

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 - 31 Dec 2013 03:51

Hi Everyone!

Sorry i haven't been able to post for a while. I went/still am at a Yeshiva for a couple weeks and I wasn't able to post. Things are happening. I was clean for 7 days before I fell on wednesday. Oddly enough that same day the Rosh Yeshiva gave a shmuze on taiva and I finally made a neder to not watch tv and movies!

Also I have been talking to Hashem here and there and I started this thing where once a day you thank Hashem for 3 things! I started it a couple days ago and it really has turned my perspective around already

I am starting to think more on just living life then worrying about not falling. Ofcourse i have been taking neccesary precautions: like not looking women on the street (and actually have been doing pretty well) But life is good as always.

Oh and also I have been slowly retracting from all of my female relationships over the past little while as talking to girls less is always a good thing for me. This has definitely helped me keep my mind sane

I am still having trouble with fantasies but i know thats normal so illi just try to think about something else

School starts up again soon. Hopefully this semester will be less stressful and better than the last one.

Just a few things that have been on my mind recently. I'm just trying to live a day at time. Today, Today, Today.

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Re: Dms1234's story

Posted by dms1234 - 03 Jan 2014 06:34

So I am back from my 2 week hiatus at a yeshiva. It was awesome. I learned a lot which was great and become good friends with the guys there.

But now i am back. Yesterday was good although i did fall last night (but it was after I was a sleep so i guess i started falling while i was asleep, a Lizenhk (is that how i spell it?) reminded me that this isn't a fall). But anyhow i woke up and shrugged it off

Today was there first day of school and whoa. During class i had fantasies and i had jitters. Yikes i was going nuts. It was hard to pay attention. Thank God, I better now but i was in a really bad place and I even said to myself if i wasn't at school I would probably fall.

For a long time now and I finally got around to it, i started reading the AA stories. They are fantastic and i strongly recommend them. One thing that hit me was this beautiful in story: Alcoholic Anonymous Number Three when Bill said:

"I went to this Higher Power that, to me, was God, with out any reservation, and admitted that I was com pletely powerless over alcohol and that I was willing to do anything in the world to get rid of the problem. In fact, I admitted that from then on I was willing to let God take over instead of me. Each day I would try to find out what His will was and try to follow that, rather than trying to get Him to always agree that the things I thought up for myself were the things best for me."

I love it and that is exactly what I am currently trying to do. I think i have been admitting that i was powerless but did i say i was willing to do anything in the world to get rid of the problem and allow Hashem's will to take over instead of me? Nope. Was i even truly admitting that i was powerless? probably not. I guess its important every day to exactly what Bill is saying: to God: that we are powerless, we are willing to day anything, and to let God take over intend of us. Also everyday, like he said, find out what Hashem's will is and do that.

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Re: Dms1234's story

Posted by dms1234 - 13 Jan 2014 02:02

So today has been a really good day. I spoke to Pidani, messaged with Liz and finally messaged skeptical.

2 notable things came out of these

the first is that i am wayyy to hard on my self. Even if i may a small mistake then I constantly bash myself and most likely end up falling later. I definitely am a perfectionist and i am no where near perfect so i get really stressed and fall. School, life, girls etc they all stress me out.

With Pidani I spoke mostly about telling my Rabbi. Currently its all just cyberspace, all of my efforts. I need someone "real" tahat i will speak to everyday. So i think I am going to tell my Rabbi in the near future

I feel a little bit more free. A little better because of this morning. Step by Step. Thats all it is.

Lastly, Pidani said I have to be honest with my self and this is something i really struggle with.

Today is going well and i hope it will continue to go well

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Re: Dms1234's story

Posted by dms1234 - 14 Jan 2014 08:59

Over my past yearish of actively (kinda) on GYE i finally found something to work on. So many ideas have been thrown at me (a lot of them theoretical) but none i have truly jumped on.

Finally i am taking the plunge. I talked with Skeptical and essentially I have to look at women as people but i don't have to look at them if i don't need to interact at them and even when I do need to interact with them, I should look at them with respect, like any other person. Not to enjoy.

This i think i can work on starting today even. Even if i think of a girl i can do this!

So here it goes! I am so excited, I feel I am actually starting to take concrete steps. No more wishy washy.

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Re: Dms1234's story

Posted by Pidaini - 15 Jan 2014 18:45

Keep those psots coming, let us now how you are doing with your efforts, how you are actually making them solid!! We can use all the experience we can get!!

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Re: Dms1234's story

Posted by dms1234 - 17 Jan 2014 23:12

WAHOO!!!!!!

Today I have a research proposal due and i screwed up. I didn't realize how hard it was going to be. So it dawned on me on Monday. I did stress and worry but i talked to Skeptical and Pidaini right away and they both calmed down. In fact i have been talking to Skeptical every day this week. So i finished. (I am not sure how amazing it is but I am proud)

Thats not the best news. The best news is I am a WEEK clean. I didn't fall this week even though I usually do when i have big assignments and tests. It feels great. At night, I say to myself what is falling going to do? that won't help me finish my proposal. But reaching out has helped tremendously. Talking to someone everyday has been a big help, I just have to move towards actually talking to someone not just messaging or texting.

