

Hi! I am struggling...

Posted by Shlomo24 - 23 Sep 2014 06:27

I already posted this on the ssa forum but i dont want to be excluded from everyone else, so i am posting this here also.

ok here goes... I hit puberty young, when i was 10 yrs old. For a solid 2+ yrs i was attracted to **woman**. During 7th grade i was masturbating a lot to women, it really got outta hand. I tried 2 stop but i couldn't, i knew i was doing something wrong b/c i read halachos about masturbating from an english kitzur shulchan aruch. Also during those years my relationship with my father gradually went from rocky to terrible b/c i was developing an attitude and arguing with him a lot. Probably b/c of that i recognized the "love" in gay relationships (this is unconscious obviously) and i started reading about gays in the newspaper. Eventually i got hold of an ipod touch and searched "gay sex" on youtube, that was my first venture into porn, albeit softcore. Fast forward and I end up seeing real porn on my own computer and im hooked. From 8th grade till 12th grade yom kippur it didn't stop. (i started seeing a therapist at the end of 11th grade, i was severely depressed at the time, was having suicidal thoughts). B"h i had an amazing 12th grade and really got back on track. However I couldn't stop looking at pornographic images (not videos) through 1st year b"m. My masturbating habits got much less but I couldn't get rid of it, also I was frustrated b/c my sexual attraction hadn't changed and i was in therapy. Additionally i got in the habit of calling phone sex lines and did it constantly. A couple months ago i had access to unfiltered internet and i watched porn after not watching for a while. That was when I realized i need 2 take the next step and outsource b/c i couldn't control my impulses. I started going 2 an addiction therapist and he recommended this site.

so here i am

anything helpful anybody wanna add?

=====

Re: Hi! I am struggling...

Posted by dms1234 - 23 Sep 2014 22:38

this may help. I wrote this yesterday:

dms1234

I have seen a bit of it around the forum but it's probably going through any addicts mind during this time: "I suck! Hashem doesn't love me, why can't I just stop? I don't want to act out anymore."

I am not even going to reply to any of the sentiments directly. Instead I am going to speak about the underlying issue or factor in the above statement.

Over the past year of being actively involved in GYE, I have noticed among myself and others, that a lot of us (maybe even all) struggle from being WAY too hard on ourselves. Am

I saying that lusting or acting out is ok? NO! Of course not.

But, we are really hard on ourselves. We constantly yell at ourselves (WHY DID I LOOK AT THAT GIRL?) and are disgusted at ourselves (I am a terrible human being).

This only leads to depression and despair. And what good does depression and despair do? That's right! It only makes it worse! We just feel terrible and act out even more.

Why are we so hard on ourselves? Because we want to be perfect NOW!

"Perfect"- we think we should be perfect. We shouldn't fall or slip. Nope. Basically we think we are God. We think we should be capable of perfection. This leads to arrogance and failure (because we are not perfect).

"NOW"-we want everything NOW! It's programmed into us because we have always yearned for immediate gratification. I want pleasure now! Everything had to wait before we could get our fix, and we needed it as quickly as possible. This is selfish and puts us in the centre of the world. It also reduces our patience. My theory is that this mindset carries over from our listing habits to our recovery: "I want to be clean NOW!"

In reality we can't be perfect NOW! Because we can't be perfect and sobriety just can't happen overnight.

So what do we do?

We have to accept that we are imperfect beings. We may fall and slip anywhere at anytime. We do make mistakes and that is fine. Humans make mistakes. It's natural.

Also recovery takes time: "progress not perfection." It takes work and time. We have been lusting for years!!! What makes you think we will recover in just a matter of days?

So let's all TAKE A DEEP BREATH and ask ourselves what can I do today for recovery? How can I be clean today or better yet this moment!

And for God's sake and ours, please give yourself a break! Relax! Accept you are not perfect and recovery takes time.

If we are so hard on ourselves, we will not be clean. We will just be depressed and keeping pounding our hearts and crying the same old tune, year after year.

Relax, Deep breath, Reach out, Smile

Taking it day by day, means concentrating ONLY on today. Yesterday happened and tomorrow is irrelevant right now. What can accomplish today?

=====

Re: HI! I am struggling...

Posted by unanumun - 24 Sep 2014 00:00

[Shlomo24 wrote:](#)

doesn't slipping up mean that the growth (in this case specifically) during those 5 weeks was fake? obviously i didn't turn a corner because otherwise i wouldn't have acted out! i know that you gotta take it day by day, and that is how i managed for 5 weeks, but eventually it just was too hard. isn't it natural too feel that way?

