

Found my way home thanks to GYE

Posted by Hopeful2 - 09 Apr 2015 04:02

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I can't believe that I'm actually starting to post, especially about something I always thought I'd take with me to my grave alone. I've long ago (before I signed up for GYE) given up on ever beating this horrible disease. It seemed like a losing battle, so why try, right? But then I came across GYE and it's been beyond anything I could've hoped for. But let me first introduce myself to everyone and get to know each other. Everyone here seems so open and honest with themselves it's so refreshing....

I can't seem to remember when and how it all started but i can remember mast..... when I was 13 (maybe even younger I'm not sure) I remember doing it in the shower at home fantasizing about my next door neighbor -who was much older and I had nothing todo with ever, no girl friend or anything - who was just really pretty and I would get lost in fantasy. Lots of just looking at magazines, bikini clad women... And some more mast.....

And then the promises. The promises how I would never do it again. And the guilt. And how much of it! I would feel so horrible about myself. Years of trying to stop and years of feeling how Hashem must hate me, obviously didn't help, other then make a bad situation even worse. Later on in yeshivah I would to run to the bathroom to mast.... (can't remember the frequency) often and berate myself and try to stop but couldn't obviously.

I would buy newspapers. Even Jewish ones. Anything that had pictures of girls. I wasn't picky if it resembled a girl it was fine. I even had a book in yeshivah which was actually a holocaust book, that had some family pictures and I'd mast.... on those. And how I would feel so guilty that I'd mast..... I mean on a holocaust book!?

I'd beg and cry to Hashem to help me that He take away this nisayon, even if it meant never having kids. I'm sure you can relate...

Then came technology cellphones and movies. I'd buy a SIM card and surf for naked images on my phone and mast... Then I'd break the SIM card promising myself never again.... Yea yea.... Then go and buy some more SIM cards. I always wanted to break the phone out of frustration but was never able to.

Then I got married and whadda you know?? Marriage did not solve the problem! No chiddush here....

Just another incident I remember.... before I got engaged even before the shidduch was redt, I made a Kabbalah that I would abstain, as a zchus for myself to get engaged. It was so painful. White knuckling all day. Wrestling back and forth yes no yes no, and I wasn't even successful. I made it for about 4 weeks (longest probably ever, until now) and mast...even before I got engaged. Hashem did his part of the deal but I couldn't come thru,.... I remember not actually touching my eiver because I said I wouldn't, but I writhered in bed rubbing myself until I just let lose....

I was convinced I'd never have any kids as a punishment from shamayim. I believed Hashem hated me and so I grow up with a relationship with Him that if I'm good Hashem will take care of me and if not He'd hurt me very badly. A real childish way of thinking, but something I struggle with until this very day. I'm trying to feel His infinite kindness and mercy, but it's tough.

So I got married and have the most adorable kids. But my addiction didn't get better. Especially with an iPad at home that was filtered and not supposed to be at home in the first place.... It was then, about 4-5 years ago, then I started watching real hard core p..n and it just got worse and worse. Weekly, daily, anything stressful would send me straight to my iPad. It didn't help that my father passed away, which added loads to my plate and I just needed my drug even more then ever

After having been hooked on mast.. & p..n for so long I couldn't imagine ever stopping. Until I watched the GYE video last month. I said I gotta give it a try. I signed up. Took the 90 day challenge I'm up to 45! days clean. Never reached that, I don't think. I started reading the attitude book, the white book, the 12 steps, the forums, and it's all been such an eye opener for me. I now realize that porn comes after lust and lust means (for me) just looking at modestly dressed women who are pretty. I never realized how harmful just looking was for me. Then I realized that after every look came a fantasy. On that woman or about others. I have come to realize -thru GYE - that looking for me, equals watching porn. Cause if I look today I will definitely be watching porn tomorrow.

And as a result the past few weeks my eyes are sealed shut. I don't look anywhere I shouldn't. On the streets on the subways, I even took of my glasses when day last week, when I took the train to Manhattan. And I was like that's for frummies, c'mon! Be normal, but yea for someone as sick as me, I need to do that for my sanity.

