

New to GYE - want to break free (Hey, that rhymes)

Posted by BenTorah.BaalHabayis - 06 Dec 2015 05:18

Hello everyone, I just discovered GYE a short while ago and this is my first post. Please excuse the monologue in advance, but just being able to express myself in writing to fellow Yidden who can identify with my struggle makes me feel better. I've been carrying around my dark secrets silently for too long.

So here's my story: I'm 25, married with a 3 yr old B"H. Unfortunately porn and masturbation are issues I've been struggling with for over a decade. The truth is that from the time I got engaged until a while after my marriage I was free of all issues, even hirhurim for the most part. But the spell doesn't last forever, and slowly shmiras einayim/ hirhurim became bigger struggles. Then a little over a year ago, between having marital intimacy issues combined with the loss of an unborn baby I fell back into porn and masturbation. Since then I have not been able to break free from it for more than a few weeks at a time. I feel like crying after acting out and I really hate that other self of mine, but I don't know how to deal with the lust which bubbles up inside of me.

I don't think the issue starts with porn. Very often the trigger is something else, and the porn is just an outlet for my lust. For example, Motzei Shabbos (like right now as I'm writing this) is often one of the hardest times for me. This is because of all the gorgeous women I see over the course of Shabbos day, whether intentionally or not. I honestly don't know what to do about this. I often feel like just staying indoors the whole Shabbos and davening beyichidus. But I'm getting sidetracked...

So there you have it. I want to start a 90 day run, but I don't know that I'm equipped. Any help/advice/encouragement/pointers etc. will be very much appreciated. I am confident that along with the great chevra here at GYE and with Hashem's help I can break free!

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Re: New to GYE - want to break free (Hey, that rhymes)

Posted by markz - 07 Dec 2015 00:18

Well it's not such a long story found [here](#), some other shining lights on this website have a longer story, each man with his own unique truck route.

I hope to be able to give the names of people greater than me, and share with you soon, perhaps even tonight if Gd wills.

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by waydown - 07 Dec 2015 00:24

I tried the 90 days but only made it to day 14. My longest clean streak was as you had it over rosh hashana thru sukkos. And exactly as you spelled it out. Once I went make to normal routine lust came back.

Bottom line you are ahead of me in the inyan keep shtigeing!

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by BenTorah.BaalHabayis - 07 Dec 2015 01:12

Wow! That's neat how similar you're experience has been to mine. I'm not sure how much ahead of you I am.

You mentioned the 12 steps in one of your other posts. From looking at "initial evaluation" it seems the 12 steps is for stage 6 and higher. Have you tried everything up until the tools for stage 6?

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by serenity - 07 Dec 2015 03:06

Welcome to GYE! There are links for the new comer in my signature below. Motze Shabboss was a very hard time for me as well. It took me a long time to dissociate Saturday nights with acting out. I second the post from Cordnoy above.

Hatzlacha!

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by SimonConfused - 07 Dec 2015 04:35

Thank you! That was a very nice response to this gentlemans question! Indeed, I agree that it is very hard on shabbos when you see all the gorgeous women. I unfortunately suffer with this, EVERY DAY as I live in LA. It is crazy and you must keep your head down.

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by BenTorah.BaalHabayis - 07 Dec 2015 04:43

[SimonConfused wrote:](#)

Thank you! That was a very nice response to this gentlemans question! Indeed, I agree that it is very hard on shabbos when you see all the gorgeous women. I unfortunately suffer with this, EVERY DAY as I live in LA. It is crazy and you must keep your head down.

You will be able to fight this..it first starts with the attitude and the want!

I'm glad (not really, but you know what I mean) to see that others can identify with my struggle. It seems you are new to GYE as well. Have you taken any steps yet or are you still browsing around like me?

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by waydown - 07 Dec 2015 15:35

I am looking into Taphastic and in touch with a very helpful individual on GYE.

It gets very tricky for me. If the only sin I do is M"Z I lack motivation. Of course its wrong and I know it can bring me to do worse stuff as it has done in the past. But my mind plays games telling me hey as long as I am not doing the real terrible stuff is my life so unmanageable and depressing? I am kind of at the cross roads.

