

MY STORY (finally)

Posted by Atzmosyosef - 06 May 2014 16:50

Its about time I tell a story. My story.

Ive been attending Saa meetings and using GYE as a tool since last year January (2013).

I havent actually taken the time to reach deep inside and tell my story as it is.

But today ... I Know its the right day.

See, I get angry at Hashem (amazing that I believe in Him yet still feel so distant). I say to him "Honestly, you couldve given me any other challenge but this Sex Addiction. I dont see how its fair. Its so embarrassing. If my challenge was over-eating, i could speak to so many people about it. But Im too embarrassed to tell people who dont understand that im a Sex-Addict."

Its been an amazing and really scary journey.

Im 22 years old. Ive been friends with girls for as long as time existed. Ive always indulged and got such satisfaction from speaking to girls. Before I got addicted to Pornography and Masturbation, i was already addicted to the lust attached to female company. I never saw what was wrong with it. Until i got older and started developing a Seichel. When i turned 18, A teacher of mine in Yeshiva Gedolah opened up my brain and i feel he really got me thinking. It was so scary being so open to the world. I felt vulnerable, no longer could i rely on hometown advantage/family support/previous childish mindsets. I had to start the journey of uncovering myself and fast before i crumbled into Yerushalmi Kugel.

I fell into a 2 year long depression through the years 2010 and 2011. I was learning so much Torah and gained massive strides within my ability to Learn.

But the realisation for me was - somethings not right with my previous and current behaviour.

If i take stock today, looking back on my life I can list my addictions as such - Masturbation, Pornography, Physical sexual acts with girls, Indulging within deep conversations with girls and sharing so much of myself with them, addictions to so many chat portals such as Msn, Skype, Facebook, Sms, Watsapp, BBM, Email. I really abused those and spent a long time on them, Indulging in Video Games = wow I spent a long time playing those games (And even these days, if I Play a game Grand Theft Auto its a turnon for me and gives me the desire to act out). Im currently addicted to coffee but not prepared to change that yet.

Depression and seeking isolation is part and parcel of me. I sometimes walk a thin line between hisbodedus and staying away from people.

Im a sensitive, caring and loving guy. I really enjoy doing good and helping others with physical or mental or spiritual acts. Im also naturally a perfectionist. I used to beat myself up mentally a lot more (I still do, though not as much). I started seeing a therapist in conjunction with a psychiatrist beginning of 2012. The therapist helped me eliminate a lot of smaller issues in my

life, and taught me to love those around me.

He also taught me to be honest. Which is HARD !! But oh so rewarding.

I acted out with a girl after 2 and a half years in Yeshiva Gedolah. (I stopped learning full time after 2 and a half years and im now studying secular studies).

It was one of three times Ive acted out with a girl in my life. It was the third and last time. It was the only time i wasnt drunk. The morning afterwards i felt like burying myself in a hole and dying. That was the only time in my life i actually felt like dying. It was the strongest conscience shock i have felt in my life.

I learnt how to cry again on a life skills course last year July.

When i think about my life, it can really bring me to tears.

Ive used myself as an observation experiment. I observe how i operate. Im really quite a complicated 'machine'. I can only conclude that someone with the wisdom of the Almighty must have created me.

I started recovery for a few reasons. -I was sick and tired of beating myself up. I felt alone and needed support. I never knew others struggle with my EXACT problems and have done actions that even i find crazy, like much worse than what ive done. I also knew that for me to stop being a phoney and stop living like a religious jew on the one hand and being a sexually immoral guy on the other, it was time to take serious action. I also didnt want to begin this work when i was 60 years old, having a lived a life of addiction and secrets. Im also scared of the future = how my future wife(who i havent met) will be able to accept me with all my shortcomings, if ill be able to bring up kids without being a secretive angry fellow, if ill actually be able to recover and live in recovery, and actually start living with choices and not just running after Sex. Im also scared how ill be able to have a real relationship with my wife without trying to delete her like i do to the internet history.

Recovery is not what i expected. I expected myself to be clean from day one and be perfect afterwards. What a shock it was to my system to realise how far i am. And how ive lived till now. Since beginning the longest clean streak ive had was 51 days. Otherwise i struggle to stay clean longer than a week.

How i long for the future that i envision where I will be able to achieve sobriety. It took me time, but I now have made it part of my conscious that this addiction is never going to leave me. Its part of me. What ive found though, particularly in my SAA group, is older guys who guide the new ones like me, that they have 5 years clean. And guys like Dov who has 14 years clean. Its these guys that are the inspiration for me. Its these guys that show me that its possible to actually break free from the bonds of Addiction. And live a life in the comfort of a Higher Power.