Not looking has helped me take the battlefield away from porn, where I stand no chance, to a bit smaller fight, (still mighty hard, but doable) my thoughts. Anytime a fantasy thought pops into my head I remind myself, if I delve into it, I'll end up at the screen where I will definitely lose. It's also helped not have to feel as if I'm fighting and fighting and tiring out. I'm actually surprised, I thought it would've been much harder. The other times I've tried to stop were white knuckling and impossible. This time it's tough and hard, but it's about me not lusting. If I lust in my thoughts about other women I cannot abstain. However if don't fantasize, I stand I chance.

The past few weeks have been extremely stressful for me yet I haven't had too many urges to act out bh.

Its allowed me to finally feel good about myself and be closer to Hashem in many ways. Closer to my wife and kids. Much calmer with myself. This pesach I feel a real personal yitzias mitzrayim. Finally out of slavery. Finally some real hope.

Anyway I hope I didn't tire anyone reading this, it's just so exciting to be writing this out and I'm dying to get into the other topics around here but I figured I'd post here first. Reading the forums and everyone's tips and suggestions have proven to be a great help. So happy to be here Baruch HaShem.

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Re: Found my way home thanks to GYE  
Posted by cordnoy - 11 May 2015 13:59

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[shlomo613 wrote:](#)

Reb Cordnoy,

Sorry. I never thought that he may not be an addict. I suppose you mean that it can be detrimental for a non-addict to attend one of these things.

But what do you suggest he does, seeing that he can'y manage alone?

Shlomo

I never meant or said such a thin'.

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Re: Found my way home thanks to GYE

Posted by shlomo613 - 11 May 2015 16:05

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That's okay. It's something that has happened to all of us from time to time. You just want to make it as rare as possible and don't get discouraged. Because the fall is no big deal - it's what it does to you. How many shachries do you miss as a result - that's where the soton really gets you.

So very well done for posting and stay connected with us. Keep your spirits up and know that the 70+ days you stayed clean so far are a massive deposit that is not lost.

I must say that I was quite amazed that your first serious effort lasted so long. It is truly incredible. I also knew you would fall. We're not malachim - and growth is a process wherein we learn from our falls (the lesson may not be apparent immediately).

I've been working on this for some 3-4 years and I've had plenty of falls, but one thing ive done is I've picked myself up and carried on. And therein lies success.

I think attitude plays a crucial role in this (getting up after a fall). You see, addicts tend to see things in terms of vistas of kedusha, "all the madreigos and hasagos I had I've now lost; I'm now filthy". This thinking is part of the addictive process, and in my experience we've go to move away from that in order to slowly lose the addictive cycle that addicts have.

The sforim hakedoshim talk lots about this and I hope others will expand on this point and support me wih sources.

For example, the maariv you daven after you've just acted out and feel so diatant and repulsive to Hashem, where you are indeed so low - is so chashuv and dear to Hashem. By Yitzchak it says: vayarach es rei'ach BEGADAV vayishakeyhu". The sforim (or forgotten who, maybe medrash or Zohar) says that you should read it as BOGDAV. Hashem smelled the scent of his sinners and blessed him.

Look at you hopeful. You sinner;). It was us that Yitzchak smelled, was pleased and blessed Yaakov!

Love.

Shlomo

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Re: Found my way home thanks to GYE

Posted by cordnoy - 11 May 2015 16:34

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[shlomo613 wrote:](#)

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Look at you hopeful. You sinner;). It was us that Yitzchak smelled, was pleased and blessed Yaakov!

Love.

Shlomo

very nice post.

What, however, was this supposed to mean: I also knew you would fall.

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Re: Found my way home thanks to GYE  
Posted by shlomo613 - 11 May 2015 17:44

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It was his first attempt at sobriety and I didn't believe that anyone could maintain it from the word go. My experience and understanding of the addictive cycle is that it doesn't lend itself to that kind of change.

I felt and feel that it was more important to show hopeful how to get up than how not to fall. And it is in that spirit that you can clearly see everything has been written.

Cordnoy, I get the feeling that I might be a 'koton koifetz lerosh'. I'll PM you.