It is not faking it. It is part of recovery. When you are working on recovery and you fall, you have an opportunity to reflect on what it is that caused you to fall and what actions you can take to prevent it from happening again.

Often what happens is that for five weeks you are on your guard from one trigger or one line of attack, but then something else happens to throw you off. Take a step back, realize what is happening and then get back on the truck and KOT!!!!

AS far as the feelings of perversion, I can't speak from experience but it would seem that regardless of the attraction, the kind of things that get you excited, or the level of hardoreness, the thing that is bringing you back to it is just plain old lust. It just expresses itself in different ways.

We are all perverted. Porn by definition is perversion. It was not G-d's intended plan for sex. Some porn may pervert it more and some less but it is all perversion.

Hatzlacha brother

=====

Re: HI! I am struggling...

Posted by shomer bro - 24 Sep 2014 03:17

What everyone here is saying is correct. I'd like to add that this addiction didn't start last week, rather it's been around for quite a while. So it will take a while to work past it. So how do you know if you're actually gaining ground in the battle and not simply going up and down with no actual difference? The fact that you still are trying to become a better person and not give in to your tayvos, coupled with you working hard using different ideas is a clear sign that you are and will get better. As in life, there will be ups and downs, but you never actually go back to your

original starting position. It's one step back, but two steps forward. I know how awful it may feel to fall after being on the top of the world, but as dms1234 put it, we can't entertain in our minds this false image of perfection where we will never fall or look at bad things. If you expect that then the falls that may happen will be all the more shocking to you. Yes, we all have that to some degree, the hope for perfection. But it's certainly a big root to the issues we all have. Yes, it's easy to preach this, but so incredibly difficult to implement. We all have our struggles, and our falls, but together we can move forward.

=====

=====

Re: HI! I am struggling...

Posted by Shlomo24 - 24 Sep 2014 20:20

i would like to share a sentiment that i saw in mishpacha magazine...

because of my struggles with sa and ssa, many times i would look up to hashem and ask, WHY ME? why do i have this problem? what is the reason? i saw a peice in mishpacha that had a great impact on me...

sorala krigsman was a great woman who unfortunately died young. while she was sick, her son asked her, "mommy, why you?". she responded, "When I first started dating and immediately found the love of my life, I didn't ask 'why me?'. When I became pregnant in the first year of marriage when so many of our friends struggled for years to conceive, I didn't ask 'why me?'. When I was fortunate enough to never struggle financially as my husband was blessed to be making a good living, I didn't ask 'why me?'. When my older children got married with the same ease and started their own beautiful families, I didn't ask 'why me?'. So I'm not going to start asking now!"

everything hashem does is for our good, just in our feeble mindsets we sometimes can not see it. if we look back on our lives then we will realize all the greatness hashem has bestowed upon us.

for me, even though i have sa and ssa, im not gonna ask "why me?" anymore. did i ask "why me?" when my wheelchair-bound friend died and i am healthy? did i ask "why me?" when i was named captain of an international science project? did i ask "why me?" when i am a sensitive, caring person with a lot of friends? am i going to ask "why me?" now? no of course not.

a *moshul* to this is about a poor person who won the megamillions, he was so overjoyed that he climbed to a roof of a building and threw down dollar bills to the passerby. because everyone was busy collecting, no one noticed him. he began to throw 20 dollar bills, but that just increased that havoc of the collectors. finally, he threw rocks. then everyone noticed him.

not to say we understand the ways of hashem, but sometimes when there's something that we are dealing with that is very painful, it may just be a wake-up call.

rosh hashana is tonight and we will be begging for mercy from hashem, if we realized the true magnitude of our ineptitude in relative to the greatness of hashem, our *tefillos* will have even extra meaning. hashem doesn't owe us anything and yet he still showers us with *brachos*, even in dark times.

we should all take inspiration from a great woman and hopefully this will be the last rosh hashana before the *geulah*.

=====
=====

Re: HI! I am struggling...

Posted by Shlomo24 - 28 Sep 2014 22:31

had a bad night. watched porn twice. i had a friends ipod touch. i hardly watch porn so im very upset. also its aseres yimay tshuvah. im trying really hard to show hashem tha i will do better, this doesn't show that. what do i do?

=====
=====

Re: HI! I am struggling...

