

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 dms1234 - 01 Jan 2015 22:51

Why does there have to be a payoff? When i talk to a friend, I tell them that i really do want to watch or masturbate or lust. It hurts me to not pleasure myself. I want to. I don't really get why there has to be such a quick payoff. I usually see how wonderful my life is without lust and how terrible my life is with it. How it kills me. I don't know if that is such a quick payoff. It takes a while, in fact, to truly recovery and to truly feel the recovery. We should be careful because what is lust? Its immediate gratification. We must do it now. We should be careful that recovery doesn't turn into immediate gratification.

But i agree that reaching out is the kicker! Its a literally a lifesaver.

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Re: Dms1234's story
Posted by shomer bro - 02 Jan 2015 00:14

I believe that lust is the quick fix we've come to enjoy. It takes only a minute or two to get our high and pleasure. But the genuine pleasure that comes from recovery takes time. It can even be painful at first (withdrawal symptoms), but it's the real deal. We live in a generation where everything needs to be instant. Be it microwaves, smartphones, etc. our culture is one of lazy people who don't want to sweat a little. But no pain, no gain. Our struggles with our tayvos will take a lot of work and time. We'll have to turn completely to Hashem and pray like crazy, but the end goal is worth it. It may be a long journey, but every journey is made up of small steps.

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Re: Dms1234's story

Posted by cordnoy - 02 Jan 2015 07:20

Just somethin' from my experience:

I didn't go for the quick fix.

My falls were extended; drawn out over days, and sometimes weeks.

Durin' those times, I wasn't strugglin'; it was pure unadulterated bliss.

and yet, by far, the joy of recovery trumps that.

The serenity.

the peace.

Bein' content.

And this is when I'm just touchin' the surface of recovery.

b'hatzlachah

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Re: Dms1234's story

Posted by dms1234 - 04 Jan 2015 08:46

A lot of people might wonder why i like the "take a deep breath method" It seems kinda odd doesn't it? Like How does it help in recovery? And furthermore what exactly is the "dms deep).

There are times, perhaps many, where our minds go crazy. A problem perpetuates our mind or our mind goes spinning after we see a girl walk on by or maybe an urge comes to watch a video that we try to fight. Whatever it is, our minds go crazy. I firmly believe that in these times we are unable to make rational decisions and are often prone to make very poor ones. This is why i advocate that a person should take a deep breath and calm himself down. NOW! I don't say that he should *just* do this as his mind could very well resort back to craziness. SO along with the deep breath he should ask Hashem for help and reach out to someone else. For me this has

worked VERY well. Its like a timeout for ourselves where we take a step back from life and compose ourself. Its almost like Shabbos compared to the rest of the week. This calming deep breath also helps to reassure us that everything is going to be ok. Everything will work out and we will live on. We won't die because of whatever is tugging on our mind at this moment. That life is just right the way it is now!

On an other note my Rabbi, who does Kiruv for a lot of older folks, often says that many people ask: "how does God fit into my life? Meaning, in my sphere of life, how will God play a role? But my Rabbi says this is the wrong perspective. We should be asking: "How do I fit into God's plan?" The former is a self centred approach to life where I am the centre of the universe. The latter is a God centred universe. We are usually selfish and use ME as the focal point instead of Hashem. So how do I fit into Hashem's plan? To extend this thought, we usually look at other people like this. How do they fit into my life? What will they do for me? But really we have to ask What am I going to do for them? Especially, as we should be looking at life from God's focal point and not ours so we are not the only one that matters. We should stop being so selfish and turn our focus onto others! Now, how do you stop being so selfish? I will leave that to you to find

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Re: Dms1234's story
Posted by dms1234 - 06 Jan 2015 04:13

Figured I would give an update on my latest honesty revelation. Last week when i told my mentor i needed to commit to being honest, he said you have to make a grounded commitment. How will that manifest itself. SO i said whenever I watch a movie or tv i would message him or another gye friend and they would have to approve me. So BH it has worked like a charm. Even when i message them before I watch sports, i get all self conscious and second guess myself. I am proud to say I have not watched a movie since! Honesty really works!

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Re: Dms1234's story
Posted by cordnoy - 06 Jan 2015 08:31

Sports - 20 and younger

Movies - definitely older.

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Re: Dms1234's story

Posted by dms1234 - 06 Jan 2015 08:51

Sports-Only men

Movies-None.

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Re: Dms1234's story

Posted by cordnoy - 06 Jan 2015 09:32

[dms1234 wrote:](#)

Sports-Only men

Great!

Warning: Spoiler!

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Re: Dms1234's story
Posted by cordnoy - 06 Jan 2015 09:32

[dms1234 wrote:](#)

Movies-None.

Even greater!

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Re: Dms1234's story
Posted by dms1234 - 06 Jan 2015 22:01

Yes, women play sports although it may be more of a turn off for us. However, there are some

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Re: Dms1234's story
Posted by Bigmoish - 07 Jan 2015 01:43

Namely, any league in which we can identify that it is indeed women that are playing.

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Re: Dms1234's story

Posted by cordnoy - 07 Jan 2015 02:27

[Bigmoish wrote:](#)

Namely, any league in which we can identify that it is indeed women that are playing.

By that logic, is hockey okay?

sumo wrestlin'?

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Re: Dms1234's story

Posted by dms1234 - 07 Jan 2015 21:57

Bigmoish

Namely, any league in which we can identify that it is indeed women that are playing.

Then thats all sports, unless dance is considered a sport. I think in dance you can tell.

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Re: Dms1234's story

Posted by ZemirosShabbos - 07 Jan 2015 23:19

What about gefilte-fish eating contests?

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