

Nice and not nice to be here

Posted by Chiam - 02 Oct 2015 04:25

Hello everyone, my name is Chiam (well not really) and I just joined this program. Even though I've tried many ways to breakthrough this problem and I have basically have given up hope, I long to have hope. I read through a few threads and I was relieved that I am not alone and I will now be able to relate my feelings to others who understand what I am going through. One such person eerily made me feel as if I was reading my own messages. abd297, whoever you are, I'm going through seemingly identical predicaments that you laid out on your thread (abd297's title was "starting up").

I have been in Yeshiva quite some time now. I had a little of a rough spot, but for the most part I have been a pretty compliant bacher, and in more recent years I have even been regarded as an exceptional bacher. I love learning, and I try to spend most my day learning (I say trying because many times it doesn't work out due to this and other issues, but on the outside I look like I'm learning a lot more than I actually am). I'm seen as an eidel guy who gets along with everyone and who has outstanding medos. I have a series and perhaps even a Tzidkustik image. All my previous Rebbaim appreciate/love me and I have a shichus/close keshar to all of them. My closest Rabbi reminds me of abd297's Rabbi as being an amazing person with a good grip on dealing with people, but I am way way too embarrassed to bring up this problem with him (I think it's just about the only one I haven't spoken with him about). As with abd297, my series and tamimistic image makes me seem to be the last person with this problem, and even though my dark secrets compel me to consider myself a fraud, I don't like seeing myself as much as a fraud that someone else would take me as. I see myself as a very confused person.

I have many emotional issues similar to abd297. I have been diagnosed with ADD, OCD (btw acd297, anxiety and perfectionism can be taken as OCD), and depression. I feel that these and other problems/factors are associated with this issue. I went to a few therapists and felt as if I was going nowhere. I did however find a therapist who has helped me understand myself on a deeper and clearer level, and has given helpful tips for dealing with many issues. I was in a very good place for a while, but my most recent fall out was so steep that it brought me to this program. A few days ago I felt I came a long way in my healing process, but now I am so down that I feel as if I will always live this two-sided life. I want to have hope but I don't know if I can ever have it.

Thank you to anyone who got through the impossible feat of reading this long but only a glimpse of my confusing life!

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Re: Nice and not nice to be here

Posted by markz - 11 Oct 2015 04:12

[Bigmoish wrote:](#)

Try getting out of the fantasy and into "real life," even if just for a short time. Anybody need help around the house? Being unselfish for a few minutes might also help get us out of that mindset. We can only live in the fantasy when we are thinking of ourselves.

Bigmoish you've been holdin' my hand since 'inception', you feel to me like my older brother, but brothers can fight...

No! this fantasy IS real life.

Thinkin about ourselves is a separate topic.

These lustful thoughts are real life which may just lead to deadend, but when lust has taken over, who cares about tomorrow?

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Re: Nice and not nice to be here
Posted by Bigmoish - 11 Oct 2015 04:25

I disagree. Spending time with a stripper, cultivating the fakest of relationships, is not real life. It is as real as an amusement park. When the roller coaster stops, the ride is done.

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Re: Nice and not nice to be here
Posted by markz - 11 Oct 2015 04:44

My point was that 'fantasy' is not enough a reason to desist from lust

It's not just a figment of our imagination, its real life, yeah a bad life...

I think your point wasn't that it's fantasy, rather that it's wrong and unfulfilling. Correct me if I'm wrong bro'

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Re: Nice and not nice to be here

Posted by Chiam - 11 Oct 2015 04:54

My lusts and fantasies are very real meaning in the sense that they aren't just once in a while whims that leave as they come, but are constantly coming back and affecting my life. But they aren't real life in respect to genuine meaning nor substance. A strippers job is to make a new life for their customer, whether for a few minutes or for longer by keeping in touch afterwards. But that new life is a bubble that bursts as fast as it came. All of this stuff: pornography, strippers, etc. are all bubbles that entertain a new "reality" but are based on nothingness because it was never there but for the purpose of destroying me (or taking my money)

Markz how do define real life? What do you mean by not caring about tomorrow?

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Re: Nice and not nice to be here

Posted by cordnoy - 11 Oct 2015 08:51

[Chiam wrote:](#)

Ha.. thanks for the recommendation. Cordoy is a great name! Just felt out of place with a bland name like Chiam! But, as Markz said, the name of the game is lust and we should and can win it. Looking forward.

Might be a great name....almost like chain.

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Re: Nice and not nice to be here
Posted by cordnoy - 11 Oct 2015 08:55

[markz wrote:](#)

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Allow me to speak for my brother.

He did not mean that it was wrong....he meant what he said....it is fantasy and not real life. Now, you might be right that in middle of a lustful fantasy, that will not help, but truthfully, there is little that does help at that time. As soon as that fantasy hits, I throw it the Hell out, using the words of AE....I wanna have no part of that!

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Re: Nice and not nice to be here
Posted by Bigmoish - 11 Oct 2015 15:48

[Chiam wrote:](#)

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That is exactly what I meant.

So, how was your night, brother?

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Re: Nice and not nice to be here

Posted by Chiam - 11 Oct 2015 16:33

I will readily agree with Bigmoish and cool name Cordoy. Sorry Markz, but it *is* a figment of our imagination. Speaking for myself at least, when that lust hits me, I try to put myself into a frame of mind that this is real. This fabrication can be on varying levels. When I watch a movie, I "put myself" in the movie to an extent in order to appreciate the movie. When I watch pornography, I am even more attuned to what I am watching because it makes me feel as if I am doing whatever illicit things I am gazing at, and makes me feel as if I am having a special relationship with whoever I am watching. On an even more extreme level, when I am having physical relationship with an actual person, my sense of reality is heightened even more. My masquerade is more effective because I have someone telling me they like me with out the help of my creative mind and they text me to see how I'm doing.

But this is all a figment of my imagination. I am not doing anything of the sort of things I'm watching and there is no special secret relationship with any actor I see on screen. The *only* reality is that I'm killing my life and soul by putting that DVD in. Even if I'm in fact having a "relationship" with something, it isn't based on anything besides for that each party wants to get pleasure for themselves.

So fantasy [i]is[i] a reason to desist from lust because a part of lust (at least at my level of addiction) is to create some perverse reality that has much reality- as Bigmoish put it -as a roller coaster, or similarly as a movie: It ends when the DVD is done or when the money is out.

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Re: Nice and not nice to be here

Posted by Chiam - 11 Oct 2015 16:37

And to answer your question Bigmoish... My night was great! This forum really helps! My mind gets muddled when I get into those situations and it allowed me to express myself in a logical normal way. Thanks so much!

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Re: Nice and not nice to be here

Posted by cordnoy - 12 Oct 2015 10:20

[Chiam wrote:](#)

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CordNoy!

Dammit!

Ok chaiaim?

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Re: Nice and not nice to be here
Posted by Chiam - 13 Oct 2015 00:39

haha.. I think we had a bad start.. Start over clean?

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Re: Nice and not nice to be here
Posted by cordnoy - 13 Oct 2015 01:41

[Chiam wrote:](#)

haha.. I think we had a bad start.. Start over clean?

Sure!

No problem.

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