

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

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

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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 BenTorah.BaalHabayis - 08 Dec 2015 18:35

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You're right, BigMoish. It seems that my issues restarted because of some difficulties I was facing in my life. But that's no longer the case. It's already been a year and a half since we lost that baby and our marital intimacy has improved (though definitely not perfect yet). So right now I don't think it's coming from wanting to escape as much as that once I got hooked I'm simply

addicted.

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

Posted by gibbor120 - 08 Dec 2015 18:58

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It is cyclical in nature. Also, you talked about how upset you are by acting out again. Being upset about it leads to.... you guessed it, acting out again. Just as a drunk, when he awakens from his stupor, takes another drink to escape it all.

The beginning is difficult and it hurts, but we must break the cycle and live through a bit of withdrawal for a time. The forum can help with the motivation and encouragement to do that. Positive plans can help us continue down the right path.

Even those who have been sober for a while can fall back, so there is no rest from recovery, but it does get easier over time.

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

Posted by Bigmoish - 08 Dec 2015 19:06

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I often feel that my life is perfect, yet the obsession with lust continues. Just because I don't recognize something as a difficult situation doesn't mean I'm not trying to escape. Whether it's work obligations, financial issues, or even just avoiding things that need to get done around the house, many things can start me on a bad path.

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

Posted by BenTorah.BaalHabayis - 09 Dec 2015 00:58

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Very true. Often I fall when it's late at night, my wife is sleeping and I don't want to go to bed yet (as if some extra sleep would hurt me) but also am not in the mood of doing anything

constructive. In other words, I just want to chill for a bit. But whereas once that could have been a racing game (mind you, usually when I'm playing those it means I'm depressed) now it will easily turn to porn...

So I guess it's an escape after all.

What do you do as an activity when you just want to relax a little bit?

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

Posted by markz - 09 Dec 2015 01:31

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[guardyoureyes.com/forum/23-Just-Having-Fun](http://guardyoureyes.com/forum/23-Just-Having-Fun)

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

Posted by Shlomo24 - 09 Dec 2015 17:04

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[BenTorah.BaalHabayis wrote:](#)

What do you do as an activity when you just want to relax a little bit?

do you feel that it's just you want to relax or that you need to relax because of whatever, do you crave that relaxed/carefree feeling?

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

Posted by gibbor120 - 09 Dec 2015 17:33

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Do you have any hobbies?

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

Posted by waydown - 09 Dec 2015 19:27

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Re, "It seems that my issues restarted because of some difficulties I was facing in my life. But that's no longer the case. It's already been a year and a half since we lost that baby and our marital intimacy has improved (though definitely not perfect yet). So right now I don't think it's coming from wanting to escape as much as that once I got hooked I'm simply addicted. "

Yes I am have the same experience. There is absolutely no pressure that I want to escape from right now. Perhaps looking backwards I can blame my intial lust on specific stresses. But currently, its an addiction like smoking. In my case there is simply no underlying stress right now. Yet its an addictive process. However, it sounds like in your case it maybe stress currently also.

Re What do you do as an activity when you just want to relax a little bit?

I have this problem that before falling asleep I need to relieve myself. Lately I try listening to something lite over the internet (it doesn't have to be jewish like a shuir although it can be but it should be kosher with no shmutz involved)

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

Posted by markz - 13 Dec 2015 13:11

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[Dov wrote:](#)

Though I love the forum for starting the recovery process by starting people with opening up, I

do not believe a virtual forum is a truly honest way of communicating about anything important. the forum is a place where real honesty is based on the admitters being hidden. I like to call it (a play on Descartes) actually *cognito ergo sum!* - " I am *secret*, therefore I am!" Funny? Nah, forget it. See, the fake name you are using together w the fake name the guy who may be answering you is using ultimately make for a slightly fake discussion. If you two would be in the same room together face to face and tried talking the emess, things might go very differently. Either:

1- you'd run out of the room altogether

or

2- you'd say, "Well, if he is not afraid of me, so I need not be afraid of him either!"...so you'd open up about much more truth of what's really going on *than you even admitted to yourself* and you'd find the real answers you need

or

3- you might see that the fellow giving you all the deep advice about marriage and life was really a newlywed avreich w little to no experience and yet a very great need to dispense advice so that he feels better about himself

or

This is not the end of discussion. I am just trying to open a more honest discussion so that things I appreciate as useful progress can really start.

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

Posted by abe2710 - 13 Dec 2015 15:57

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dear BenTorah.BaalHabayis

what you wrote about how your issue died down and then came back again really resonated with me. When i was a teenager (i'm now 24 and married) i watched a lot of porn on the home computer (my parents put a filter on but it was easy to get around) then i went to yeshiva and the whole issue died down until after i got married when it returned to me. its not exactly the same as you but there are similarities.

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

Posted by BenTorah.BaalHabayis - 13 Dec 2015 16:13

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[abe2710 wrote:](#)

dear BenTorah.BaalHabayis

what you wrote about how your issue died down and then came back again really resonated with me. When i was a teenager (i'm now 24 and married) i watched a lot of porn on the home computer (my parents put a filter on but it was easy to get around) then i went to yeshiva and the whole issue died down until after i got married when it returned to me. its not exactly the same as you but there are similarities.

Thanks for sharing that, Abe. Are you a long timer on GYE?

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

Posted by BenTorah.BaalHabayis - 13 Dec 2015 16:28

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Markz, that was an insightful piece you quoted. But I'm not entirely sure what to make of it practically. I find that being on the forums so far has helped me (as in last night for instance. I

was on GYE instead of some other sites...). And additionally, the reason why we come on here is because who exactly are we going to talk to in person about it?

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Re: New to GYE - want to break free (Hey, that rhymes)  
Posted by markz - 13 Dec 2015 16:33

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The forum is a GREAT place - for me definitely. But am sometimes we can get stuck and it can even backfire as Dov has mentioned many many times

For myself it helped alot to jump onto the 90 day chart, even if someone falls it's not the end of the world. How about you start with your own 7 day chart, and take it from there. I'll be cheering for you!

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Re: New to GYE - want to break free (Hey, that rhymes)  
Posted by abe2710 - 13 Dec 2015 19:35

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[BenTorah.BaalHabayis wrote:](#)

[abe2710 wrote:](#)

dear BenTorah.BaalHabayis

what you wrote about how your issue died down and then came back again really resonated with me. When i was a teenager (i'm now 24 and married) i watched a lot of porn on the home computer (my parents put a filter on but it was easy to get around) then i went to yeshiva and the whole issue died down until after i got married when it returned to me. its not exactly the same as you but there are similarities.

Thanks for sharing that, Abe. Are you a long timer on GYE?

I have been here for about 2 months

the truth is that when i was in yeshiva i still had an issue it just didnt have any opportunity to express itself there was little exposure to the street and no internet access. its not like i got better then regressed I was able to just avoid the whole issue. but now i have to really face these lust challenges and somehow grow from them

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