

the yetzer hora keeps beating me

Posted by ataglance12345 - 02 Jul 2015 15:45

First time poster...So here is my issue. I have run out of any ability to stop the following behavior: I will go to a bar. First mistake. Then I will drink too much. Then I will start flirting with women. Then I will sometimes go to a dance club from the bar. Then I will pay for services...all types. I have also been known to sometimes have had actual relations with these woman as well, sometimes quasi-prostitutes other times just loose women that I meet at a bar. Then I usually will go to a nearby restaurant and eat everything on the menu that is not kosher. Last night I had a bacon cheeseburger, french fries, pancakes and steak and eggs. Then I go home and go to bed. The next day I will feel horrible, beg Hashem for forgiveness, maybe go to the mikvah to make myself feel clean, and then stop for a week or two. Then I will go to a bar, and the whole thing starts over again. Oh, and let's not forget that I will access pornographic sites as well and sometimes finish myself that way. Talk about a yetzer hora. I am not sure what else I could be doing that is worse. I am a Shomer Shabbos Jew. Obviously, I know that what I m doing is terribly terribly wrong, but I cannot seem to stop. Even when I stop for months at a time, I still go back to this behavior. And it is getting worse. Just as an aside, when I am sober, I do not engage in any of this behavior, but am a good Jew, learning and davening, keeping kosher etc. I always seem to drink to drunkenness at the bar as well. Binge drinking they call it. I do not drink at all during the day and can actually go weeks without a drink. Obviously, I feel like a horrible hypocrite. On a "postive " note, I have never had a long term affair with another woman, only one time sexual trysts. Of course, I often fantasize about having long term affairs with my coworkers or people I meet. I am a basket case, living a double life, and fully aware of the spiritual damage I am doing to myself and my family. I keep praying to Hashem not to punish my family on account of my sins, as that is my worst fear. I also find myself wishing that I was dead after these incidents, but have only thought about it and said it to myself, I have never attempted to take my own life, but it scares me that I could if I get so low. Oh, and lets not forget how many times I have driven while drunk, clearly breaking the law. I always pray to Hashem to get me home safely and not let me be pulled over and arrested while driving drunk. How is that for scary stuff. So, what am I? Alcoholic, sex addicted, or just a creep with a nasty Yetzer Hora that he can't control. G-d, writing this down and actually seeing it on paper scares the daylights out of me. Help! What should I do?

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Re: the yetzer hora keeps beating me

Posted by ataglance12345 - 20 Nov 2015 15:59

Feeling pretty good... had another opportunity to go to a bar after work...the Y"H really really wanted to! No obligations after work, wife would not know where I was since I had late meetings, etc .etc.

INSTEAD, I went home. Period. And felt good about. Was not bored, was not antsy, just felt okay about being at home and not out at a bar.

And thinking about all the things that I could or would do actually made me nauseous while I was thinking about them, so that seems to be a really good sign.

I have not stepped foot in a bar or tavern or similar drinking establishment for over 100 days!!!!!! Considering I used to go 2-3 times a week some weeks this is a HECK of an accomplishment for me.

I am always worried about a relapse or the long term, though. That if I ever step foot in a bar again I will immediately drink to excess and engage in all my sick activities again, Very frightening to me.

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Re: the yetzer hora keeps beating me
Posted by Shlomo24 - 20 Nov 2015 16:39

wow! keep it up. one day at a time works for me, how can i be nervous abt tomorrow, i have no idea what tomorrow will be like

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Re: the yetzer hora keeps beating me
Posted by ataglace12345 - 08 Dec 2015 22:00

So I made another good step the other day. I have cable TV in my home for the internet, but of course also have it for the TV watching as well.

So my cable box had access to an incredible panoply of hard core porn for free. Unfortunately, I have availed myself of it from time to time.

I recently unhooked it, and mailed it back to the cable company. Not only did I save myself a few bucks every month, but also got rid of an easy porn pipeline. A win win as they say in the business world.

I still have cable TV, but regular cable on the scale of perversions is a lot lower than mamash hard core pornography.

I still have the internet, obviously, but have been able to stay off any porn sites for months now.

I have controlled my drinking, in fact have not been "drunk" for a few months now, even in sex segregated "kosher" environments.

My taste for binge drunkenness seems to have been reduced significantly.

I still do like a le'chaim now and then, and actually have gotten in to making fancy craft cocktails at home once in a while. But they contain less than 3 oz. of alcohol and I only have one at a time.

So, I am really trying to get a hold and control of my binge drinking, in any forum.

Thankfully I have not stepped foot in a bar for well over 150 days.

Tonight is my office "holiday party." I am not going. The peer pressure to attend has been enormous, but I am NOT GOING. My shul has a family Chanukkah happening this evening, and I am going to that.

Good for me!

Still, I feel like I can "blow it" any time, and that I am only a short walk away from going to my favorite bar.

Last night I found myself driving past it (not on purpose) but once I realized I was driving past it I slowed down and longingly looked in the windows to see if anyone was drinking there.

That shows I still have issues, big time.

