

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

=====  
=====

Re: Dms1234's story

Posted by cordnoy - 17 May 2015 17:25

---

Noticed this:

It takes your "breathe" technique to another level.

Especially after our chat the other day....

b'hatzlachah

I have a technique I made up recently that has been helping me A LOT. I want to share it with you. It's called B.E.L.I.E.F.

WHEN SOMETHING COMES MY WAY-INSTEAD OF GOING TO MY ADDICTION OR SOMETHING ELSE I GO TO:

B-BREATHE. Take DEEEEP breathe.

E- "Everything is from Hashem" say it 100 times. Over and over again. I calm myself down. Tell myself Hashem loves me, it will be alright and this challenge was handput downright here for me by G-d himself and it is from him and no one else.

L- LIVE. Live my emotions. Let myself cry. Be angry. Be scared. Kick something. Throw my pillow. Vent. GET IT OUT.

I- Indulge in myself. Comfort myself and tell myself why it is okay. VALIDATE my own feelings so I can...

E- Evaluate. Where do I go next? Now that I'm calm I canfigure out where I want to go and...

F- Forget. Let go of the mistake.

=====

=====

Re: Dms1234's story

Posted by TehillimZugger - 27 Jul 2015 21:09

---

DMS1234's story 145 New Replies...

Just sayin' hi

=====

=====

Re: Dms1234's story

Posted by cordnoy - 27 Jul 2015 23:30

---

[TehillimZugger wrote:](#)

DMS1234's story 145 New Replies...

Just sayin' hi

Just cross the street.

=====

=====

Re: Dms1234's story

---

Posted by dms1234 - 08 Oct 2015 18:46

---

Just saying hi

HI!

=====

Re: Dms1234's story

Posted by Bigmoish - 08 Oct 2015 18:54

---

Been holding my breath all this time!

=====

Re: Dms1234's story

Posted by cordnoy - 12 Oct 2015 22:45

---

Sorry we didn't connect the other day.

=====

Re: Dms1234's story

Posted by dms1234 - 16 Oct 2015 10:45

---

No problemo!

=====

Re: Dms1234's story

Posted by cordnoy - 16 Oct 2015 11:28

---

[dms1234 wrote:](#)

No problemo!

BH!

=====

Re: Dms1234's story

Posted by dms1234 - 28 Apr 2016 00:36

---

**Warning: Spoiler!**

=====

=====

Re: Dms1234's story

Posted by markz - 28 Apr 2016 00:50

---

Welcome back

I have a personal question for you Dms

How long are you gonna float above the spoiler with us?

What is the going rate, to get a mention in cordnoys signature?

=====

=====

Re: Dms1234's story

Posted by dms1234 - 28 Apr 2016 01:16

---

What is the going rate, to get a mention in cordnoys signature?

Good question! Had no idea i was even in there!

By the way, nice to meet you markz!

=====

=====

Re: Dms1234's story

Posted by markz - 28 Apr 2016 01:20

---

[dms1234 wrote on 28 Apr 2016 01:16:](#)

What is the going rate, to get a mention in cordnoys signature?

Good question! Had no idea i was even in there!

Float above the spoiler? you mean in the spoiler?

**Warning: Spoiler!**



=====

Re: Dms1234's story

Posted by Gevura Shebyesod - 28 Apr 2016 03:00

---

[markz wrote on 28 Apr 2016 01:20:](#)

[dms1234 wrote on 28 Apr 2016 01:16:](#)

What is the going rate, to get a mention in cordnoys signature?

Good question! Had no idea i was even in there!

**Warning: Spoiler!**

Float above the spoiler? you mean in the spoiler?

That's what happens when your truck has a spoiler.

=====

Re: Dms1234's story

Posted by Shlomo24 - 28 Apr 2016 06:27

---

Welcome D! It's good to see you back. (Did you get my email?)

=====