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by gibbor120 - 07 Dec 2015 18:13

WELCOME BT.BH! I can relate to a lot of what you wrote. I also struggled with porn and masturbation for about 10 years before I got married. I had some "clean streaks" in that time, but could never quite kick it. Once I got married, things got much better for a while... then they got worse. So, I've been there.

My wife caught me 6+ years ago (after being married for over 10 years), and B"H I have been sober since. The jolt of getting caught kept me sober for a while, but I was "white knuckling" it. Meaning, I did not make any fundamental change, I just "tried harder". And it worked for about 2 years, but had I not found GYE I'm not sure that it would have lasted.

I learned new approaches here that made it possible to be "in recovery" instead of just "trying

harder". I learned a new way of thinking that has made it much easier. I reached out to the chevra here, even met a few on the phone and even in person.

For that reason, I caution about putting too much faith in the 90 days or even taphsic. People tend to like the tools that are comfortable and don't require reaching out to real people. But reaching out is THE most POWERFUL tool.

I don't have time to get into lengthy details, but read the handbook, stick around. I have some good stuff in my signature too. It can take some time to find your way around here. Just keep at it, and NEVER EVER GIVE UP! Don't be afraid to do something that can really help you. You will probably have to go out of your comfort zone to get real help.

Be open to hear what the chevra has to say. Many have been helped here. You can be too.

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by waydown - 07 Dec 2015 19:07

Gibbor120,

Re, "People tend to like the tools that are comfortable and don't require reaching out to real people. But reaching out is THE most POWERFUL tool."

I am a novice. But it is my understanding that if you truly want to succeed in taphsic you will need a chaver to guide you and you will indeed need to reach out, as it can get tricky at times. Please correct me if I am wrong.

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by Shlomo24 - 07 Dec 2015 19:46

WELCOME! Gye is a great place to help yourself.

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by cordnoy - 07 Dec 2015 19:50

[waydown wrote:](#)

Gibbor120,

Re, "People tend to like the tools that are comfortable and don't require reaching out to real people. But reaching out is THE most POWERFUL tool."

I am a novice. But it is my understanding that if you truly want to succeed in taphsic you will need a chaver to guide you and you will indeed need to reach out, as it can get tricky at times. Please correct me if I am wrong.

Reaching out with an open ear is a tool all by itself.

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by gibbor120 - 07 Dec 2015 21:46

[waydown wrote:](#)

Gibbor120,

Re, "People tend to like the tools that are comfortable and don't require reaching out to real

people. But reaching out is THE most POWERFUL tool."

I am a novice. But it is my understanding that if you truly want to succeed in taphsic you will need a chaver to guide you and you will indeed need to reach out, as it can get tricky at times. Please correct me if I am wrong.

Perhaps agav, but reaching out, and open honest sharing is not the ikkar of taphsic. At best, it's a tafel if it is done at all.

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by startrekuser - 08 Dec 2015 00:31

I have a similar problem. If I'm upset about something, that's often a trigger. There are days I'll go to the gym and see tons of attractive women and I don't act out. Other days, I hardly see anybody and I act out. Going to sleep early helps.

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Re: New to GYE - want to break free (Hey, that rhymes)
Posted by serenity - 08 Dec 2015 03:01

[startrekuser wrote:](#)

I have a similar problem. If I'm upset about something, that's often a trigger. There are days I'll go to the gym and see tons of attractive women and I don't act out. Other days, I hardly see anybody and I act out. Going to sleep early helps.

My personal experience is that I became accustomed to acting out as an escape from my problems. I refer not only to my external problems, but the deficits and emptiness that I felt from within. The discontent and feelings of hopelessness. My acting out, of course, only fed those feelings and made them worse and so I had to escape and act out even more. I didn't need

beautiful people to trigger me. I would seek them out and objectify them. That viscous cycle was broken by a power outside of and greater than myself. I like to believe that God heard my pain and sent me a reprieve. That reprieve I believe is renewed on a daily basis so long as I work a vigorous program. Being tired, hungry, angry and/or lonely weakens me and is an impediment to my program. They aren't my problem, but they may prevent me from adequately working on my spiritual fitness. If I'm not in a fit spiritual condition I may act out. They may also be symptoms of a deeper problem. I'm tired because I'm up late or not getting proper rest? Why aren't I getting proper rest? Do I have anxiety? Am I having financial worries? etc etc Where am I spiritually?

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