

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 cordnoy - 28 Nov 2014 03:12

Yes; that is the same song.

My kids and I sing it all the time.

Gotta hold on in the song not to scream "patience" too early....although you really wanna.....it's sorta like.....let's not go there.

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Re: Dms1234's story

Posted by dms1234 - 01 Dec 2014 22:07

Its so funny how SE (Shmiras Eiyanim) gets blown to the waste side. Its like i just forget its wrong. Sometimes i do remember and struggle and even still look! I am talking about on the street here. I have to remember that this isn't something i should be doing. Its damaging for me.

Yes, the girls are attractive and I do enjoy looking at them. Hashem has made woman very attractive. Its hard not to look as they are so attractive. But i cant look. Its not good for me. Its suicide. Its logical to me that i should save my eyes for my wife and I can do it. One girl at a time! I don't need to look that this one girl! I will live. Its ok. Kol b'seder! My life will go on fine if i don't look at her. I don't need her!

Deep breath, dms1234, deep breath!

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Re: Dms1234's story

Posted by dms1234 - 05 Dec 2014 01:28

Dear GYE:

I am addicted to GYE! YES I said it! Feels good.

I go on GYE a lot and i plan on taking a hiatus for the next two weeks so i can properly concentrate on school. I think this is also a good idea to prepare myself for Israel where i wont have much access to GYE.

It sucks yes, but its for the best.

So everybody take a DEEP BREATH, i not leaving GYE, just talking a leave of absence.

BYE! See you in about 2 weeks!

I will still be chatting with fellow gyers on gchat and email, so you can reach me there:

dms1234ongye@gmail.com

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Re: Dms1234's story

Posted by dms1234 - 17 Dec 2014 05:59

Hi fellow GYEr's!

I finished school and so I am back on GYE! BH I had much help from Hashem and from Gyer's that I am connected to!

Life was hard, i had it with school but i got through it and now i go to Israel soon!

In those hard times we just gotta take a deep breath and ask Hashem for help! He cares for us and loves us and knows we can do it!

Its good to be back here but it was also nice to let go for a little bit. I was so attached to GYE and I'm not sure if it was helping me THAT much. I find that chatting and speaking with people is more useful for me! But i am back for the next little while before i depart to Israel!

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Re: Dms1234's story

Posted by dms1234 - 27 Dec 2014 01:46

Its so easy to fall of the wagon! Its been a very unproductive couple days. Not that i did anything that bad, but watching movies and even exploring Jewish videos youtube aren't such a great way to spend so much of my time.

BUTTTTTTTTTTTTTTT! Come on Dee emes? Why do you have to be so hard on yourself? Recovery takes time!!!! Calm down!!!!!!!!!!!! Relax! Yes, you shouldn't be doing those things and its good to be honest. BUTTTTTT you have been addicted for how many years? about 10 right? Do you really think a mere year or so will completely erase all your problems? DMS, please don't use this as a rationalization to go lust, as that wouldn't be an honest thing to do, but you should know that recovery is a process. You should feel proud. You are going up, not down, the ladder and even if you stumble or even if you fall down a few rungs, you should know Hashem loves you and all he cares about is that you are moving forward, that you are at least taking some steps in the right direction. DMS, those steps do not need to be big steps. They could be as little as saying: "Hashem please help me!" or diverting your eyes from that lovely lady in front of you! Those are all steps. Nice, small baby steps that make a HUGE difference.

Now DMS, it does gets hard. Sometimes it gets really hard. You want it soo bad and you think you need it do survive. But, you don't. This past year, you have lived wonderfully and how many times have you lusted? Not many! So you don't need it! It's a lie. It's a pure lie. DMS, you know what to do when it gets hard. Don't put on your gloves and step into the ring. You know it doesn't work! You have tried so many things over the past couple few years. You know that anything you do is futile. Over the past year, you have discovered the secret. The secret of recovery. That you can't fight! You are useless. You need God and you need others to help you notice and seek God. God is the key. The key to opening the door to a new life. A free life! DMS, whenever you are in trouble, don't wrestle! Instead, reach out to Hashem. He can help you. He can help you live life!!!!

