

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 markz - 21 Feb 2016 18:11

I'm listening!!!

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Re: Starting anew. again.

Posted by shmiraShachaim - 22 Feb 2016 02:26

[markz wrote on 21 Feb 2016 18:11:](#)

I'm listening!!!

Haha thanks Markz! It's great to have a number of people on this sight making sure to go through all the forums and responding including you!

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Re: Starting anew. again.

Posted by realsimcha - 22 Feb 2016 18:04

I am listening too. Its amazing to see all the hard work that you are putting into the real prep for your wedding. I am sure that it will create a zchus that will bring huge joy to your lives. You are an inspiration for me. Keep up the great work!

...And keep Posting !!!!!!!!!!!!!!!!!!!!!

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Re: Starting anew. again.

Posted by Sasha 2 - 22 Feb 2016 18:13

Im also here listening. There are prob many more people listening as well.

I just want to say that just like the forum helped you, your thread also inspires many to learn from your determination! (including myself)

Hatzlocha!

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Re: Starting anew. again.

Posted by shmiraashachaim - 23 Feb 2016 06:22

Thank you so much RS ans Sasha 2! it means a lot to me.

I almost went through a day without posting and even though its way past my bed time this is important!

Today the thoughts kept coming in.. this time I did some breathing exercise my therapist suggested, but so much pressure. The pressures of life make my body feel pain.. so much pain. Its so interesting how external pain can bring about such a feeling. My mind keeps wanting to laze into the easiness of lust that is so much more convenient to ponder than the pressures of life. My brain has these crooked reasonings pop up reminding me of the sweetness of all the things I detest. The sweetness of the forbidden. In the past a was sucked not only into the world of porn. My whole day revolved around it, allowing me to escape the bitter world around me. Whether because of the loneliness engulfing me, the restlessness tormenting me, frustration from not being able to accomplish anything, or sadness from my mother passing away, or anger from my fights with my father, life always found its way to bitterness. It took a while to know how to deal with things and allow myself to take what could be considered bitter and make it create me into a strong growing person. One that can stand up to the challenges of life and not run away into the laziness of depression and porn.

I need to remind myself of all these now when I feel the pressures of life creeping inside me in a way I dont want them to. With Hashems help and will, i'll overcome all this and push the bitterness into the past and happiness and growth in the present the future. '

Please Hashem take the thoughts and pressures away from me and allow me to be able to live a healthy life as an amazing husband and serve you in the best way I can!

Thanks to whoever got through my middle of the night rambling! until tomorrow!

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Re: Starting anew. again.

Posted by cordnoy - 23 Feb 2016 07:06

Amen!

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Re: Starting anew. again.

Posted by Seeking Support - 24 Feb 2016 14:00

Don't despair! I have the same problem, but I'm working on it too. Even though I, myself, am only 16 I worry about shiduchim too, so if we all work together we can *all* succeed and live happy lives. We are all behind you, don't despair!

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Re: Starting anew. again.

Posted by markz - 24 Feb 2016 14:11

[Seeking Support wrote:](#)

Don't despair! I have the same problem, but I'm working on it too. Even though I, myself, am only 16 I worry about shiduchim too, so if we all work together we can *all* succeed and live happy lives. We are all behind you, don't despair!

WELCOME TO GYE

all caps = shouting? Yes, because I'm very excited when someone your age joins, I wish I did too... Although Shteeble thought I'm 23 which is nice of him...

Seeking support, it is helpful if you start your own story thread, and may be more beneficial if you reach out to one the biggies here for support eg the.guard, cordnoy, skip. All the best

Jump in and start Trucking!

well deal with the license later

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Re: Starting anew. again.

