

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 - 29 Jun 2016 22:21

Haha.. Meant *expanding*, not abandoning. I'm just not sure my sobriety will last being focused mainly on the forums.

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Re: Starting anew. again.

Posted by shmiraShachaim - 29 Jun 2016 22:22

And I didn't understand your last post Markz.. Are you offering Cord's services? So kind of you

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Re: Starting anew. again.

Posted by Workingguy - 29 Jun 2016 22:40

On a practical level it will be his davening that helps because he's making an effort and wants to change, but there is also a concept of the captive not being able to get himself out of jail.

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Re: Starting anew. again.

Posted by cordnoy - 29 Jun 2016 22:57

[shmirashachaim wrote on 29 Jun 2016 22:22:](#)

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Consider it offered, but I'm not good for SOS calls, unless you allow me to shlep you to a meetin'.

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Re: Starting anew. again.

Posted by Markz - 29 Jun 2016 23:01

[cordnoy wrote:](#)

[shmirashachaim wrote:](#)

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Consider it offered, but I'm not good for SOS calls, unless you allow me to shlep you to a meetin'.

Grab the offer while it's still on the table

GO SHEMIRA GO!

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Yeah Boy

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Re: Starting anew. again.

Posted by shmirashachaim - 30 Jun 2016 01:00

[Markz wrote:](#)

[cordnoy wrote:](#)

[shmirashachaim wrote:](#)

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Yeah Boy

Haha

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Re: Starting anew. again.

Posted by shmrashachaim - 30 Jun 2016 01:00

[Markz wrote:](#)

[cordnoy wrote:](#)

[shmirashachaim wrote:](#)

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Re: Starting anew. again.

Posted by shmirashachaim - 30 Jun 2016 01:08

[Markz wrote on 29 Jun 2016 23:01:](#)

[cordnoy wrote:](#)

[shmirashachaim wrote:](#)

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Yeah Boy

Haha :laughing:Thanks for the rooting! I am B'H ok as of now. Decided to push off the junk for a . Not surfing web either for now. Really have to figure out how to block it and get a better covenanteyes partner. There I am again pushing things off. Thanks Cords for the offer. I assume you're not too shabby at SOS calls, but I'll take advantage (or not? Too hopeful?) in the future. Thanks guys for being there for me! Means a lot to me!

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Re: Starting anew. again.

Posted by shmirashachaim - 30 Jun 2016 01:10

[Workingguy wrote on 29 Jun 2016 22:40:](#)

On a practical level it will be his davening that helps because he's making an effort and wants to change, but there is also a concept of the captive not being able to get himself out of jail.

Thanks... could attest to that.

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Re: Starting anew. again.

Posted by Markz - 01 Jul 2016 01:03

[shmirashachaim wrote:](#)

[Markz wrote:](#)

[cordnoy wrote:](#)

[shmirashachaim wrote:](#)

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Shemira you had a challenging lust yesterday

For the record this is not the "Just having fun" section

I was serious in my rooting for you

later time.. Have to do it eventually though

I really feel for you and am not the professional that will tell you which way to go with Cordnoy or Skep

Please keep in touch

AND

KEEP ON TRUCKING

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Re: Starting anew. again.

Posted by inastruggle - 01 Jul 2016 02:56

I just want to congratulate you on telling your rebbi.

Also the way you handled yesterday was super impressive.

Seriously inspired.

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Re: Starting anew. again.

Posted by shmirashachaim - 01 Jul 2016 04:46

[Markz wrote on 01 Jul 2016 01:03:](#)

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I was serious in my rooting for you

I really feel for you and am not the professional that will tell you which way to go with Cordnoy or Skep

Please keep in touch

AND

KEEP ON TRUCKING

I appreciate the warmth and acceptance since I got here. Sometimes people need more than

professionals. And bli neder I will keep in touch... Just don't make that too literal and bump me from behind again!

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Re: Starting anew. again.
Posted by shmrashachaim - 01 Jul 2016 04:47

[inastruggle wrote on 01 Jul 2016 02:56:](#)

I just want to congratulate you on telling your rebbi.

Also the way you handled yesterday was super impressive.

Seriously inspired.

Follow the leader

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Re: Starting anew. again.
Posted by Birshusi - 01 Jul 2016 21:10

Wow.

What a m'chayev, the way you are pushing vyter.

And yet another person who spoke to their Rebbi. I still can't get myself to do it.

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