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Re: Found my way home thanks to GYE  
Posted by cordnoy - 11 May 2015 17:45

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that's perfect, but you could have written the same without that line.

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Re: Found my way home thanks to GYE  
Posted by serenity - 11 May 2015 19:24

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Especially because it's not true. We don't have to fall.

Hatzlacha!

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Re: Found my way home thanks to GYE  
Posted by shlomo613 - 11 May 2015 19:40

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Does the oilam think I should edit that post to remove the offending statement - or should I leave it, and along with these posts it helps us clarify what the correct view should be. A bit like lhagdil toirah ulhaadir.

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Re: Found my way home thanks to GYE  
Posted by belmont4175 - 11 May 2015 20:02

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I was hesitating to comment on this but as I see others did I will give my 2cents to it.

first of all NO he doesn't have to fall even on the first try it is possible to succeed even on the first try.(I'm sure its not the first try, maybe here on GYE its his first)

However I felt the same way about his falling (I didn't know b/c I'm not a NAVI), why? when a person says I'm falling I'm falling he will eventually fall (it's not mine, the MAHRA"L writes so) when somebody walks on a wood plank when its on the ground he will manage to cross, when its in the air he will likely fall, b/c he is constantly thinking about falling, if we go with optimism that we will NOT fall and focus on the present to do what's right this moment with Hashems help we will pass the test.

Disclaimer: I'm commenting in general not to the individual addict

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Re: Found my way home thanks to GYE  
Posted by shlomo613 - 11 May 2015 20:27

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So far that's two against and one for. Any other bids?

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Re: Found my way home thanks to GYE  
Posted by cordnoy - 11 May 2015 20:34

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just leave it and move on

we will not lose sleep over it one way or the other

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Re: Found my way home thanks to GYE  
Posted by Hopeful2 - 11 May 2015 22:15

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Hello all,

Thanks everyone for the chizuk and encouragement. Ive never had such 77 days before and have never had such a fall either.

In the past when i fell after being good for 3 weeks id go right back to porn for the next week on overdrive cause i figured i cant anyway so why bother, until id start again.

But this time was different.

This time I dont feel hopeless.

This time i got up rather quickly and told myself were moving on.

This time the YH couldn't keep me down for long.

This time im clean bright and early, the very next day.



This time i davened marriv with a bren.

This time i have friends rooting for me.

This time i realize what a fall really is.

And thats only thanks to Hashem for giving me GYE and the whole clan. Reading all the inspiration here i realize a fall is nothing. The last 77 days have not been for naught. It was conquered through blood sweat & tears and lots of prayer. And I will continue building on that.

Ive gained so much in the last 77 days that it is impossible that one fall just wipes it away like the YH would like me to belive it does.

And yes i realize i need to do something different. Things havent been working for me in the past and i must try some new path. We all realize this addiction just progresses and im not ready to give up my life to sustain my addiction.

And if it means attending a 12 step program then thats what it is. Even though im scared and ashamed. But hey face your fears and live your dreams.

Im in the midst of finding out a group here in my community. I will keep you guys posted on any new developments.

Thanks everyone for being a listening ear, its trully amazing to be a part of this.

HOPE!!

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Re: Found my way home thanks to GYE  
Posted by yiraishamaim - 11 May 2015 23:37

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So enjoyed your post.

Keep on truckin'

Keep on beaming with excitement and pride!

Rabbi Avigdor Miller zt"l says that we are created betzelam Elokim. Therefore, there is no end chas veshalom to our depression if we ALLOW OURSELVES to become that way.

As well. there is no end to our happiness if we want it enough. We can be deliriously happy!

Sounds like you've learned that lesson already.

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Re: Found my way home thanks to GYE  
Posted by bestNYC - 12 May 2015 01:33

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With this attitude you're already a winner. You might have lost an hour or 2, but you own and won this battle. Keep on inspiring us.

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Re: Found my way home thanks to GYE  
Posted by Hopeful2 - 12 May 2015 01:39

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[bestNYC wrote:](#)

With this attitude you're already a winner. You might have lost an hour or 2, but you own and won this battle. Keep on inspiring us.

Exactly best,

All I lost was an hour or 2. Who cares what my "current streak" says:)

Hope

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