

Mesayin's Motivative Messages

Posted by Mesayin - 15 Oct 2015 21:08

Hello everyone Mesayin here, I've been on the site for about a week now and B"H i've learnt a lot (thank you everyone) and i think now its time I write my story.

Before I came to this site I thought i was one of very few people that had these struggles and that my struggles were one of the hardest, but as i started reading people's stories I realized that there are a lot of people in this fight and are in much deeper problems than I ever imagined and the fact that they are on the path to cleanliness is **Amazing** and gives me strength.

So I will bezra"h write my story and hope people will gather chizzuk from it.

I started playing computer games since I was 2 years old (that wasn't a typo) in a family that pretty good at the time but year after year became more broken, my parents were having serious shulim bayis issues and the children were caught in the middle of it all and it was getting worse and worse.

MY life was very tense as well other than being caught in a fight I was emotionally mistreated by my parents especially my mother, I used to get yelled at and beaten up, and there was inconsistency, one day she was nice another she was brutal, I was stuffed up with computer games and so on.

My father was very quiet and sometimes negligent which didn't help.

At about the age of 12 or 13 my family started having access to the internet, at first it was just watching three stooges and abbott & Costello and over the years it became regular movies and tv shows.

P.S. If its at night and you want to fall asleep you might want to read this.

One humongous miracle happened to me in which I have to continue thanking Hashem for it is that from when I started on the internet I have never intently gone onto bad sites, which is pretty amazing considering that I was teenager from a dysfunctional home, internet w/o a filter and watching during the night without anybody seeing me, not only that but anytime in the movie it got to a dirty point i would skip that part or even just look away.

I'm mostly convinced the reason behind that was because of my severe complex, I was paranoid that someone might find out about it and that is what kept me from deliberately looking at those stuff even though sometimes there were pop-ups of these stuff right in front of my face.

However I did take pleasure whenever by accident I would look at those stuff, furthermore I would try to watch a movie that I thought might have some of those stuff and I'll watch it in a way that it seems like I innocently fell into it and make it look like I didn't know about it. (How clever is the Y'h)

On top of that at about the age of 13 I started doing mz"l, I had no idea what it was or if was something wrong, as a matter of a fact I thought I was the only one in the universe that knew how to do that.

That was until the age of about 18 when a mentor of mine reveal to me what it was and on top of that it is an issur, of course I took out a shilchan aruch and tried to find a heter, with no luck.

The first night That I heard that I wasn't mz"l but of course it was an addiction already so two night later i started again.

And so it went on, the three way vicious cycle of broken home, internet and the other thing, until a couple of years ago my sister recommended me to a great therapist who helped me on the path to emotional and mental recovery, and that year I went to sleepaway camp and for the first half I tasted happiness for the first time B"H.

But then I came home for a day in middle of the summer and things started spiraling, so I decided I need to move far away from home and far away from the internet, and so I made the tough decision to move away and decided that if i get bored due to lack of internet I can then come home but first move out.

To make a long story even longer, I moved away last year about this time, got myself a job and was off the internet for a few months, keep in mind though I was still being mz"l regularly so I decided to look for some help in that matter.

The first guy I went to was an old satmarer guy, he started telling me all sorts of chazal to try to get me to fear mz"l, I went out of there shell shocked and didn't know what to do with myself, but then Hashem put a thought into my brain that maybe Hashem gives so much punishment for being mz'l means that he loves us so much that he is trying to do everything in the world to make sure we choose not to do it, and with that thought I never felt happier in my life.

A couple of weeks later I went to another satmarer guy and he was much more about chizzuk, he gave me a tefila (see my signature) that worked instant wonders for me, and for the next few weeks I was totally clean.

One day confusion struck me, my mother started texting me her nonsense and the next day someone at my job reported me and I got suspended from my job, it was devastating, so I decided I'll calm down with some computer games, so I borrowed a computer from a friend of mine, little did I know that the computer had movies on it, do the math, it had a ton of triggers and was drowning into lustful thoughts all day, that led to a couple of mz"l over the next few weeks.

