

Starting anew. again.

Posted by shmiraShachaim - 08 Feb 2016 19:28

Hi everyone. I have introduced myself in the past but I decided to open a new account because I haven't been on top of my GYE game and after falling a couple times after a long streak I decided to start afresh. No point explaining more so I'll get down to what I have been going through: I go by Chaim and I'm 23. I started a rollercoaster of depravity and *teshuvah* about four years ago which began with lusting and masturbating, and progressed to pornography. During this period I dealt with being diagnosed with OCD, ADD and depression, and my mother passing away. As is common with addicts, my image completely clashed with my activities and thoughts. I was viewed as a masmid, bal medos, tzadik, etc. but I had this storm going on inside me going on without anyone noticing it besides poor lonely me. True, I might of lacked self-esteem and overly cared about what people thought about me and feigned who I was somewhat, but I didn't view myself as a *complete* fake because I *did* care about growing and coming close to Hashem. Instead I saw myself as a very confused and depressed person. With a few therapists under my belt and signing up on GYE, I have been working on myself by attaining a better understating of my addiction and attempting to address my diagnoses and circumstances which are interrelated with each other and my addiction. B"H, I have gained clarity through GYE in the nature of my addiction and the means of going about it. I was able to stay clean for a month and a half and I felt it was time to start dating. I felt clear headed going out with my first date. I haven't done more than having the occasional fleeting sexual thoughts in a while and as far as I can tell I didn't view her as a sex object. I didn't fantasize about her and I'm pretty sure I was evaluating it with my usual methodical and even OCD thinking and I really truly believe it's a neis that I am engaged to her. She is sweet, pure, and has a very similar outlook and goals that I do. I was clean for a while but I was still working on a TaPHSIC shvuah. I was able to think it through and write it down, but I acted out before I actually said it. I acted out once after that by paying my "small" kinas. I am so scared. What has gotten into me? I need to prepare for marriage and not hurt this girl whom I committed to take care of in a loving and healthy way. Please Hashem help me on this never ending journey!!

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Re: Starting anew. again.

Posted by Yesod - 09 Mar 2016 21:55

Hot

Attractive

Lustful

Tempting

The other Halt, a little sneaky

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Re: Starting anew. again.

Posted by shmirashachaim - 18 Mar 2016 13:37

Hi everyone. I introduced myself by re-committing to us GYE in order to be healed from this addiction and my pledge to post somewhere on this forum at least once every day. I failed this pledge for the last week. Why? not from complete laziness. not because i felt that I didn't need it any more. I failed it because i got married and the roller coaster called sheva brachos made it hard or impossible to post. But even though this might be a valid excuse, no excuse is good enough to resolve slacking off oxygen. Unless impossible of course, no one would slack off eating for a day because we need food to survive and not doing so gives us hunger pains as a reminder that we must feed ourselves in order to survive. The same, I feel, is for recovery for addiction. I need to do something every day to help me recover. Is a continuously working process that should give me HUNGER PAINS when i don't do so. It should give me an uncomfortable feelings like hunger pains that remind me i need to be fed in order to survive. I want to beat this thing and have a wonderful marriage. I can't let marriage get in the way of GYE because I need a continuous connection to GYE to make a wonderful marriage. Please accept me back into this incredible community so that I can continue to learn and connect to what I'yH will enable me to be victorious!

Please Hashem guide me on the path of sobriety and help me be consistent on staying on that path.

Because no matter how many times I trip on the path of sobriety, as long as I'm still on it, I will be victorious.

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Re: Starting anew. again.

Posted by Shlomo24 - 18 Mar 2016 15:18

Mazel tov. You were always accepted.

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Re: Starting anew. again.

Posted by Yesod - 18 Mar 2016 22:26

Mazal tov!, it should be a wonderful new home amongst the Jewish people filled with blessings of joy and peace and all the good things GD has to offer.

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Re: Starting anew. again.

Posted by realsimcha - 20 Mar 2016 01:28

Hey Shmira! Mazel Tov!!!!!!!!!!!! Thats great. We began this most recent leg of our journey at almost the same time. It was getting lonely here without you! looking forward to good things!

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Re: Starting anew. again.

Posted by markz - 20 Mar 2016 01:31

The greatest Mazel Tov is the fact that when we get lust under control our marriage is often on a much higher plateau!!!

The more we work on ourselves and stay with the GYE chevra, it overflows to other areas too

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KEEP ON TRUCKING with ribbons on front!!

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Re: Starting anew. again.

Posted by BenTorah.BaalHabayis - 20 Mar 2016 05:03

Mazal Tov!

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Re: Starting anew. again.

Posted by Sasha 2 - 20 Mar 2016 11:09

Mazel Tov!!

Great to have you back!!

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Re: Starting anew. again.

Posted by shmirashachaim - 20 Mar 2016 19:23

Thanks everyone for your welcome and brachos! Please keep them coming!

