

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 shmiraShachaim - 17 Jun 2016 22:18

[gibbor120 wrote:](#)

One thing I noticed in your post more than once is the phrase "figure everything out" or "figure it out". Why do you need to "figure anything out"? Dov has a quote I like (don't think he is the original source) "You can't think yourself into right living, you can only live yourself into right thinking". I'm sure this doesn't make sense to you right now, but it is very profound. Many of "think" "if I could just figure this all out..." It's really not a matter of figuring it out at all. Just "DO" the things that have worked for others, and leave the thinking for philosophers.

I wasted many years trying to "figure it out". It didn't help at all.

Thanks Gibbor, I hear what you are saying. I believe in my last post i wasn't referring to "figuring out addiction". I mentioned "figuring things out" three times. The first was to figure out how I can feel with this line of damaging thinking. The second was to figure out the situation with my wife and the third is how to recover. I believe the 1st and 3rd one is what you were referring to, but I would rephrase it by "figuring out what to DO". That I have been doing but afraid not enough and will pursue figuring out what others have done. The second one is what I believe any normal married man would do (I'm assuming you as well, especially after you said biggest trigger for you is anger at wife). But happens to be that you are completely correct in that my nature is to dissect anything I encounter and naturally I tended to do so here as well. But I hear your point and I have seen Dov say things in a similar vein. It makes sense to give up my general mihalech that experienced ones have said that fail and do what so many experienced ones say work. But maybe I'll hold on to it on top of that. I know myself and it helps. Have to think about that. thanks Gibbor! Have a great shabbas!

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Re: Starting anew. again.

Posted by shmiraShachaim - 20 Jun 2016 02:45

crazy day. Haven't been able to think. However I had some not so clean thoughts and feeling. That feeling of pleasure is still there. Faint but still there. I reminded myself the most obvious (at least for me) yet hard concept to except at (at least for me): pleasure and happiness are not the same thing. I want happiness. I'm moving forward.

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Re: Starting anew. again.

Posted by markz - 20 Jun 2016 03:12

Dear guardian of life

I hope you have reached out to your LOR or LT (local therapist), while things are still going good

You have plenty going your way. A nice young married couple with hopes for a great life and trust in each other

Our therapist told my wife last week she should ask me to tell her more about what I used to do b4 gye, so that we start working on gaining trust and not hiding secrets...

Please do yourself the favor and go all out today on your Truck and get recovery blasting on all cylinders

It will help your marriage

It will help you

It may help us

KOT!!!!

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Re: Starting anew. again.

Posted by shmishachaim - 21 Jun 2016 03:52

Markz please... I might have infringement issues with the guard. And I'm not so heileg.

I know I should be grateful that I have the ability to plan this out. The first thing that comes to my mind is that a therapist is out of the question practically. Unless anyone knows one that doesn't charge and that adds an hour in the day so that my wife wouldn't know. I know you are thinking that if this is so important to me I would get the money and make the time and perhaps you are right. But at least for now I don't see a way of doing that. What's my game plan? Good question! I am at fault if something happens between my wife and I with no hadrachah besides frantically posting on GYE. What to do? I have seen guys in the past write a Rabbi is good for this, and I am really considering telling him. But I'm curious if this is the reason why should tell a Rabbi? It seems that the oilem here holds that Rabbiem are not qualified for hadrachah in these issues

(please please correct me if I'm wrong on this) and if he's not qualified for hadrachah with addiction, would that make him disqualified for hadrachah with dealing with a spouse? So would that make me fall back to a therapist?

I was also wondering if anyone can help me, about telling my Rabbi in general. I can see the importance of doing this out of isolation. But what about hadrachah? This whole thing has been confusing for me as I'm used to going to my Rabbi for hadrachah. What should I tell him? "Rebbi. Guess what? I am not who you thought I was. I had/have an issue that will completely change your view on me. But you can't help me as this has nothing to do with musser or Teshuvah. Thanks for listening"?

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Re: Starting anew. again.
Posted by cordnoy - 21 Jun 2016 09:00

It's hard to say without knowing he is, but I'd take my chances that he's qualified.

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Re: Starting anew. again.
Posted by gibbor120 - 21 Jun 2016 16:36

The one thing that is guaranteed to make an addiction worse is secrecy. Telling someone, be it a rebbi, therapist, relative or friend can be a big help. Only you can decide who to trust. Advice is just advice. At the end of the day, you have to decide to listen or not to listen. Some therapists are good, some are not. Some rabbeim are good at dealing with these issues, some are not.