Posted by dd - 28 Sep 2014 23:44

The actual fact that your here and posting does show that. right?

So what do you do? You asked.

First of all stick around here. Second of all remember all hashem is waiting for you to do is deal with TODAY not even eseres yemai teshuvah. Or in other words eseres yemai teshuvah is about ten today's. Think of what you can do better today and act on it.

Keep your spirits high and KOMT!!!

=====

Re: HI! I am struggling...

Posted by Shlomo24 - 28 Sep 2014 23:51

[dd wrote:](#)

The actual fact that your here and posting does show that. right?

So what do you do? You asked.

First of all stick around here. Second of all remember all hashem is waiting for you to do is deal with TODAY not even eseres yemai teshuvah. Or in other words eseres yemai teshuvah is about ten today's. Think of what you can do better today and act on it.

Keep your spirits high and KOMT!!!

problem is that i feel like my aseres yimay tshuvah is now tainted b/c of what i did

=====

Re: HI! I am struggling...

Posted by cordnoy - 29 Sep 2014 00:11

So you have a simple choice: Taint it even more, or do the right thing for this moment.

Worryin' won't get you far.

You're here, so you know you can do the right thing....for now...and that's all that counts.

b'hatzlachah

=====

=====

Re: HI! I am struggling...

Posted by shomer bro - 29 Sep 2014 01:48

My father has a great mashal. Life isn't a sprint, rather it's a marathon. This means that it's not about one burst of speed and you either win or lose immediately. Rather it's about steady speed. There will be falls in the lifetime run, but you have to try to view the big picture and pick yourself up, dust yourself off, and keep running. We all feel gross and like lowlives after falls, but know that you're not. You're really an amazing person who's making Hashem so proud that you're working on this incredibly hard and difficult nisayon. It's called aseres yimei tshuva, not echad yimei teshuva. There's still time to come back. All is not lost! If it's any consolation to you, before i read your post now, i wanted to look at porn myself. But i told myself that i would first go to gye for some chizzuk. Your post was exactly what i needed to read to quell the urge. I feel your pain in your fall, but know that your post saved me from one. Again, i know the crushing feelings of the fall and how much more it feels when its during this holy time of year (i once mb a few hours after yom Kippur!). It hurts, but i know you can do it. KOMT!! And remember to take it one day at a time.

=====

=====

Re: HI! I am struggling...

Posted by dd - 29 Sep 2014 02:25

Shomer bro hit it on the nail!!!!!!

Thanks for words of wisdom!!!!

=====

Re: HI! I am struggling...

Posted by Shlomo24 - 29 Sep 2014 02:45

[shomer bro wrote:](#)

If it's any consolation to you, before i read your post now, i wanted to look at porn myself. But i told myself that i would first go to gye for some chizzuk. Your post was exactly what i needed to read to quell the urge. I feel your pain in your fall, but know that your post saved me from one. Again, i know the crushing feelings of the fall and how much more it feels when its during this holy time of year (i once mb a few hours after yom Kippur!). It hurts, but i know you can do it. KOMT!! And remember to take it one day at a time.

wow thanx so much, i cant beleive that i actually helped you. amazing! you guys are awesome! thanx so much for the chizuk. IM PSYCHED!

=====

Re: HI! I am struggling...

Posted by MendelZ - 29 Sep 2014 05:49

Shlomo24,

I've been there, mate. It sucks. The only thing that helped me not make a bigger mess of myself was hearing that Hashem knows where we are holding, and even still, He created us and continues to breath life into us, letting us live another minute, another day, thereby affirming to us that we are not too far and that we can do something worthwhile with ourselves. He knows exactly how (fill in the blank) we are. And He wants us nonetheless.

=====

Re: HI! I am struggling...

Posted by UnJovenConfundido - 29 Sep 2014 06:43

Welcome!

Gibb is right! Focus on positive things.

Take day by day. If you use internet use a filter like k9 or Net Nanny.

Remember, any filter is perfect. So focus on avoid bad thinking. And follow the 12 steps program.

Keep on working!...

=====
=====

Re: HI! I am struggling...

Posted by reallygettingthere - 29 Sep 2014 10:26

[Shlomo24 wrote:](#)

problem is that i feel like my aseres yimay tshuvah is now tainted b/c of what i did

Nebach the high and holy Rebbe's aseres yemei teshuva has been tainted.

What you said was atzas hayetzer mamash.

With respect and admiration,

Eli

=====