

From Heaven to Hell

Posted by I will win the battle - 07 Aug 2013 00:54

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Hi

I am new here (a few weeks) and GYE has been a real lifesaver for me. I am still working my way through many of the great threads and other material.

I am 30 years old, been in kollel or half day learning for the past 9 years. I have a special wife (who knows NOTHING) and 4 beautiful kids.

My story (in very short): I have been struggling with HZL since as young as I can remember, and porn and phone sex etc from around 16. I had good weeks/months and bad ones - it was something I never discussed with anyone.

About 2 months ago I completed 1 YEAR clean for the first time. It was a great year, shmiras einayim was great, learning was great, sholom bayis and family life was amazing. I was on a high. And then it 'happened' out the blue, nothing specific triggered it. I had a terrible fall 4 weeks ago and to sum up, since then life has just been a living hell. I have lost my cheshek to daven, to learn, to diet to mix with people etc etc. Things I have been working on and have been going well for years have gone out the window. Since I am supposed to be a serious guy, my wife or others wouldn't even dream I have hardly been in Shul this past month, or what sort of material I have been reading/viewing. Of course I am putting on a show for my wife and kids but I don't know how long it can last for. THEY ARE THE ONLY THING STOPPING ME FROM GOING 'FURTHER' BUT I FEEL DISASTER IS AROUND THE CORNER. I CAN'T SEEM TO STOP AND IT'S SPIRALING OUT OF CONTROL. I am so broken inside, just got no enjoyment in life anymore.

Yes, I read the GYE book which is amazing but I am not able to pick myself up again.

I have seen very supportive threads on the forums, and what a great team you are, so I ask you guys please help me to get out of this, to get back up there. I can't fight the Yetzer Horah myself anymore that's for sure, and although 4 weeks ago I would not have dreamt of writing publicly on this forum, it's my way of showing I REALLY AM DETERMINED TO WIN THIS BATTLE.

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Re: From Heaven to Hell

Posted by AlexEliezer - 09 Aug 2013 21:25

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[I will win the battle wrote:](#)

Of course I am putting on a show for my wife and kids

I don't think so. Was it a show for the year before you fell?

We frum Jews make a big mistake that the Y"H takes full advantage of.

We think that the REAL ME is whatever I'm up to that's ossur.

We let our aveiros define us. (I used to call myself an evil bastard who's going to hell.)

Remember the basics? Our goal is to make tocho k'baro -- the inside *like the outside*. We perfect ourselves from the outside in. The chitzonios is meorerer the pnimius. Right? I didn't make that up.

It's not a show. It's what you really want to be. If you want to know who a man is, ask him who he admires. Because that's who he strives to be.

I know, I know. We sex and lust addicts think we *really* want to be doing even worse things, the things we fantasize about and look at (and some of us do).

But that's just the addict inside us looking for a steady supply of his stuff.

He's with us for life. Our only hope is to keep him starved and daven a lot for syata dishmaya.

[I will win the battle wrote:](#)

I REALLY AM DETERMINED TO WIN THIS BATTLE.

Keep putting one foot in front of the other. Stay clean one day at a time.

Think about doing more than just avoiding lust and masturbation. Take your recovery further. Look into what recovery means. You can start by reading about the 12 Steps to Recovery.

Hatzlocha and welcome!

Alex

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Re: From Heaven to Hell

Posted by I will win the battle - 11 Aug 2013 16:34

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Just to update, things are on the up BH. When its all going bad the YH is really great at making you feeling that you are a nothing, once your are here 'chap arein', only once more etc etc, but once back on track, it suddenly doesn't seem so bad. And anyway it's all history, there aint nothing you can do about it. No chiddushim here - just wanted to speak it out.....but no complacency, one day at a time....

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Re: From Heaven to Hell

Posted by gibbor120 - 12 Aug 2013 20:50

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WELCOME bentorahyy! It's nice to have you with us. yes, many of us are "model" students, bnaei torah, balei batim... This addiction spares no one (aiyn aputrapus l'arayos). We are all in the same boat. Mazal Tov on opening up and having the courage to face this difficult problem! Keep us posted on your journey.

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Re: From Heaven to Hell

Posted by gibbor120 - 12 Aug 2013 20:54

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[I will win the battle wrote:](#)

[gibbor120 wrote:](#)

I also had periods of sobriety. Once for over a year, but the nature of addiction is that it is progressive, that is it gets worse over time.

even if you hold back for a year? (I am just trying to understand it)

I see the chevra has addressed it already, but I agree. Yes, even if you "hold back" for a year. There is an AA story about someone who decided that being a drunk was ruining his career. He swore off alcohol for 25 years and remained sober. Once he retired, he thought he could have a drink - he ended up a drunk again (and I think he may have even died from it). It's like riding a bike, once you learn, you don't forget.

I have no doubt that should I fall c/v, I would be back exactly where I left off and probably much worse. That is one of my biggest motivations to stay clean. It's a slippery slope and a deep hole. I don't want to have to climb out of it again.