I am B'H back to my regular schedule today and able to designate a time slot for GYE. I feel that its important to designate a time slot because if I don't do so it will fall to the wayside. So I'yH i will be more consistent. I can already tell that in marriage my time isn't my own time and my wife will know my schedule, and at least for now I obviously don't want her to know about this, so it might get difficult keeping up with this. But it's a good thing that at the end of seder, instead of being in Yeshiva coming closer to Hashem by learning Gemarah, I am- at least for a little bit of time, in Yeshiva coming closer to Hashem by building my foundation of being a good person and a good Jew.

I feel weird. Here I am married and presenting myself to my wife as a certain person who has high values, masmid, bal middos, knows torah, etc. and even though this might to some degree be true, I feel a little bit of a fraud. I don't think telling her of what I have is an option, but I am working on a midah that I have been struggling with for a while that perhaps will continue to lead me on the right way. I always had a terrible midah of obsessing what others think about me. This came out it many ways. One for example is my image. Yes, I considered myself someone who wants to come closer to Hashem, but I did a lot to make sure others knew about it. Another is my obsession on what I say to others. I needed to be accepted and even more I needed to be respected. This had a correlation with acting out because of all the pressure I would feel when I

felt I wasn't succeeding in keeping up my image or saying the right things at the right times would urge me to let all that pressure out by acting out. I have been trying (albeit how hard it is) to stop focusing as much on what others think of me and rather what Hashem thinks of me, or better yet what I think of me. Focus on what I need to do to grow and not what to do to make sure everyone likes me and respects me. I am trying to continue this by being real with my wife, and being very open with a lot of things and even though I present myself as someone with confidence on who I am, I represent myself in a realistic and open way. May Hashem grant me the freedom from this horrible addiction and hiding and enable me to grow into someone full of emes and use all my kochos to do the right thing in life.

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Re: Starting anew. again.

Posted by Gevura Shebyesod - 20 Mar 2016 19:27

Mazel Tov!!!

May you be Zoche to build together a Bayis Neeman BeYisroel filled with Kedusha and Simcha!!

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Re: Starting anew. again.

Posted by shmiraShachaim - 23 Mar 2016 17:18

I'm on my 54th day of sobriety. On one hand an incredible feat but on the other hand i am not so close to the 90 day "finish" line. Yes, the "look at it each day" concept is in my mind, but the rush of life and is starting to make it more of a fuzz called "somewhere between where I started and 90 days" and starting to loose focus of what i am supposed to be doing now in order to succeed.

Yesterday I got a very dangerous feeling: smug. i was asked on a different thread for advice on what to do when tired, and i went ahead to give him a detailed response on my opinion and personal experience. I couldn't help feeling good the whole day. i felt like those guys always posting on the forum and offering advise to people at the beginning of their journey. And the irony is that I was tired when i wrote my response and for various reasons i was exhausted later in the day. It was crazy because it was insanely difficult. Lusting feelings came. my mindset changed and i almost succumbed. It was frightening that just that day i was confidently saying how to deal with such situations like it was easy and then i went through it that night. I'm on my 54th day. I'm a newbie. What i warned myself when started my journey again was not to lose

focus that im still sick and i need a lot work to do to get a hold om this illness and a lifetime to keep it in check. Now i realized i cant get too smug. I need to focus on how i am going to heal. I will give the little advise i can offer, but its from someone that desperately needs guidance himself and still in the beggining stages of this journey. May Hashem help me on my journey to a point that i can help others, but not to loose focus that i need help myself.

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Re: Starting anew. again.
Posted by shmiraShachaim - 23 Mar 2016 17:20

[Gevura Shebyesod wrote on 20 Mar 2016 19:27:](#)

Mazel Tov!!!

May you be Zoche to build together a Bayis Neeman BeYisroel filled with Kedusha and Simcha!!

and thanks Gevurah for your warm mazal tov! Amen to your bracha and we should share many more simchos together! hopefully my 90 day mark!!!!!!

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Re: Starting anew. again.
Posted by shmiraShachaim - 25 Mar 2016 23:03

I actually spent some time on Gye earlier this morning but got busy and planned to continue later... Its right before shabbas and i have a million excuses not to be on here right now. But i told myself this is oxygen. I need to stay connected and stay focused. So here I am posting and saying to myself that on my 56th day of my journey. I feel good B'H but telling myself eventhough today i might feel good tomorrow i might not. I need to tell myself this even later when i say eventhough this week i feel good or this year i feel good tomorrow imight not. Good shabbas!

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Re: Starting anew. again.

Posted by realsimcha - 27 Mar 2016 02:42

Shemira! You are simply an inspiration. You are doing great, but you are not losing sight of the tools that you put in place to be able to stay on the amazing path that you are on. Thanks for being there!

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