DMS, you may not have the power to say no to lust but Hashem does. Realize that he is helping you and he will help you more. Your enemy is yourself. It has always been about you, what you want. And how is that going for you? Are you living a life you want to live???? NO! You aren't. You hate it. You hate your life when you lust. So why don't you stop living *your* life and start living the life *He* wants you to live.

So, what do you have to do now? How do you start living the life *He* wants you to live? How do you give up your life to him? The answer, DMS, is that you recognize that *He* is running the world, not you. You may think you are in control but you should know that He is in control of the world and even of you! And because you realize that Hashem loves you, you know that everything will be fine. Everything will work out because He has a plan. We are trusting that His plan is good. And what He wants for us is truly whats for our best. Therefore DMS, when you want to lust, you are fighting Hashem's will. Hashem knows that those pleasures are not good for you but you think they are!!! But as we said earlier, at the end of the day, are they really what you want? Are they really the key to a satisfying life? Or are they just an illusion? So DMS, stop fighting Hashem, because that is exactly what you are doing.

Instead, take a deep breath and realize that Hashem doesn't want you to have these pleasures because they aren't good for you. They aren't conducive for the best life. Realize, He knows how you should live your life and that's why you shouldn't be partaking in these pleasures. Realize that everything is going to be alright. And then smile! Smile, be happy! Hashem is watching you and loves you! Soak in your beautiful life!

Breathe, Recognize, Smile!

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Re: Dms1234's story

Posted by newaction - 28 Dec 2014 02:24

From the Web :

"My Aunt Pat makes a wonderful strawberry shortcake. I look forward to it every time I see her out in Newton, New Jersey. After years of visits I finally asked her for the recipe which she gladly gave to me. I went home, followed the directions as they were written and viola! the strawberry shortcake I have always loved!

"Then my ego gets involved. I think a little more sugar in the whipped cream would improve it. Maybe frozen strawberries. Or let's use Cool Whip instead of real whipped cream. I make the cake using my version and it isn't as good, in fact I am disappointed. "

The Big Book shows us a specific recipe for sobriety and, if we follow it carefully, we will get all the benefits of The AA Program. If we change the recipe we will get something else and we will be greatly disappointed.

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Re: Dms1234's story

Posted by skeptical - 29 Dec 2014 08:24

Good thing there's not only one wonderful recipe for strawberry shortcake, and one could come out just as good, if not better, than the other.

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Re: Dms1234's story

Posted by Hatzileini Na - 29 Dec 2014 08:31

[dms1234 wrote:](#)

Its funny how easy i forget:

1: I don't need lust and 2 it kills me.

1. I really don't need lust. It doesn't help me. It doesn't relieve my stress or my loneliness or any other problem. I don't "need" it. I don't need it to live. I can live without it. It used to be so pressing for me to have it in order for me to survive, but i have realized, with the help of living ACTUAL life, that life is better without it.

2. Also, any sip of lust unscrews my head off. I go bonkers. I cant concentrate on anything else in life. It totally consumes me and my thinking. It turns my entire life inward, into just thinking. Life isn't about doing anymore, its about fantasizing and dreaming. Then i slowly die, a painful death while I am a live: I become the living dead: a walking zombie.

I gotta remember these 2 revelations. This week i lusted after 2 girls i know and lusted both of them hard.

I don't need lust and it will kill me.

I came across this post and the simplicity of it grabbed me. Thank you for the Chizuk and help on this journey.

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Re: Dms1234's story

Posted by newaction - 29 Dec 2014 15:33

Dear skeptical , whatever works , you know that very well. As long as you like the short cake you got. I would stick to the original first. Behatzlacha to all.

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Re: Dms1234's story

Posted by dms1234 - 29 Dec 2014 23:59

I am very surprised as to how wrong we are. We think that if we fall or slip or whatever then back to square one, back to day one (maybe this is wrongly emphasized in the 90 day chart). This is simply not true. Recovery is not about accumulating the days. Its not that if i fall after 150 days clean, those days don't matter anymore. NO, not at all!

