

Found my way home thanks to GYE
Posted by Hopeful2 - 09 Apr 2015 04:02

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 Hopeful2 - 08 May 2015 00:24

That was really caring of you shlomo, getting out of bed to run for another Yid!

You inspire me!

Hope

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Re: Found my way home thanks to GYE
Posted by shlomo613 - 08 May 2015 00:31

Feeling a bit chirpier?

Let's keep going forwards.

Sometimes we just got to jump out and not think twice.

It's action more than thinking.

What's the plan next?

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 08 May 2015 01:12

A lot better and encouraged that I didn't fall.

I think next time I should post quicker and not wallow in isolation!

Hope

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Re: Found my way home thanks to GYE
Posted by fulfillinglife613 - 08 May 2015 01:22

I just read the who;e thread from the beginning.

Hope, you are doing amazing! I can't wait to see you at 90 by Shavuos.

Shlomo is really an incredible human being.

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/253428-Im-Starting-Today?limit=15&start=30

What would I do without GYE?

He even checks up on me.
Reading your story gives me the encouragement to go all the way. I'm only at Day 9 but I can make it to 10 and then 11 etc. all the to the end.

Thank you for sharing.

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Re: Found my way home thanks to GYE
Posted by serenity - 08 May 2015 04:13

Hopeful2, I relate to how you are feeling and there is hope. Of course things get better. Dov was saying on his meeting call the other day how we give so much power to the "shmutz" and the triggers that we see. I hope he has the time to comment here. One thing I can say is that we don't need to watch and it's not an answer to our stress. Another thing is that we give the power to what we desire, because we look at women (or men) as objects instead of people. We do this especially when these people aren't frum or Jewish and don't dress tzinus. These people are human and they are loved by God. Dov suggested that when we see someone or think about someone that is triggering to us, we sincerely daven to Hashem for their well being. Not to daven that do teshuvah or dress tzinus, but just daven for their spiritual, mental and physical well being. And keep davening over and over for it until we mean it. Maybe if we looked at people for what they are, a tzelem elokim, we wouldn't seek to objectify them. "vayipach be'apav nishmas chayim -- and He breathed into his [Adam's] nostrils a living neshamah"

Note: There is no need to get into a discussion about the difference between a Jew and non-Jew as learned by the Baal Hatanya. That derech of learning doesn't take anything away from the non-Jew. It may give yidden a special place, that is by no merit of our own. So we should feel special etc. The way of thinking that uses our special characteristics to degrade non-Jews, is the same way of thinking that we, frum yidden, use to degrade each other. It's also the same

thinking that causes us in part to objectify God's children. The truth is that according to the opinion of the Baal HaTanya, we should be more careful not to objectify his children, Jew and non-Jew alike. We are given this special status and with it comes responsibility. (long note lol)

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 08 May 2015 05:11

Thanks serenity.

In a similar vein to what your wrote about us viewing women as sex objects, whenever i want to fight the thought when i lust after a women, i try to imagine that she is the same human being like i am with faults and "stuff" that are very unattractive underneath the spell of her beauty.

Most of the time we lust, at least why i lust, is because i believe that this woman doesnt have the same amount of "issues" that im currently ironing out with my wife. Then the thoughts of "if only i married that type of woman"....

(Although its not necessarily true because ive had this lusting issue way before i got married, so what was my excuse then?)

But currently thats a huge part of my struggle. Fantasizing how life would be so much more loving and cool if i only married "that" type of woman.

But when viewed as a real person with real emotions and real life issues it suddenly doesn't sound very attractive.

A different twist to what you were saying.

Hope

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Re: Found my way home thanks to GYE
Posted by fulfillinglife613 - 08 May 2015 12:27

Hope,

Serenity is taking the positive approach. Thinking about how special that person is and not thinking about her as an object. That takes away the lust issue.

I think it's a much healthier approach. Although you should use whatever works best for you of course.

I believe you are struggling with another related issue, the fantasy of a stress free life. Fantasy is an escape mechanism we use to hide from our troubles. Of course it doesn't solve the problems and probably makes them worse. We need to deal with our issues, in our marriage and in all our life, and if we can find the courage to do so we can be so much happier....

unhealthy and I'm trying to get passed it.). It's very

I used to hide behind TV shows and P&M and fantasy. Today it's just TV shows. Maybe Tomorrow I'll come out of hiding. And feel the sun on my face.

