

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 Abie - 15 Jul 2016 01:32

[shmirashachaim wrote on 15 Jul 2016 01:27:](#)

the inappropriate material I needed to do

what do you mean?

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Re: Starting anew. again.
Posted by shmirashachaim - 15 Jul 2016 01:40

College work

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Re: Starting anew. again.
Posted by shmirashachaim - 15 Jul 2016 01:42

Not sure what others could say. In the past I would of sucked it up and not say anything here. I wouldn't want to even admit that I'm contemplating this. But I have learnt to just let out my mind on these forums.

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Re: Starting anew. again.
Posted by Markz - 15 Jul 2016 01:57

[shmirashachaim wrote:](#)

College work

What type of college work?

You becoming a math professor?

That can be very stressful and I understand if it causes you to seek inappropriate outlets elsewhere

So deal with it

Either join SAA

Or Join NASA (become a rocket scientist)

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Re: Starting anew. again.
Posted by shmishachaim - 15 Jul 2016 02:03

Hey Markz.. You've been quiet for a while.

im not sure if I should say as it might cause triggers for others.

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Re: Starting anew. again.
Posted by shmishachaim - 15 Jul 2016 02:05

And your very into SAA these days Markz!

I have been considering NASA as well, Mars might be the only place that doesn't have triggers everywhere like this crazy planet.

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Re: Starting anew. again.
Posted by Markz - 15 Jul 2016 02:14

[shmishachaim wrote:](#)

Im not sure if I should say as it might cause triggers for others.

What, you're training to be a gynecologist?

Well then go ahead and read [this](#) thread

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Re: Starting anew. again.
Posted by shmiraachaim - 15 Jul 2016 03:14

Markz, you consistently baffle me on your ability to pull anything on anything from these forums (k that was from your lust towing but still)

What I am doing has very much relevance to that, perhaps a little worse though (not in the long run necessarily but right now) But now that you bring it up ill say that I don't understand how any of these frum guys get into these type of jobs. There is a frum OBGYM in the community who everyone goes to, and it's accepted. I just don't understand why though. There are dozens of parnasahs out there, why put yourself through one where your looking at women's bodies/ervah's all day. I'll add that my limited knowledge and my inquiries in high school tells me that these types of stories in navi/chazal apply only to those times, and current Halacha forbids us from such things as our yarida makes all of us influenced. Again that's just my ameratzis understanding.

This question likely has more relevance to me than stam curiosity, so appreciate this.

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Re: Starting anew. again.
Posted by Markz - 15 Jul 2016 03:38

It's not necessarily true especially since you yourself mentioned the word "erva"
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Our problem is that we lust even about a pinky. There are many Frum photographers that will take family pictures and single poses, which I could never do, because my brain is wired in such a way that I can't easily look at a girl without objectifying her. Yeah if I don't take the first drink / look I'm fine. But does that mean all Frum photographers are lust addicts?

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Re: Starting anew. again.
Posted by shmirashachaim - 15 Jul 2016 04:13

Interesting. thanks.

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Re: Starting anew. again.
Posted by shmirashachaim - 15 Jul 2016 04:15

I'm still not feeling well. I'm stressing out on this stuff. im calling it a night.
if I go to sleep that most probably means won't cover all material needed.

may Hashem be with me

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Re: Starting anew. again.
Posted by Abie - 15 Jul 2016 04:28

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Re: Starting anew. again.
Posted by shmiraShachaim - 15 Jul 2016 15:45

Markz what I think you are saying theoretically makes sense, but not all to clear if I understand your point, and if I do can you just confirm that it's true lemiesa?

I have always thought that everyone is affected by women by just being a guy. That's nature. A lustaholic might pervert everything to lust (as I have done countless of times in the past) but does that negate that every normally functioning guy isn't immune to tyvah? I'm just not getting what your saying. Is the whole concept of shmiras einaim irrelevant if your not hooked on porn? A lot of chashava people are careful not to go to certain places and Guard Their Eyes. Are you proposing their minds are in "addict mode"? Or perhaps their in such "positive" mode this stuff affects them even more?

Basically, I understand your point about how when the brain waves are in "addict" mode as you say, even innocent things could become not so innocent, but I don't see the flip side that if the brainwaves are positive then alls good. Hard for me to believe that because one is not an addict he can look at unclothed ladies all day. But I guess I'm wrong as its acceptable.

Perhaps my mind is so messed up that I think everyone is messed up(human)?

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Re: Starting anew. again.
Posted by shmiraShachaim - 15 Jul 2016 15:47

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