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Re: From Heaven to Hell

Posted by InternalControl - 12 Aug 2013 21:33

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Hey, buddy.

Obviously whatever you were doing before didn't work and it won't work again. As Dov once told me: "You will not find a solution in the comfort of your living room." You have to decide what is more important for you: your "comfort level" or your very life.

You need to take action: put some **SERIOUS** gedorim around yourself and your internet, start participating in GYE phone-calls, find a sponsor that you can talk on the phone with. Yes, talk on the phone - don't worry no one will know who you are. Maybe you think you are "private person" and can't talk on the phone, but it's all an excuse to act out again in the future.

It's time to take action, buddy! No other way about it. Simply davening and hoping for the best doesn't work with our addiction.

Keep it up. Get out of your comfort zone and take new steps. Hatzlocho!

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Re: From Heaven to Hell

Posted by I will win the battle - 12 Aug 2013 23:26

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[InternalControl wrote:](#)

Obviously whatever you were doing before didn't work and it won't work again.  
I like your view, besides for whats quoted above.

What 'I was doing before' worked great for a year. Shmiras einayim, limited i/net use with a filter of course, davening , keeping myself busy etc. ye, the yh 'got me' - he is doing 'his job' and I will now change tactics ADDING on to previous ones.

my fall led me to GYE which has been a huge help...

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Re: From Heaven to Hell

Posted by InternalControl - 12 Aug 2013 23:39

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Yes, I did not mean that you should stop doing what you were doing. I meant that you need to do more. YH is surprisingly good at his job - always evolving. Always getting smarter and wiser. We need to keep up the pace with this menuval.

Any practical tips on shmiras eynayim? I am struggling with that majorly.

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Re: From Heaven to Hell

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Posted by bentorahtoday - 13 Aug 2013 03:26

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Hi!

I am feeling your pain. I remember from R' Wolbe that he write about times of Yiush(abandonment), but that this is a feeling that should pass, and to just keep doing what you are doing!

I heard a story about a chassid, who after going into business started to drop his chassidish livush at work. At first it was just at work, but then he dropped it when he was on his way to work. Over time, he dropped it on weekdays. After that he dropped it on Shabbos as well. Finally it reached a point that he was only wearing his livush when he went to visit the Rebbe. He felt like a hypocrite, and wore regular clothes to see his Rebbe. The Rebbe started crying.

"Why are you crying, this is what I wear all the time, and I felt like I was trying to fool the Rebbe, wearing the livush just when I came here?"

The Rebbe replied, "All this time I thought that when you wore your livush just to me, you were tryingto fool everyone else but you were real with me. Now I know that you were fooling me and being real with everyone else."

I think the lesson from the story is that we need to continue to do the right things, even if we have no interest and no cheshek, because that is where we WANT to be! Just keep plugging and it time the cheshek will return and blossom again!

Hatzlocho!

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Re: From Heaven to Hell

Posted by InternalControl - 16 Aug 2013 07:32

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Hey, I will win. How are things going for you? Please update on your progress.

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Re: From Heaven to Hell

Posted by I will win the battle - 30 Aug 2013 00:27

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It's been a while since I have updated... but don't worry, that's because my things are going great. Spending time in the mountains with the family - now that's called real enjoyment. Not having my computer with me - and yes I survived - now that's called real enjoyment. I managed to start afresh and so far I am clean - since R.c. Ellul. Thank you guys for giving me this 'push-start'...ye ye I know, day by day...

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Re: From Heaven to Hell  
Posted by inastruggle - 30 Aug 2013 01:35

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Great to hear from you especially with such good news.

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Re: From Heaven to Hell  
Posted by gibbor120 - 30 Aug 2013 23:52

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Thanks for the update! Glad to hear things are good.

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Re: From Heaven to Hell  
Posted by yankele - 02 Sep 2013 14:45

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Any practical tips on shmiras eynayim? I am struggling with that majorly.[/quote]

[guardyoureyes.com/component/zoo/item/windows-of-the-soul-group?category\\_id=159](http://guardyoureyes.com/component/zoo/item/windows-of-the-soul-group?category_id=159)

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Re: From Heaven to Hell

Posted by cordnoy - 02 Sep 2013 17:11

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I am a competitive guy by nature, and I have been finding that keeping score/track as to how many times and the percentages that I can avoid the "second look" has been helping greatly. it makes me very aware of what I am doing wrong/right. It might need to go in tandem with a serious commitment of improving, which is done like people say on this site, to open up to a live person what you are struggling with, to realize that if we are addicted, we are unable ourselves to overcome this yetzer, to seriously connect with God and His love for us, etc., and together with that, perhaps it will help.

I am now 48 for 70, and I think the last 20+ times that I had a tayvah to take that "second look," I was koveish. This helps me throughout the day. Later, I can say to myself, "Why would I want to go to that site, or to think of that image; I have been so clean, etc."

This has been working for me. To conclude, I have been majorly nichshal in this area, and I thought that I would never ever be good at it, but meanwhile, I am on a mehalech.

b'hatzlachah

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