Thats my life in short. Now i'd like to add that Im actually REALLY glad for the path that ive taken. Theres been so many amazing moments. I truly trust Hashem knows what he's doing by

putting me here, and allowing me to exist day to day. If i was him, id have destroyed me long ago. I dont feel like a worthy recipient of his generosity.

But thats why im not Him.

So thats me.

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Re: MY STORY (finally)

Posted by shivisi - 12 May 2014 11:18

There is an expression in the Gemara called "*mar amar hachi umar amar hachi velo pligi*", freely translated as "one said so, and one said so, and they are not arguing".

I think this concept is what's going on here.

I did not address at all the question of whether an addict himself should or should not "THINK BIG", or think small ,or whether the addict himself should "get off the 18 wheeler and get on to a tricycle" or rather keep on TRUCKIN" on his 18 wheeler, (maybe it's possible to be truckin' on a tricycle too, who knows, maybe ask Dov...).

What I was referring to, and which was the purpose of my original post to ATMOSYOSEF, and which was the subject of my quote from R' Yisroel Salanter, was **ENCOURAGING OTHERS**. Whether or not an addict should have his sights on the "big leagues, or on the minor or even little leagues, is in my opinion, based on the quote from RYS,totally NON RELEVANT to the methods of **others encouraging him!** Just as one may and should give someone Kavod regardless of the fact that "hakina'h... **vehakavod** motziim es ha'adom min haolam!", but nevertheless the lesson of sefiras haomer is still "*shelo nahagu kavod ze lazeh!*"

Thus You all may be very correct in your device to the addict **HIMSELF** as far as accepting Dov's TRICYCULAR ADVICE is concerned, but what I said was doing was**Encouragement** which is not to be affected by any the above.

So like I said: "*MAR AMAR HACHI UMAR AMAR HOCHI VELO PLIGI!*"

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Re: MY STORY (finally)

Posted by Atzmosyosef - 01 Jun 2014 00:23

Guys im feeling good !

im helping out other guys with their addiction.

Its so awesome to be of assistance

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Re: MY STORY (finally)

Posted by shomer bro - 03 Jun 2014 04:10

So we're all here to share our thoughts, emotions, frustrations, and ideas. together, we can collectively make a difference. But we need to be together on this! Achdus will bring us the geula, and achdus will help us in our struggle with the yetzer hara. Maybe that's why achdus will bring the geula. Perhaps that 2 ideas aren't mutually exclusive, but rather a connected idea.

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Re: MY STORY (finally)

Posted by cordnoy - 03 Jun 2014 08:49

Perhaps I didn't read your first post here well enough.

I read it again now (most of it) and it gave the impression that you are somewhat strugglin', but your last post was full of vigor and confidence (which perplexed me at the time), but after visitin' the WOH, I noticed your place there, and it makes me damn proud of you. Would you care perhaps to tell us how you managed this year? What got you thru the lust attacks? Do you still have them? Are your desires different than they were several years back?

thank you

b'hatzlachah further

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Re: MY STORY (finally)

Posted by unanumun - 03 Jun 2014 13:39

thanks for pointing that out cordnoy.

i am confused though, atzmos.

you said "since beginning the longest clean streak ive had was 51 days. Otherwise i struggle to stay clean longer than a week." how does that go together with a 274 day clean streak?

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Re: MY STORY (finally)

Posted by Atzmosyosef - 03 Jun 2014 17:42

Well spotted.

The other day i went to update my chart, which i hadnt actually paid attention to for a long time. I was then only 2 days clean, and when i clicked update, it made me clean since the last time i updated . But i thought my name gets wiped off the board after 2 weeks of inactivity !

I was very confused. I quickly told me sponsor and GYE about the issue.

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Re: MY STORY (finally)

Posted by cordnoy - 03 Jun 2014 18:39

I hear.

your road to recovery should be with hatzlachah.

What did you mean when you said that you are helpin' others in their recovery?

Thanks

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Re: MY STORY (finally)

Posted by Atzmosyosef - 06 Jun 2014 11:22

Ive had the opportunity to help other guys with the beginning of their recovery. Like when I meet a guy who doesnt know about GYE or SAA, and i see that he needs some help, Im able to advise him. Its great. Its one of the steps in the handbook, that helping others takes us out of ourselves, so that we are no longer self serving.

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