

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 - 16 Oct 2017 23:28

I seemingly have a pretty high bottom. Meaning i havent really done much. I have masturbated, pornography, fantasy. But i havent been to a prostitute, or a strip bar, i havent even had sex before. Yet i call myself a sexaholic. Because it really doesnt matter how much i have done that makes me a sexaholic. Its really a matter of lust and being powerless over it. For me right now, my lust leads be to porn and masturbation. It hasnt yet led me further down the line. But i believe in myself that i could be there. Ive got the potential.

And a major reason why I am not a low bottom is due to my fear so i fear that as i work on reducing fear (talk about tongue twister) then will be more susceptible to lust.

In any case, it is very easy for me to trick myself into saying: "Its not that bad" "i havent done that much" and therefore i deny my sexaholism and just carry on with my life or try to scrape myself by with louzy tricks. I accept my self for who i am. And its ok to be a sexaholic. Thats who I am. Thats what i struggle with. No more hiding, no more games. I just need to face truth in the face and get honest.

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Re: Dms1234's story

Posted by Markz - 11 May 2018 11:21

[dms1234 wrote on 21 Jul 2017 19:54:](#)

I am allergic to lust. I am allergic to lust. I cant control it. Nope. I want to lust like a gentleman. I want to look at all the pretty women out there. It is so enticing but im allergic. Its like poison to

my body. It makes my life completely unmanageable. I yearn for it. I want lust. That is going to fill the hole inside of me, wont it? I have come to believe that no matter how many women I look at or how many times a masturbate it just doesnt fill that God hole. I have learned that nothing can fill that God hole but....God!

I have to be completely honest with my self. What are my motives? For example, i went running in a park. What was my motive to see very attractive girls in bathing suits and stare and look at them and hope to have sex with them. I am being honest. And sometimes being honest means i need to be descriptive (dont worry i wont be so descriptive on the forum) I called someone before and told them this and then i went running. I ended up finding what i wanted and i felt my body well up with lust. Its a miracle that God kept be sober. I am very grateful.

Thats one example that i have to be very honest. Another example is i was at SA convention this past weekend (who knew being in a room with 700 sick people (addicts/wives) could be so incredible) and one girl there was single, frum and attractive and i was seeing her everywhere i went (match made in heaven!). I shared to a couple people that i really wanted to marry her. One guy told me that he was speaking to an old timer and the old timer told him that he has to be really honest, what does he really want to do to her? I wasnt ready to admit it but the next day i agreed. I didnt want to marry her! I wanted to see her naked and have sex with her. Thats really what i wanted.

Rigorous, rigorous self honesty. And its not just about lust. Its about everything i do. What should i really be doing, thinking, acting like right now? What does God want me to do? Thats what i need to think about constantly. And its ok if i dont want to do something, thats fine. I just need to be honest. "I think God wants me to call my sponsor now. But i dont want to, I dont want to call him" Great. So God wants me to call my sponsor and i dont want to. So what do i do know. God, my best thinking gets me into trouble. I dont want to get into trouble. Your will is better. But i dont want to do your will. I am not willing. So what should i do. I should slow down and ask God for the willingness. God, Grant me the willingness to do your will, to call my sponsor.

So, right now, infront of all of you, I pray to God that to grant me the willingness to do your will. Your will, not mine be done.

Hey dms, I see you're back!

How are you holding up?

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Re: Dms1234's story

Posted by dms1234 - 16 May 2018 22:25

Hi everyone,

Wow its been a while. A lot happened since I last came here! I am still sober! Slipped a bit mainly because not doing inventory but thank God i have been in a pretty good place. Going to meetings, listening to my sponsor etc.

I got engaged! Thank God to an amazing girl. She's really special. I'm really fortunate and excited to start our lives together. We are getting married in about a month. I have to say on our first date i had absolutely not lust! I remember sharing that in a meeting the morning after. I also told her that i was in SA and she is not only ok with it but even happy that i am in the program.

Trying to live day by day and remember that a key component of recovery is to go from selfishness to selflessness and I think getting married is a great opportunity to work on giving and concerning myself with my wife's needs and wants rather than obsessing about me!

Its easy for me to try to fix situations, people, things, events or just complain but the only thing i can do is concentrate on me and really move out of the way and let God do the work. Let God into my life. What does He want from me? How does he want me to be? To act?

Slowly but surely, easy does it, baby steps, one step at a time.

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Re: Dms1234's story

Posted by Markz - 16 May 2018 22:57

Great share and MAZEL TOV!!!

Not sure if you noticed but

DMS's 1234 count has hit 49!

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Re: Dms1234's story

Posted by Hashem Help Me - 16 May 2018 23:08

Mazel tov! May Hashem help you build a bayis ne'eman b'yisroel! Wonderful that you were able to find someone so accepting of your being in SA.

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Re: Dms1234's story

Posted by cordnoy - 16 May 2018 23:38

Mazel tov!

That is so nice to hear.

Best news all day!

Continued nachas!

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Re: Dms1234's story

Posted by shmiraShachaim - 17 May 2018 13:00

Wow. Mazal Tov.

My gut feeling is that a nice period of time in SA makes for a pretty darn good chasson schmooze.

I am genuinely happy for you, and wish you guys the best.

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Re: Dms1234's story

Posted by cordnoy - 06 Sep 2018 02:02

[dms1234 wrote on 24 Jul 2014 20:42:](#)

MBJ

cordnoy

i am also workin' on procrastinatin'

I am workin' on a plan

it is beginnin' to take shape

i will start writin' it down shortly (as soon as I get pen and paper)

When that is done, I will immediately/soon afterwards start the process of begiinin' to determine which is the best plan of action, and how best to implement it

right after that, the decision will be reached and it'll all be taken care of

I will keep ya' all posted on my progress

thanks

b'hatzlachah

I know you are joking, but I am in the middle of that exact process right now.

I maybe have a plan for a certain area that I have been neglecting, but I just need to write it down. I will do that eventually. Maybe. Soon. Possibly. Yeah.

This has been going on for a month or so now. I will do it as some point. I guess.

After all why do today what you can push off to tomorrow.

Its interesting that this is a common problem among us. Lusting probably does it. We want THIS now, and then we push things off. So we develop procrastination problems and then stress comes from that because we are really all perfectionists and we all love ourselves so much. AH! the life of an addict!

All accurate, except the last line: Addicts don't have a life - I know from personal experience. The moment I allow the addicted side of me to take the steerin' wheel - that is the moment I swerve into oncomin' traffic; and that ain't livin'!

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Re: Dms1234's story

Posted by Bigmoish - 22 Oct 2018 02:53

Mazal Tov!

Invitation must have gotten lost in the mail. (The delivery is spotty in these less developed parts.)

Hope you're faring well in marriage.

B'hatzlocha!

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Re: Dms1234's story

Posted by Markz - 22 Oct 2018 03:19

[Bigmoish wrote on 22 Oct 2018 02:53:](#)

Mazal Tov!

Invitation must have gotten lost in the mail. (The delivery is spotty in these less developed parts.)

Hope you're faring well in marriage.

B'hatzlocha!

Wow Mazel Tov!

Time to change the name to DMC1234!

Thanks Moish, nice to see you back ;-)

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Re: Dms1234's story

Posted by Trouble - 24 Mar 2019 20:27

[Bigmoish wrote on 22 Oct 2018 02:53:](#)

Mazal Tov!

Invitation must have gotten lost in the mail. (The delivery is spotty in these less developed parts.)

Hope you're faring well in marriage.

B'hatzlocha!

Working thru my 1870 new replies. This is a funny post.

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