Posted by shmiraachaim - 24 Feb 2016 18:08

[Seeking Support wrote on 24 Feb 2016 14:00:](#)

Don't despair! I have the same problem, but I'm working on it too. Even though I, myself, am only 16 I worry about shiduchim too, so if we all work together we can *all* succeed and live happy lives. We are all behind you, don't despair!

hey seeking support! I like your name but you should add "giving support" as well because you are very good at it! It is so much easier not to despair when there are others that have your back . When you say you have the same problem, do you mean doing inappropriate things in general? repetitive thoughts? pressure from life dilemmas? Would love to hear more about you and like Harav Markz said would be great to introduce yourself. Its great that you care and you are only 16! The earlier you deal with this the better and like GYE says should "hit rock bottom" without hitting rock bottom meaning internalizing how horrible and disgusting rock bottom is and never reach it! When you get older more things will be accessible to you. I remember when each time a bigger level of treating my desires became accessible my brain went crazy and convinced me that THIS time i will be satisfied. THIS time my cravings will be abated. It took me a lot of strength to scream THIS IS NOT TRUE... that feeling of new excitement is false. the more i am able to do the more i want. I became more and more depressed the more I was able to do. I lost more of my self control when I went from being compelled to go on line and instantly see whatever to being compelled to drive 25 minutes and drop \$500 even though I didnt want to. its scary and i wish i could of internalized this before I slipped down the slippery slide.

I don't even know much about you and im really just rambling about myself so again would be great if you start your own forum!

may we work together and be able to live happy successful lives where we dont only learn to support ourselves but others as well.

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Re: Starting anew. again.
Posted by Seeking Support - 25 Feb 2016 02:19

That would be great! If we did work together I think it would work. And yes all of the above it

was really hard, and I'm falling back into place. Thanks for your kind words.

-SS

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Re: Starting anew. again.

Posted by Sasha 2 - 25 Feb 2016 08:52

[Seeking Support wrote on 25 Feb 2016 02:19:](#)

That would be great! If we did work together I think it would work. And yes all of the above it was really hard, and I'm falling back into place. Thanks for your kind words.

-SS

Welcome Seeking support to the family!

I agree you should start your own thread so you can get the chizzuk you need, it does wonders!

Hatzlocha!

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Re: Starting anew. again.

Posted by shmiraShachaim - 29 Feb 2016 05:42

Hello everyone, I have been posting on other forums but haven't really posted any update on myself for a while.

First of all I get a mazal tov. I became a gibbor on the 90 day journey by passing the 30 day mark.

As I said previously, I took upon myself to post everyday on this wonderful forum. As of now I have been able to do so for the most but missed a few and I will work on that. I still have hope to become more consistent on my journey to sobriety, I still have hope to get back into this incredible community and not be forgotten in the abyss of the past, and I still have hope that I will break free from this sickness. Allow me share a little bit of what is going inside my head: I'm a chasson. My chassuna is around the corner. So many smiles and hugs and good cheer. So much attention and care. Everyone greets me where ever I go. But even though I am

surrounded by family and friends, I feel as if there is an invisible wall barring them from me. An invisible wall of misunderstanding. I live in this lone world where I must struggle with this monster inside me. I laugh and cheer with everyone else... but I shudder inside. I find myself getting lost in what is happening around me and that might be why it is starting to get harder keeping up on my GYE. GYE reminds me that I am sick while my surroundings assures me that I am on top of the world. It points to me being that person everyone is admiring and giving all their attention to., to me being that person that everyone has a million things to say about. All the speeches.. his middos, his hasmada.. I'm good. I'm great. Why would I want to enter the world of me being someone trying to stop a lowly disgusting habit? But I cant make the same mistake I made the first time and I must learn that ignoring it brings it. Yes, I don't like it. It makes me feel small. I forces me to realize that behind the face of confidence and excitement, there is fear. I don't want to feel small but I guess I must do so in order to become big. Thanks to whoever is reading my rambling and I am looking forward to more disconnecting from ugliness and more connection to beauty like GYE.

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Re: Starting anew. again.

Posted by Yesod - 29 Feb 2016 06:23

Hey Gibor,

Mazal Tov! and Mazal Tov!

Thats fantastic news.

Bro, when i was a Chosson and i imagine many others on here as well, we didn't even yet realize we had a problem we were dancing our way straight into disaster.

You are on the ball, keep coming back here, and when you smile with folks, smile even a little more because all of us here are cheering you on as well.

Mazal Tov,

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Re: Starting anew. again.

Posted by markz - 29 Feb 2016 11:40

[Yesod wrote:](#)

Hey Gibor,

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