

my story

Posted by will b erlich - 14 Jun 2013 19:52

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Hello everyone,

I'm what you would call a "choshuve guy" chassidishe levush heimish upbringing and learnt in the "big" litvishe yeshivos including Brisk and BMG. I was in kollel for about ten years then got a job out of Lakewood as a rebbe in a mesivta. i have b"h a great wife (understatement) and a beautiful family. I've been lusting ever since I can remember at least since I'm 12, in one form or another. It started i guess with magazines and catalogs that my mother didn't hide well enough and lusting after my sisters' friends who would come over to the house. I shteiged away in learning but bain hazmanim was a disaster as was late nights and sometimes even afternoons in yeshiva. (b"h no lust for boys "just" girls) eretz yYisroel was great in learning and horrible for my addiction. There i found erotic books and magazines easily and was the first time i got onto a chat line that cost a fortune.

i thought when I get married I'll be cured but no such miracle happened. my wife was a clueless sweet bais yaakov girl while i was a lustaholic. it took me yers for her to actually enjoy the relations physically (no thanks to the kalla teacher - she had no idea what orgasm is and definitely not what parts of her body bring her there.)

many years and many tears over elul r"h yom kippur and other spiritual times (read: shovavim) i thought I'd be rid of this only to fall again from some stupid trigger - something attractive in the store or whatever.

this past year i had the longest break of sobriety like from elul to purim. then it was back to the races. I was on the phone lines (thankfully no internet at home and phone and laptop have been disconnected since the big citifield asifa) and found a young jewish girl who was extremely shameless and begging for lust. She found a willing accomplice in me (among other men that fell with her) untill finally i was caught by a family member of hers trying to help her. I almost lost my job, my wife my kids and my life! thank HaShem there is a tzadik of a yid who knew me from the chinuch field and helped me. I'm now in therapy and also on the night call and working the 12 steps.

My wife is on board - she figured out that i was going to therapy - and I hope that I can remain strong!

b'ezer Hashem naaseh v'natzliach!

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Re: my story

Posted by moish u.k. - 17 Jun 2013 17:30

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Welcome, and thanks for sharing your story.

I have met several choshuve people of your description, in SA.

I obviously don't know you. But if i did, i would consider you even more choshuv, for your struggles in battling your illness of addiction.

I say this because this is how i feel towards members that i meet in SA.

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Re: my story

Posted by will b erlich - 17 Jun 2013 19:09

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I don't think I could ever go to a face to face sa meeting except that after these 8 (yay!) weeks of sobriety i feel like it *could* happen.

I don't know if it's necessary though being that i go to therapy once a week and am active in the phone conference working on the 12 steps. Also as I said I discuss *everything* with my wife which i see as a major help in avoiding pitfalls and getting stuck in past garbage

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Re: my story

Posted by will b erlich - 17 Jun 2013 19:10

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thanks amen!

What's KOMT?

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Re: my story

Posted by gibbor120 - 17 Jun 2013 19:21

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Thanks for sharing so much with us. How is therapy going? What have you learned? Is your wife going to therapy too? Who is giving her emotional support? Women never fully understand and need support as well.

Keep us posted. It sounds like you are going in the right direction.

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Re: my story

Posted by inastruggle - 17 Jun 2013 19:26

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Keep

On

Monster

Trucking

Keep

Up

The

Good

Work

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Re: my story

Posted by will berlich - 20 Jun 2013 20:17

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Hi again and thanks to all!

therapy is ok though i wish it would move along getting to the bottom of things a little quicker [cheaper!?!]. I think i'm gaining much more from the phone conference than therapy thank you SHLOMO!

I wanted to share a clarity that I got last night working on step 4. Everything is "Borei Olam" EVERYTHING! Even 30! some odd years of lusting is all part of the master plan to get me "to my knees" and to recognize it's impossible to live without HaShem in my life. i am taken how the simple "shikure goy!" came to such spiritual clarity without the benefit of a spiritual upbringing and RaMB"m Rabeinu Yonah Mesilas Yeshorim, etc. it's all in those sforim. but as step one says we aren't ready to internalize it without realizing that we can't live as we are and we need to become absorbed in the Creator not ourselves! without that prerequisite, all the sforim are great but if I'm not desperate it remains nice words and pontification, not reality! I HOPE I THINK I'M NOW READY TO MAKE IT A REAL PART OF ME AND MY LIFE.

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Re: my story

Posted by Pidaini - 20 Jun 2013 22:41

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Thank You so much for sharing your story, it's a real inspiration!!!

Wish you the most success!!!

Hatzlacha Rabbah!!

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