It is like a physical force pulling me in to that place...obviously not the alcohol per se. My only conclusion is that this is the Yetzer Hora, period. The Y"H is real, it is powerful, and it can have a big influence on ones behavior.

That is scary. Everything that Chazal say about the Y"H is TRUE. Do you realize what the means, do you realize how powerful a force that is and how difficult it is to overcome or even fight?

Man o manischewitz.

so I will keep on truckin' as they used to say.

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Re: the yetzer hora keeps beating me

Posted by BenTorah.BaalHabayis - 09 Dec 2015 00:53

Wow! I'm new to GYE and hence am not familiar with your whole journey, but after reading your last few posts describing your struggles and how you've been dealing with them I am in awe!

Keep up the good work, and may the inspiration you provide to others serve as a zechus for you to be successful in staying clean.

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Re: the yetzer hora keeps beating me
Posted by Shlomo24 - 09 Dec 2015 17:14

wow man keep it up!

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Re: the yetzer hora keeps beating me
Posted by ataglace12345 - 11 Dec 2015 21:03

Well, as is usually the case with the Y"H, I crowed nad bragged about my "successes" and shortly after fell off the wagon as they say. Yes, I accessed porn over the internet and did hashtas zera levatala.

UGH. I am so mad at myself for doing it. I was home from work for a sick day, lying in bed, and BOOM, opened the internet and within a few minutes it was done. Even worse, later that afternoon I DID IT AGAIN.

I was so embarassed and mortified at having done this TWICE in one morning.

I have been making some progress with other aspects of lust and acting out, but here I was, look at my post from just a few days ago.

I was so smug and over confident, of course that is just like laying out a red carpet for the Y"H.

I know he is like this, the MINUTE you think you have made progress, he comes and puts you in your place.

The good news is that I am still making some progress in other areas of my life such as drinking

and bar attendance, but do not want to brag about that for fear of the ayin hora.

No doubt my bragging brought the ayin hora upon myself, and hence my recent fall.

So, I start from scratch.

I will try and read through the the Tikkun, (hard copy in my office book shelf) go to the Mikveh, and try to stay away from the shmutz and best I can.

Okay, Rosh Chodesh Tevet. Ready to start from scratch.

Holy Brothers/Warriors give me some help.

The thing is, I do not feel as guilty as I have when I have acted out physically with "real" women in a bar situation, but after doing the research on this site and others regarding spilling seed, I should feel a lot more guilty than I do now. That is troubling.

Anyway, Cahnukkah Sameach and Chodesh Tov to my fellow strivers for tahor.

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Re: the yetzer hora keeps beating me
Posted by Gevura Shebyesod - 13 Dec 2015 00:27

Gitvoch. Sorry to hear about your fall. But you should know that you are not "starting from scratch". You are picking up and moving forward from a place where you already were able to stay clean for 150+ days. That is an accomplishment that you will never lose and you have shown that you have it in you. So you had one bad day. Don't let it discourage you. Learn from it and it becomes an integral part of your journey.

KUTGW & KOMT !

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Re: the yetzer hora keeps beating me
Posted by Shlomo24 - 13 Dec 2015 00:32

[ataglance12345 wrote:](#)

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NO DOUBT! i think that is an overstatement. MAYBE would probably be correct. No need to unnecessarily be hard on yourself. keep ur head up, you can do it.

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Re: the yetzer hora keeps beating me
Posted by cordnoy - 13 Dec 2015 02:30

I echo what gevurah wrote.

I don't believe much in ayin haras.....in many cases.

I don't know you well enough to make judgment but you did great work since you were here....somehow.

Keep that up.

The white book discusses the overconfidence feeling in terms of not working on the root of the problem. I don't know if that's the case by you, but it might be worth reading.

B'hatzlachah

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Re: the yetzer hora keeps beating me
Posted by serenity - 13 Dec 2015 04:13

Welcome back, Time to pick up and grow.

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Re: the yetzer hora keeps beating me
Posted by Bigmoish - 13 Dec 2015 05:47

Why are you mad at yourself? Wasn't it the doing of the YH? What could you have done?

KOT

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Re: the yetzer hora keeps beating me
Posted by yiraishamaim - 13 Dec 2015 17:45

[ataglance12345 wrote:](#)

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Anyway, Cahnukkah Sameach and Chodesh Tov to my fellow strivers for tahor.

I know the feeling.

Hey, all in all you have made major strides so:

- appreciate the improvement

- understand that you have proven how well you can do, therefore real success is clearly within your grasp.

- what if the internet would not have been so readily available, that you would not be able to access it without a greater effort - like leaving your home and seeking it elsewhere? would you have left the house and gone after it?

If you say that you would have just stayed in bed. Then you know that greater protection from the internet is the major tweak you must make in your personal recovery program.

Now come along and build upon those clean days you have banked.

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Re: the yetzer hora keeps beating me
Posted by gibbor120 - 14 Dec 2015 19:45

sorry to hear about your fall, but you will pick yourself up IY"H, and get back in the truck.

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Re: the yetzer hora keeps beating me

Posted by ataglance12345 - 15 Dec 2015 19:50

no, i would not have gone out of the house to seek it. but it was right next to my bed. too easy.

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