So Baruch Hashem!!! I don't know how this week was such a success. I have no idea. Thank you God. Good shabbos everyone, good shabbos!!!!

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Re: Dms1234's story
Posted by Pidaini - 19 Jan 2014 07:55

KUTGW!!!

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Re: Dms1234's story
Posted by dms1234 - 20 Jan 2014 08:48

Computer froze but i screensaver my post. Its attached

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Re: Dms1234's story
Posted by Pidaini - 20 Jan 2014 10:37

Awesome!!!

Great Stuff!!!!

Maybe you are overthinking, but it's still a valid point. I think skeptical calls it negative programming, in that we have told ourselves, since A happened, that leads to be B and then C and I'm a gonner already.....it's not true, if I passed A, then I am still in between A and B, and B is still in my control.....One day at a time!!!

KUTGW!!

KOP!!!

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Re: Dms1234's story

Posted by dms1234 - 02 Feb 2014 07:41

Hi everyone!

BH, I am doing very well. Several things have been helping like trying not to tackle my workload but go step by step. BUT i think the biggest thing that has been helpful is having a friend or rather or a mentor. It so valuable to have someone that i ask questions to and share things. It has made such a big difference. We don't live in then same city but i text him almost everyday usually several times a day.

Although I am doing well, that weird phenomenon has come back: subconscious falls/night falls where i start falling while i am a sleep and slowly regain consciousness until it is too late to stop. Essentially I have shrugged these off and kept going. Sticking to my program. Day after day.

My Rabbi is back in town which is great but i think i am going to tell him in the near future. It is

very scary but i think it is essential to my growth and so i can have someone that knows me well give me the advice i need.

So thats whats going on in my world. Life is crazy but thats life. We just gotta ride it out and do the best we can

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Re: Dms1234's story

Posted by dms1234 - 02 Feb 2014 22:57

I heard an incredible mashal for my self from R Dovid Kaplan of Ohr Somayach. He said we usually visually kyrias yam suf as the whole sea splitting at once in this whole dramatic way but midrashim say that really the sea split for every step bnei yisrael took!

I have trouble with stress/procrastination. I look at the overall mountain of work that i have to do. But really i shouldn't look at the mountain. All i need to do is go step by step. One baby foot first. So to with bnei yisrael. They came to the edges of the sea surrounded by Egyptians from behind, wild animals to the side and right in front of them, their only hope, was a huge body of water. But they looked down and put one foot forward and the sea split for just that one foot. After countless steps they crossed the huge body of water!

I am fond of saying "easier said than done." But is it so hard just to take one little baby step? Thats all! One more page, one more blatt. Just one step at a time. Thats all it takes.

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Re: Dms1234's story

Posted by dms1234 - 05 Feb 2014 22:52

I had the most gruelling emunah test last night. Essentially someone needed something from me/others and then was going to drive me back from the university. He arrived at 545 (an hour late) and he didn't finish until 715. Then he said he couldn't drive me back to the jewish area of town so he dropped at a bus station.

I was planning on going to 2 things that night which i missed both one then I got home at 845. I was just so distraught. I was speechless. It was so tough. I did reach out to one of the guys here while we were still at the university and he just said calm down, everything is for the best, there is nothing you could do. So eventually, I just dropped everything. I knew i wasn't going to get where i needed to be.

And furthermore it probably WAS for the best. Maybe the reason Hashem did this to me was so i could miss both items on my calendar so i could finish my assignment which is due today.

So last night was tough but i am moving on. I am doing well. Just trying to live everyday: meaning only concentrating on today. What work can i do today? What tests will I have today? When will i see girls today?

Im trying to keeping it to today.

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Re: Dms1234's story

Posted by Pidaini - 06 Feb 2014 07:54

WOW!!

Great Stuff!!

Letting go and letting Hashem, just living the life that Hashem gives us rather than getting all caught up in what is "suppossed" to be is a big thing for me as well. One day at a time....what do I have today? What do I have right now? those are all that count!!

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Re: Dms1234's story

Posted by dms1234 - 12 Feb 2014 05:57

Someone today remarked why i always seem so happy? my reply was why not? Really why not be happy?? Yes i am in college right now. It is tough. I have plenty of readings/assignments to do. I would rather be learning right now in Israel. I am the only frum guy my age in my city. But really???? My life is excellent. Thank God I have those problems. Life is life. It will always be tough. We just have to go with it. We have to take every day in stride. Every day. Just one day at a time. Step by step. Life looks like a mountain. Mount everest is 29, 029 feet high. You know how people climbed it? They put one foot in front of the other. This is what we have to do.

Thank God, life is great.

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