Recovery is a giant process. We will not recover in 90 days. I am sorry. WE WILL NOT. If you are an addict, 90 days will absolutely not guarantee your recovery. It may help but it won't mean that you are recovered. I have done 90 days before and to be honest, it was awful. It was not recovery at all. I was a dry drunk. I was white knuckling. I was holding my breath the whole time! I was scared and hoping that i wasn't going to fall. All i was doing was worrying and scared of lust but i wasn't doing anything proactive. That is what the 90 days did for me! Yes, I got 90 days and it helped me see that i could hold out on masturbating.

But holding out on masturbating, porn, or any lust is NOT recovery. You know what that is? It is hell! Pure hell! I hate it! You are in a prison, waiting to be decapitated!!!!!!! Only when i realized that i needed to forget about counting and concentrate on one day at a time did i truly start recovery. What does one day at a time means? It means: "The past is gone, and the future is not in our hands." (GYE Handbook, 7) The only thing i am concentrating on is the present. That is all. All the times I masturbated or looked at porn or fantasized about girls in the past. OR all those days i was clean, Hashem saved me and I was meeting with my GYE friends do not matter TODAY. Furthermore, the future is irrelevant at the moment. Whatever happens, even if i fall!!! Only Today matters. That is all.

Today i can not recover fully. No! It will take many days to recover, that is true BUT i can not recover without being clean Today, and the only when i can be clean Today is by concentrating only on Today. What is going on today? What do i have to do today? I do not need lust today? Please Hashem help me only for today?

TODAY! TODAY! TODAY!

90 days will not cure me. Recovery is a process. It does take time and i shouldn't be upset about that. Thats the way it is. I may fall or slip again. I may not. But who cares? I don't have to concentrate on that! I only have to concentrate on right now! Leave everything else up to Hashem!

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Re: Dms1234's story

Posted by lavi - 30 Dec 2014 01:25

dms,

love your posts,

it seems like you have a way in which you really know yourself.

i understand your aversion to the "90" and i can respect it.

maybe though you'll agree that the "90" has benefits for some, as i will mention.

1) a short term goal of proving to oneself that it IS possible to be clean for 3 months,

2) showing that one doesn't die from abstinence.

3) a shake up

about the process of recovery.

the TODAY ONLY seems to be very popular, and as well as the understanding that recovery is a long process,

what bothers me if one continues a long long time,[say 10 years] making only real small steps,[never being clean for more than 90] is he really progressing or is he stalling?

how much time is needed for recovery?

does one have to spend his whole life without seeing real results?

maybe i'm expressing an opinion which can be debated,

but i think that if after a significant time one cannot make larger spaces between his falls, then where is his progress.....

[i'm just thinking aloud..]

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Re: Dms1234's story

Posted by serenity - 30 Dec 2014 02:10

4) To get our heads out of the muck, so we can begin to see, hear and think again.

5) some of us are so ridiculous that, that which we could not stop even in the face of deadly health risks or severe legal consequences, we were able to stop because of a check on a chart.

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Re: Dms1234's story

Posted by kilochalu - 30 Dec 2014 03:55

[lavi wrote:](#)

the TODAY ONLY seems to be very popular, and as well as the understanding that recovery is a long process,

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[i'm just thinking aloud..]

i feel that way also but i think that there are other ways to measure progress

such as how low we fall and for how long

and maybe even more really real even if harder to measure is how much we have progressed in our attitude towards life and dealing with our issues which theoretically should effect falls but for various reasons may not be so obviously noticeable, lemashal there may be more nisyonos in one tekufa or another (or maybe like it says that before every aliya there is a nefila kyadua)

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Re: Dms1234's story

Posted by Shakeitoff - 30 Dec 2014 04:47

Maybe it's useful to think about recovery like this:

Say you have a physical condition for which there is treatment but not cure. Examples: At the Gd-forbid end of the scale, diabetes or Parkinson's...at the trivial end, something I have, rosacea, a skin rash which means I'll probably never be Miss America. All this stuff is treatable. Take the treatment and you may slow the progress of the disease. However, the treatment is for the rest of your time in Olam HaZeh. Thank Gd, there is treatment.

Hope this helps. B'hatzlachah!

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