

Today I think Hashem saved my life.

Posted by ThisJewNeedsHelp - 30 Jul 2013 05:33

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Hi,

This is my first post in this forum.

I've been suffering from this addiction in silence for years and years now. Today I realized that nothing I do is silent; Hashem heard my pleas for help all along. This morning I almost fell big time. I was online uncontrollably for the past few days searching out disgusting stuff for some sort of fulfillment. I found a woman who was interested in meeting me and I was going to follow through with it. We had a time and place picked out and everything. I can't believe I have gotten so low. As I was about to respond to her I looked to my table and the sunlight was shining through the window onto my tefilin and talis. My eyes welled up in tears immediately; I wept. G-d, blessed is He, was listening to my plea all along because though I was sinning frequently and falling further and further into the pit, something inside me always asked Him for help.

So after I dried my eyes, I went to do a mikveh, and strapped on my tefilin, with more tears and a thought popped into my mind. "I love my wife!" I thought. I am not married yet; nor do I have a shiduch. However, I love my wife, though I do not know who she is yet. It reminds me of a story my father told me once about a time a woman tried to seduce him behind my mother's back. My dad replied to the woman, "I love my wife!"

I love my wife! (future wife, whoever she is), I love Hashem, and I love my family, and my fellow Jews!

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Re: Today I think Hashem saved my life.

Posted by ThisJewNeedsHelp - 31 Jul 2013 04:24

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Good question, "What am I going to do now?" Seriously, I'm a little scared. I don't want to fall

again. It frightens me; I don't like the person I become when I fall. I end up pushing people away out of guilt, then I feel so lonely. I end up trying to push Hashem out of my mind, and mitzvot stuff. What do I do now?

But I did do that

I've read some stuff about the so called "industries" that create the things that fuel lust. They are all based on lies, and often the people involved in making the product are abused themselves. It becomes harder to do. That guy is not me. The real me doesn't do that stuff. Thank Hashem I never was tempted to do anything illegal, yet it is all so immoral and I don't want any part of it any more. However, that hook has been ripped out of me and now I have a giant gash in my heart. I used to feel so dirty. And I want to feel clean if not for me, then for G-d.

I would very much like to go to an SA meeting but I've checked all the meetings for my area and they are on Shabbat. Also, there aren't a lot of observant Jews in my area so I'd feel uncomfortable representing Jewish people in that setting; I'd probably be the only Jew there. I'll try a telephone SA meeting, and I'll have to go for a long walk with my cell phone where nobody can hear me, but I'll do it.

Any recommendations?

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Re: Today I think Hashem saved my life.  
Posted by toraschaim - 31 Jul 2013 04:51

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Holy Brother,

I had a major opportunity to fall today. It was just shouting to be taken advantage of. And guess what popped into my head as I was going back and forth, and sliding closer and closer to the yetzer ha'ra's trap ? You guessed it, the inspiring story that you posted here yesterday. That made all the difference.

At that point, I imagined the yetzer ha'ra as a balloon whose air was slowly leaking out...

Thanks!

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Re: Today I think Hashem saved my life.  
Posted by ThisJewNeedsHelp - 31 Jul 2013 05:00

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You don't know how much you have just touched my soul. Thanks, you too have made a difference. Congrats on not falling!

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Re: Today I think Hashem saved my life.  
Posted by cordnoy - 31 Jul 2013 09:30

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yep

the world blows up sex like a balloon

they make it seem like it is so much bigger than it really is

they display it as if.....oops, what? it actually is like that?

oh, perhaps sex is in truth that big of a deal

na...don't believe it

with a prick of a GYE needle, that whole balloon goes gye gye, hopefully never to be seen again.

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Re: Today I think Hashem saved my life.  
Posted by chesky - 31 Jul 2013 10:32

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[ThisJewNeedsHelp wrote:](#)

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Any recommendations?

What is wrong with going to an SA meeting on Shabbos? I never took Shabbos into consideration when I *acted out*.

I can also assure you that you are not the first observant Jew in SA, and no one in SA evaluates you by who you are or your background. The third tradition reads: The only requirement for AA membership is a desire to stop drinking/lusting.

May G-d be with you

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Re: Today I think Hashem saved my life.  
Posted by Lizhensk - 31 Jul 2013 12:14

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[Pidaini wrote:](#)

just curious, [ThisJewNeedsHelp wrote:](#)

the sunlight was shining through the window onto my teffilin and talis.

"I love my wife!" I thought. I am not married yet; nor do I have a shiduch.

are you sfardy?

you know piadaini, i thought u knew things since u grew up out of town, but you obviously that sfardim arent the only ones who wear talleisim before they get married...

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Re: Today I think Hashem saved my life.  
Posted by Pidaini - 31 Jul 2013 13:15

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[ThisJewNeedsHelp](#) wrote:

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Have you read through the GYE Handbook? It gives you tools to be able to figure out where you are holding in your struggles (addiction?). As gibor120 wrote "I wouldn't tell someone who peeks at porn once a year to go to SA meetings, and I wouldn't tell someone who is seeing prostitutes every day to go learn some mussar"

Check out what works for you, Hatzlacha Rabbah

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