

the bathroom - my shul

Posted by ted - 25 Dec 2014 00:48

When i was in yeshivah there were only 2 places i could have privacy a. in my own head b. In the bathroom. I didnt like the fact that i couldn't have any privacy.

my room was shared and people constantly coming in and out and even my bed became other peoples couch to sit on and schmooze.

the bathroom was my space.

i could be by myself with noone else.

. And so while i was in yeshivah
the bathroom was my paradise.

As time went on and my addiction became stronger the bathroom became my self imposed prison of solitary confinement. Evety time i stepped foot into a bathroom especially aftet i got a smart phone i was completely overtaken by my addiction and would land up acting out.

But since i signed up for recovery joined gye and the phone conference the bathroom has become my shul. That is where i pray. I am powerless. every time i walk into a bathroom and lock the door behind me the great great desire kicks in to pull out my phone, zone out medicate my pain and shoot some p*rn into my system.

That is when i pray my pants are down im not wearing a tallis. But that is where i really pray.

=====

As an addict i craved my own space to do what i wanted to do

Re: the bathroom - my shul

Posted by Workingguy - 06 Dec 2017 14:38

[Garysheboi wrote on 24 Nov 2017 05:28:](#)

Hello I'm a bachur struggling with zera levatala and I was in a department store in latonight and

I walked into the bathroom and was moitze zera. When I finished I walked outside and a police officer was standing outside the restroom and he told me 3 employees heard you masturbating and saw your reflection he then asked me for my I'd wrote down my address on a notepad and radioed a cop to do a background check who radioed back that I had no record he told me that had a child seen you it would have been a misdemeanor and he's is going to write this on the record it's was very humiliating I'm not sure if this is a lapses because I made a big chillul hashem I don't think any other Jews saw but all employees saw me he told me that if there's any other evidence comes to light we'll follow up he also told me I have to leave very scary humiliating experience he wrote down my name and address on a notepad do you think he will follow up? He has my home address bizyoinis and I'm very afraid it might be written down on a record Im in shidduchim and I'm afraid I could be stopped by a cop who wil see this on record and I'm also afraid that it would show up on a background check do you have a way of findi out if it was written down ? And if it can be removed slach lanu mechal lanu like it was never ever there? I'm really scared to death I can easily afford to pay a few thousand to have a lawyer remove it confidentially? Thank you please let me know asap

It definitely is a wake up call, but sounds weird- how open are these bathrooms? What were you doing that made it so evident? You can definitely reach out to a lawyer who deals with these things but I agree with HHM- get help. Masturbating in public bathrooms is definitely a sign of an issue; I'm sure many here have struggled with that but it certainly has a level of riskiness and seems like part of a real addiction.

=====

Re: the bathroom - my shul
Posted by lionking - 06 Dec 2017 17:58

[Workingguy wrote on 06 Dec 2017 14:38:](#)

It definitely is a wake up call, but sounds weird- how open are these bathrooms? What were you doing that made it so evident?

Spare us the details, please.

This is a public forum, and I am not exactly in the mood now to hear how this user masturbated. Perhaps others might disagree, I personally would go to a porn site if I need to read about it.

Thanks

=====

Re: the bathroom - my shul

Posted by LIRR52 - 06 Dec 2017 18:08

This story officially makes me feel better about myself... I don't think it has ever crossed my mind to even ever consider doing it in a public bathroom.

Seek help asap.

=====

Re: the bathroom - my shul

Posted by Markz - 06 Dec 2017 18:10

[ted wrote on 25 Dec 2014 00:48:](#)

When i was in yeshivah there were only 2 places i could have privacy a. in my own head b. In the bathroom. I didnt like the fact that i couldn't have any privacy.

my room was shared and people constantly coming in and out and even my bed became other peoples couch to sit on and schmooze.

the bathroom was my space.

i could be by myself with noone else.

. And so while i was in yeshivah
the bathroom was my paradise.

As time went on and my addiction became stronger the bathroom became my self imposed prison of solitary confinement. Every time i stepped foot into a bathroom especially after i got a smart phone i was completely overtaken by my addiction and would land up acting out.

But since i signed up for recovery joined gye and the phone conference the bathroom has become my shul. That is where i pray. I am powerless. every time i walk into a bathroom and lock the door behind me the great great desire kicks in to pull out my phone, zone out medicate my pain and shoot some p*rn into my system.

That is when i pray my pants are down im not wearing a tallis. But that is where i really pray.

I didn't like that the Gary boy totally changed the track of this great thread.

Investigations belong elsewhere (or mod delete those if in the mood)

can we please stay on topic and utilize our stay in the bathroom to its utmost (no this is not a wake up call for hardcore PA)

=====

Re: the bathroom - my shul

Posted by Workingguy - 06 Dec 2017 18:38

[lionking wrote on 06 Dec 2017 17:58:](#)

[Workingguy wrote on 06 Dec 2017 14:38:](#)

It definitely is a wake up call, but sounds weird- how open are these bathrooms? What were you doing that made it so evident?

Spare us the details, please.

This is a public forum, and I am not exactly in the mood now to hear how this user masturbated. Perhaps others might disagree, I personally would go to a porn site if I need to read about it.

Thanks

You missed my point, but that's ok. I also don't want to hear the details.

The point I'm making is that for this to have happened it had to either be pretty not private, or he had to be drawing attention to himself.

I want him to hear himself say that and possibly come to the realization that what he did is a real issue.

And while I have no desire to get the details, of saying out the details makes him hear the depths of it, then it's worth it. Many people have posted some pretty graphic, upsetting, sometimes gross things. Sex addiction isn't glamorous or pretty.

=====

Re: the bathroom - my shul

Posted by Hashem Help Me - 06 Dec 2017 20:11

Markz, thanks for showing us that post from ted way back in '14. Massive post. Real case of kateiger na'aseh saneiger. More important, it gives us an honest perspective to really working the issues in all locations and all situations, and yes an insight to a type of prayer most are not accustomed to.

=====