I'm sorry I don't remember your story, but I just looked back at the beginning of this thread, and you seem to have enough issues to justify seeing a therapist without having anything to do with acting out. I'm sorry I can't give any advice as far as money goes.

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Re: Starting anew. again.

Posted by shmirashachaim - 22 Jun 2016 04:42

Thanks Cords and Gibbor.. Haven't had a chance to respond. Will lyH do that tomorrow.

so will just check in for now and nothing else to say but that I'm still trucking.

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Re: Starting anew. again.

Posted by shmirashachaim - 22 Jun 2016 16:44

[gibbor120 wrote:](#)

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As far as trust goes, I trusted my Rebbi with everything until now, and he knows just about everything about my life besides this prat. He has helped me on numerous accounts.

In regards to advice, I just was pretty sure I saw a theme about addiction being different than other issues in life. But perhaps I was mistaken. Also I hear what you are saying that don't need

to do anything based on advice. But I'm just being cautious.

As far as isolation goes. I can't know as never disclosed to anyone I personally know, but the concept makes sense and I trust you guys.

What's the worse that could come out of it? Him not respecting me and being disgusted with me? My suffering ego?

What's the best that can happen? Helping me attain a normal life? That's my thoughts for now.. But might change tomorrow. This is so tough.

In regards to therapy, I have gone to therapy in the past. I have learnt how to address many issues in my life B"H Bl'iH through therapy, my Rebbe, tons of contemplation, and hard work on myself. I would NOT of gotten married if that wasn't so. Even though I have realized that I am not free from life stresses and still need to be aware that they potentially may lead to acting out, the last few times I acted out wasn't from life issues as an escape because 1) as I said, I believe that I have learnt healthy ways to address them(albeit it being hard at times and still learning and growing), and 2) I have a wonderful life and a lot to be grateful for. I have an incredible wife who I don't know why I'm zoche to be married to and a lot of other things to be grateful for. Also, the faint yet present feeling of pleasure of porn that I needed to distinguish from happiness on Sunday isn't due to me lacking pleasure in my life. I have a lot of it.

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Re: Starting anew. again.

Posted by gibbor120 - 22 Jun 2016 16:58

Based on your own description of you rebbi, he sounds like a good person to tell ("he has helped me on numerous accounts"). We are all afraid of what a Rav or Rebbe will think of us, but generally, they actually admire us for having the courage to confront such a difficult and embarrassing issue. Put yourself in his shoes for a minute. Would you not be impressed if someone opened up asking for help?

He may or may not have the right advice, but just being able to opne up and share may help. Who knows, maybe he can help. Maybe he knows something about addictions, or can refer you to someone who does.

Bottom line, what have you got to lose?

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Re: Starting anew. again.

Posted by shmirashachaim - 22 Jun 2016 17:06

I guess my ego, but it probably needs the puncturing.

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Re: Starting anew. again.

Posted by Karl Marx - 22 Jun 2016 17:10

Also

We do a lot of lusting in our head

Also we do a lot of imaginations

How do you know what your Rebbi's thinking

I shared with mine a few months back. He was very accepting and understanding

The impression he may very well have gotten is "Such a choshuva Yungerman... I guess even big people struggle with porn addiction"

I've said this before..,

If your Rebbi is not understanding and is derisive, just Keep on Trucking to someone sensible, but as Gibbor says, it's worth the try

GUYS GIVE A HONK FOR SHEMIRAS!!!!

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Re: Starting anew. again.

Posted by shmirashachaim - 23 Jun 2016 02:11

Meant to say this yesterday: I am past my 50 day mark, so I think I should get a big hearty mazal Tov for being sober TODAY. *Today* was a wonderful day because not only have I been sober(it's not over yet but at least of what's of it) but i am living life, thankful that I am not in that stagnic lusting life I was in so long ago. Living a meaningful life. Not easy in every regard but meaningful. I realize that I have gotten to this stage in the past and its not over. It's far from over. Not even past 90 days. I have no right to be smug. Hashem let me be sober today and I'm thankful for that.

Wanted to say that the title of today's GYE email struck a cord:

Keep calm, breathe, and live one day at a time.

I will keep that in mind Bli Neder for the rest of my life. Thanks GYE.

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Re: Starting anew. again.

Posted by cordnoy - 23 Jun 2016 02:34

Ouch!

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Re: Starting anew. again.

Posted by Karl Marx - 23 Jun 2016 03:20

Mark

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