The person I went to said I need to use the tefila more often, but more importantly he revealed to me that having lustful thoughts is just as bad as committing the sin itself, that gave me motivation to stop and since then (which is about 4 or 5 months) I'm B"H totally clean and I also got myself a new job which I like. (Even though I work on the internet I B"H can control myself much better)

Obviously I still have a fight and since i'm very sensitive to lust I have to be real careful with what I do and what I look at.

And then last week I found this great website and I'm learning new ways deal with lust and trying to help other people too.

I'm now 21 years old and single and with Hashem"s help I'll find a shidduch b"kuroiv and I hope I will say **It was all worth it.**

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Re: My story

Posted by Moshe271 - 01 Nov 2015 19:57

Mazel Tov!!

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Re: My story

Posted by Chiam - 01 Nov 2015 20:07

[gibbor120 wrote:](#)

Hi Chiam.

I think you may be underestimating how much your family life affected/affects you. It doesn't just make it harder now. Your whole personality is shaped by your family situation. Your "personal issues" are likely a direct result of your family situation.

That doesn't mean that you can't do anything about it. It does help many of us let go of the guilt and the "it's all my fault" complex that doesn't really get us anywhere.

Thanks for informing me about the 50,000 cap in the dov's quotes link, but sadly my story would go longer than that. But I must say that a lot of my family issues were hidden from me until much later, and what I knew of I thought was normal (as misayin said for himself). My struggling in this area started before my recognition and before my family problems really affected me (I was extremely well behaved kid when I was younger so my fathers behavior didn't affect me so much). Is it really not effective to go with the "it's all my fault" complex? But what if it is really true that my lusts and addictive behavior comes from serous

character faults, whether I brought them upon myself or if they are natural?

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Re: My story

Posted by eslaasos - 02 Nov 2015 01:05

[Chiam wrote:](#)

Is it really not effective to go with the "it's all my fault" complex? But what if it is really true that my lusts and addictive behavior comes from serous

character faults, whether I brought them upon myself or if they are natural?

Hi Chiam (Chaim?),

Every single person in the world (not just the soldiers of GYE) have character faults - actually if we didn't that would be a serious problem, or we'd be dead. Are you worried that your character faults are serious? Relative to what are you comparing yourself?

The dichotomy of not effective but true always bothered me and for most of my life I couldn't get past it. It's only recently and with help from a therapist who is also a Rav that I have started to come to terms with it.

The bottom line for me is that if a thought process is counter-productive, I can well assume it's coming from the Yetzer Hara and should therefore ignore it.

Hatzlacha.

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Re: My story

Posted by Mesayin - 02 Nov 2015 17:31

[Chiam wrote:](#)

[gibbor120 wrote:](#)

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And so you think.

Someone growing up in a hectic home **it always has a serious effect on their behaviour** whether he recognizes it or not.

You could be right about behaving well as a kid but there was a mole growing inside of you, you just didn't realize it till you grew a little bit up, and by then you already developed a lust addiction.

However, that is just my opinion based on experience.

Chazak V'emutz

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Re: My story

Posted by Mesayin - 02 Nov 2015 17:34

[Chiam wrote:](#)

Is it really not effective to go with the "it's all my fault" complex? But what if it is really true that my lusts and addictive behavior comes from serous

character faults, whether I brought them upon myself or if they are natural?

Your fault, not your fault it really doesn't matter, the only thing that matters is that from now on, one minute at a time to strengthen yourself to get rid of it.

Chazak V'emutz

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Re: My story

Posted by gibbor120 - 02 Nov 2015 20:32

Some things you may not have been consciously aware of, but very likely the "ruach" of the home affected you.

All I meant by "it all my fault" complex is having extreme guilt feelings. These are not helpful. Of course a person should want to do better now, but dropping the "guilty" feelings of the past, can help a person move on. Feeling guilty is not usually healthy.