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Re: Found my way home thanks to GYE
Posted by serenity - 10 May 2015 02:07

. I was objectifying someone and I remembered this thread and decided to humanize and pray for them. Hopeful I started with your approach and thought about the hardships this person may have in life and then I just prayed for their well being. I closed my eyes as I prayed silently for a few moments. When I was done the person wasn't even on my mind anymore.

Hatzlacha!

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 10 May 2015 03:21

Nice combined twist of the two approaches,serenity...

When I first started my journey here about 75 days ago, it seemed to me that the reason for my lusting thoughts were because of the images id see throughout the day. By me constantly looking at women, porn or just pretty ladies on the street, automatically I will lust & obsess about them. And I thought if I wont look, then my thoughts will lessen, and it did for a while.

However, I'm realizing now, that even with my shmeiras aineiyim better the ever, & obviously no porn, I'm still lusting and obsessing about women. I'm pretty sure this is normal, what do i expect, Ive been doing this for the past 15 years, right? My question is, what other remedies are there for these bad thoughts?

For me shmeiras aineiyim alone, is not enough.

Hope

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Re: Found my way home thanks to GYE
Posted by shlomo613 - 10 May 2015 10:26

[Hopeful2 wrote:](#)

Thanks serenity.

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Most of the time we lust, at least why I lust, is because I believe that this woman doesn't have the same amount of "issues" that I'm currently ironing out with my wife. Then the thoughts of "if only I married that type of woman"....

(Although it's not necessarily true because I've had this lusting issue way before I got married, so what was my excuse then?)

But currently that's a huge part of my struggle. Fantasizing how life would be so much more loving and cool if I only married "that" type of woman.

But when viewed as a real person with real emotions and real life issues it suddenly doesn't sound very attractive.

A different twist to what you were saying.

Hope

I resonate with this 200%. And with a lot of the other stuff you say. Actually I'm not sure whose stuff cos I read so much and forget who said what. I wonder whether anyone else has this problem? Also here's the time to make an apology to anyone who sent me a message or posts in response to me I've had the past week: I've read them (up to Friday, will get to those soon) but sometimes I mean to reply and then I occasionally forget so if you're reading this then please accept this as a personal apology. On second thoughts maybe I'll post this on my thread too..

With regards to your issue I've quoted, I don't know the answer: I do know that when I fantasise about life with other women my own life becomes miserable. I've learned that fantasy = misery. That's not to say that I'm stuck in a miserable existence without even the escape that fantasy provides. Despite difficulties, deficiencies and challenges that I have, I am one of the happiest

calmest most satisfied people in my shul. And this is because I try not to look at what others have. Yes I'm tempted but I know it doesn't bring me any good.

And with regards to the temptation to fantasise despite shmiras einayim, I also very much have this. I believe this shows that though we're doing the right actions our beliefs don't quite much yet. What I mean is that: I've realised that despite efforts at shmiras einayim over a long time, inside me I still believe that a beautiful good woman is the ultimate goodness. And fantasy is but a mere pace away.

I suppose this process of actions and thoughts is what the novi meant when he said: yaazov rasha darko v'ish aven machshevosav. And we see that getting rid of the thoughts is a lot harder than dealin with the actions cos it's the second thing we do. It's not my vort. All the sformim talk about it.

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 10 May 2015 14:42

Help!!! I'm under a huge lust attack!!!! It's been building up for the past week! But now I feel I can't anymore! Today was the first day in 77 days that I rubbed myself!!! Help! If not for mikvah night being tonight I'm sure I would fall!! Still not sure it won't happen!!

And even the horrible email pictures aren't helping!!!

I can't take this anymore! So badly want to reach 90 days for shavous!!

Hope

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Re: Found my way home thanks to GYE
Posted by Gevura Shebyesod - 10 May 2015 15:01

Go for a jog again.

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Re: Found my way home thanks to GYE
Posted by Gevura Shebyesod - 10 May 2015 15:03

Go for a jog again.

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 10 May 2015 15:07

My YH doesn't let me out the door!

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Ok I'll go for a jog even though I'm totally not in the mood