation now, in the parameters of the 24 hours that i am currently experiencing.

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Re: Dms1234's story

Posted by dms1234 - 03 Oct 2014 20:54

I am learning that it doesn't matter what my will is even if my will is really frum. Only Hashem's will matters. Yesterday, i learned this because i missed a train and a bus so i would be late to mincha. We have a hard time with mincha minyan so i wanted to make it just in case we were and be on time. I texted my mentor and he said its Hashem's plan. I am not supposed to be on time to mincha i guess. So i accepted it and tried to get there as fast i could. It ended up being that i was the 10th guy so there was no minyan for mincha but there was for maariv! Its a little disappointing but that wasn't Hashem's plan. Atleast i went and didnt go home!

Also, i got sick but i thought i was getting better over the past couple days. I woke up today and felt terrible. So I'm not sure whats going to be for YK. I may not be able to go to shul or even fast. But whatever happens, happens. Its up to Hashem and not up to me. His will not mine!

I guess i accept. I accept his will. Whatever happens in my life, i know its for the best. I just gotta close. Also i wanted to daven with it and smile. Deep breath and smile. Everything is ok. Life is good. The universe isn't all about dms123456789. I am not at the centre. Sometimes Hashem has different plans for me and thats ok because He is the Boss. I am not. I accept it! He not me!

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Re: Dms1234's story

Posted by nabill - 05 Oct 2014 13:27

I hear you. I'm new. Here. And wondering what people do when it feels impossible

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