

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 thanks613 - 28 Apr 2016 18:08

Hey D, thanks for the question. Here's 2 cents. I live at my parents home, and there is a TV, which I am trying not to watch. But I don't drive myself crazy about watching if someone else turns it on. I just avoid turning it on myself, turning it to a channel I want to watch, sitting down to watch an entire movie... things like that. It's helpful because I know how addicting it gets for me otherwise.

Also, if you're not in the TV room with the remote, what will you be doing instead?

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Re: Dms1234's story

Posted by Birshusi - 02 May 2016 01:21

[dms1234 wrote on 28 Apr 2016 16:42:](#)

Quick question for the klal:

I am at my parents for bein hazmanim and they have a tv. Its very hard not to reach for the remote and see whats on. I really don't want to watch movies or tv although i do recognize that it is fun and entertaining. However it wastes a lot of time and obviously the content is not so pg.

Anyhow have any past experience/ideas?

My parents have a TV too. In the past, I even had one in my room, which obviously caused major problems, even though it's not cable.

Watching real TV shows was never accepted for us kids in my house, but when I closed the door to my room, nobody knew what I was doing.

Nowadays, I still allow myself to watch sports when I'm home. The thing is, sports has commercials, and after the game the news comes on, and you never know if an innocent segment about the flooding in Louisiana can turn into a lust fest for you because the reporter is not dressed the way you're good side would prefer.

Basically, what I'm saying is: Me Too. What I wrote above happened today, and I'm feeling pretty down about the fact that I sat in front of the screen for so long, even though most of it was totally innocent.

BTW Hi Dms1234! I'm new here, nice to meet you!

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Re: Dms1234's story

Posted by dms1234 - 02 May 2016 20:36

Thank you everyone for replying.

I realize a few things. First, i need to spend less time at home and when i am home always have some task or activity in my mind to do. Also spend as less time in the TV room as possible. I did create a reward taptic which has helped. As always i need to chill, take a deep breath and

realize i am not the master of the world.

Just a quick thing. One thing that has really helped me in the past 2 years is being in constant contact with people in particular with someone who i have tried to be in contact everyday. It helps to get all of my problems off my chest and to have someone to ask advice from.

BH i have been doing very well the past few days. Just trying to be simple and take it one day at a time

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Re: Dms1234's story

Posted by newaction - 02 May 2016 21:19

Hi Dms i am glad you sound well and happy. Keep up the good work, Hatzlacha !

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Re: Dms1234's story

Posted by SIB101854 - 04 May 2016 01:25

Try watching the news for a few minutes-you won't need to watch anything else-there simply is nothing worth watching -the values, language, etc just are beyond what any Ben Torah would and could consider appropriate.

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Re: Dms1234's story

Posted by dms1234 - 05 May 2016 17:32

Not sure if the tapsic (is that how its spelled?) has been helping. One hand i have been doing well but on the other hand a couple days ago i felt the tapsic was so restrictive as I wanted to watch sports (its a good time to be a sports fan right now) Not really sure what to do but thankfully i watched only a bit of a movie the whole week. Albeit the part i watched had a bad scene but BH. I think tapsics could work for some people and it has worked for me in the past

and possibly now too. I definitely know it is not the answer. Its a tool, a preventative tool not a proactive tool of recovery kind of like a filter. Its great for helping us but we can not rely on a filter or a tapsic. It fixes up the problem but its not a solution. This is my experience of course, others may differ.

In any case I have realized like i have realized when i first started becoming frum that a tv in the house is a no no. Not just the lust is potentially can cause, but the utter waste of time it blows. Unfortunately, i am not going back to yeshiva at the start of the zman so i haven't "escaped" yet. Anyhow BH, this Bein hazmanim has been going MUCH better than sukkos. I am still really bored even though i have plenty to do. But there is no reason to give up. Today is a different day then yesterday. No matter what yesterday brought, today is a brand new opportunity.

In the past while, I have learned that no matter what happens just keep going viter. If I slip or even fall just keep doing what i am doing. I gotta plan and I just need to stick with it even though it seems that my whole world is tumbling down and i want to seep into a deep, dark hole of depression. Viter, viter, just keep going viter. Recovery takes a heck of a lot of patience and if i think i am just going to recover, i am fooling myself. I just gotta take a deep breath and keep on moving those baby steps.

Thank for letting me ramble!

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Re: Dms1234's story

Posted by thanks613 - 06 May 2016 21:10

[dms1234 wrote on 05 May 2016 17:32:](#)

Thank for letting me ramble!

Hey, it's your party... But I enjoyed reading

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Re: Dms1234's story

Posted by dms1234 - 12 May 2016 03:30

Tapsic did not work. Not at all. The problem is that a Tapsic is an internal commitment to one self that they will not commit an act with a penalty or a prospective reward or even swearing in Hashem's name.

In my opinion, when has an internal commitment stopped me from doing anything. Has that helped at all say in preventing me from watching shmutz, touching myself or glancing (Read: staring) at pretty women in the street. NO!!!!

2+2=4 and for me with all the other internal commitments I have sworn to myself (ie: "i will never do it again," "this is my last time," and "Never again"), that have miserably failed, I personally think that another internal commitment will not help me.

What will help me? Getting back to the basics like honesty with another person which I have done and I will hopefully keep doing. And hopefully that other person will help me be honest with myself, with others and the One above.

I had a fall last night but i am going vitre. I was honest to another person. Going forward i must remember to take a deep breathe and take it one day at a time.

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Re: Dms1234's story

Posted by Bigmoish - 12 May 2016 17:46

You have my number. Please use it instead of forcing me back onto the forum to respond to

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Re: Dms1234's story

Posted by dms1234 - 12 May 2016 20:09

I am sorry that i am forcing you back into recovery. You know some people care about your

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Re: Dms1234's story

Posted by cordnoy - 12 May 2016 21:57

[dms1234 wrote on 12 May 2016 20:09:](#)

I am sorry that i am forcing you back into recovery. You know some people care about your wellbeing,

For some people, this forum is not on top of the list for recovery tools.

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Re: Dms1234's story

Posted by TehillimZugger - 13 May 2016 21:43

Hi DMS

You're a good man. When you coming over for a Shabbos Seuda?

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Re: Dms1234's story

Posted by dms1234 - 22 May 2017 23:03

Hi Everyone! I have no idea if anyone was here when i was active but just wanted to give everyone an update.

About a year ago. June 18th I masturbated on shabbos (a red line for me) friday night while fantasizing about my cousin in my family's home. My head was spinning and i had enough. I didn't want to masturbate. I decided that i would tell my rabbi and he told me to go to SA.

So i did. I have been sober since. I haven't masturbated once.

I go to meetings, I have a sponsor, i speak to people regularly. I work the steps. This isn't meant to be an SA ad but it really helped me.

I am not a low bottom. In fact i have never had sex. Never went to a prostitute or

massage parlour. But i struggle with masturbation, fantasy, pornography.

I realized that my coping mechanism was lust and now that I am off lust i am working on my character defects instead of facing them. For example, I feel worthless. I bash my self that i can't do anything or that this project won't be good. Its almost all subconscious but thats how i feel a lot.

Thank God, i am growing and i am grateful to GYE and SA for helping me along the way!

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Re: Dms1234's story

Posted by cordnoy - 22 May 2017 23:44

That's one way to get me to post durin' a busy day.

A blast from the past!

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