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Re: My story

Posted by Shlomo24 - 03 Nov 2015 01:29

[gibbor120 wrote:](#)

Feeling guilty is not usually healthy.

I was just pointing out that dov has some reeeeealy long posts and they fit

For me feeling guilty is NEVER healthy. guilt is one of my biggest triggers.

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Re: My story

Posted by markz - 03 Nov 2015 01:46

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Re: My story

Posted by Moshe271 - 03 Nov 2015 14:53

Mesayin

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This is in interesting point. 12 step recovery emphasizes our need to take responsibility for our actions and recovery. And there's a line in the Big Book about how alcoholics believe that at some point they made themselves the way they are.

On the other hand, I find that the process of recovery, especially steps 4-9, tends to dredge up a lot of the forgotten past. Suddenly, I realized that certain patterns in my acting out might be connected to specific events of sexual abuse I suffered as a child. It's also interesting how my perspective on the health of my relationships with my parents and siblings has changed in recovery.

Finally, when it comes to the guilt that follows a fall, what about that? I asked several people in SA about that, and they said that we can only take responsibility for the present. Once it's happened, there's nothing more we can do about it. It's the past. It's over with. And we need to live in the present. I take responsibility to do everything *now* to stay clean, and simply accept

the past for what it is.

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Re: My story

Posted by Mesayin - 03 Nov 2015 15:03

[Moshe271 wrote:](#)

Mesayin

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Read the last post on the first page of this thread.

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Re: My story

Posted by Chiam - 03 Nov 2015 15:51

You all are making good points (and markz a very good comic), but I don't think my question was addressed. Let me clarify: Regarding guilt the handbook differentiates between guilt and shame, considering guilt usually healthy, but I guess not everyone here relates to that. But I wasn't even referring to the guilt/shame that we tend to feel after acting out when I say "my fault". What I mean is that the causes of my addiction can stem-at least in part, from character traits. For example anxiety, selfishness, jealousy, temper, etc. I haven't really seen this stressed so much, but i'm curious if it has any role. I don't want to offend anyone, and i'm in the same boat (not a sinking one though;)) as anyone else is in this matter.

Is it unhealthy to focus more on how I can fix what I consider something I should work on and what I feel is connected to my addiction than on my family dynamics?

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Re: My story

Posted by Chiam - 03 Nov 2015 16:01

and yes eslaasos, I misspelled my name... obviously I haven't had it for to long!

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Re: My story

Posted by gibbor120 - 03 Nov 2015 16:57

Hi Chaim,

What is your plan of action? Do you have someone you can talk to?

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Re: My story

Posted by Shlomo24 - 03 Nov 2015 19:43

[Chiam wrote:](#)

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I think i understand what you are saying and the books address it. we find that the reasons why we act out are generally a result of our charachter defects, if we dealt with the situation in a healthy way then there's a good chance we wouldn't have needed to act out. i once heard a speech from dr. twersky and he said all anonymous programs are about charachter defects mainly. i agree with him and i think that many others would agree with him also.

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Re: My story

Posted by Mesayin - 03 Nov 2015 19:48

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It is blatantly obvious that character traits are a big cause to lust, whenever we feel anxiety, stress, ETC... our body tries to divert it away, and if the body is accustomed to distraction by lust, then it automatically diverts to lust.

For example:

I am a huge New York Mets fan, on motze shabbos when the lost that game in heartbreaking fashion I was eating myself alive, and at night in bed for one second a thought of lust came into my head and for that second my body felt relieved, but baruch Hashem I didn't allow it to come again.

Point being, it nearly impossible to get rid of lust if a person has problems with depression, low self esteem, serious anxiety, ETC... because the body will always need to divert to lust constantly.

So it is priority number one to get rid of anything that makes the person unhappy in his life, then the battle against lust gets %75 easier.

Of course, I'm not implying that someone who has an unhappy life has a heter to act out.

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