

I'm Finally Here

Posted by Birshusi - 20 Apr 2016 05:43

This post is over a decade in the making. A decade of struggling, falling, disappointing myself, and a whole lot of tumah.

The first time I watched porn was completely by mistake; actually it was more like mis'aseik. Someone in my house had been watching before me, and it was in the relatively early days of the internet when many websites used the Windows Media Player on the computer's desktop as their video platform. I, an innocent eight or nine year old, opened WMP stam, and up popped a video that, although not immediately apparent what it was, was clearly going somewhere. So I watched. And what I saw then remains to be the most explicit, obscene sight I have ever seen. An entire world had been revealed to me, one that I couldn't believe actually existed, but one that was just as intriguing as it was disgusting. I spent the rest of that Friday afternoon in my family's closed-door computer room, googling for more of what I had just viewed. What I ended up finding was eight year old stuff, but pritzus at its worst just the same.

I don't remember specific incidents after that affair; there must have been something. But a few years later, the iPod Touch came out, and I desperately wanted one, because it was cool new tech and I was a curious kid. My generous parents bought it for me, and of course made sure to remove the Youtube app and Safari. Shkoyach. A couple of sports apps later, and I had easy access to whatever I wanted to see, whenever I wanted to see it. Every night, I'd come home from school, and drown myself in whatever my imagination dreamed up. This went on for over a year, with me feeling worse and worse about myself as time went on, with numerous honest attempts to stop all ending in depressing failure.

[Agav, I always knew that I wouldn't cross certain lines. For some reason which maybe I'd be able to explore with the oilam here, I only allowed myself to see basic porn, but not the worst of the worst, if you chap what I'm saying...]

One night I had enough of myself. I went downstairs to my father who was in the kitchen preparing to go to sleep, and I said to him, "Can we talk?" He chapped right away. We sat down on the couch, and I told him how I'd been using my iPod ever since he bought it for me. Long story short, he was incredibly understanding and supportive, and I felt renewed. He took my iPod at my request, and that was that.

For the iPod, anyway.

We still had computers without filters, which meant that any time I was home when nobody else was in the house, I'd find myself in the same chair, finding more garbage to enjoy, and to suffer from. (I also found books in my house that contained everything I wanted to see, just in writing.) I still remember my Rebbi asking me once how my off-Shabbos was, and how difficult it was for me to just smile and say "Great, boruch Hashem." What a shahkrin.

But that issue would sort of fade, because my parents got a good filter, and I started to become more of a masmid and more attached to my learning in general, which I realize now is a tremendous neis considering all that my eyes have seen and my brain has absorbed.

But it was always there, a problem whenever I was home and alone, the draw to the computer magnetic and suffocating. Slowly it has become more of a constant mindset than a periodic struggle. Whenever I'm home, it's not a shailah of if I'll end up on the computer, but when, for how long, and how bad it will be.

My mind is now dominated by the desire to see an attractive woman, and when one does come close, I feel basically powerless to look away. It is so bad that driving is sometimes dangerous for me, because when you're in a frum neighborhood and there's a minivan coming your way, you can bet that the driver is wearing a sheitel and makeup, and I want to see. And even worse than that, this thirst for lust leads me to violate people's privacy, which besides for being extremely selfish, could land me in jail if I'm caught.

I've thought about all this for a while, and have finally admitted that this cannot be chalked up to normal male behavior, but rather, I have a lust problem, and I guess it could be an addiction. I can't go on living like this, because it messes with my basic functioning, menuchas hanefesh and my ability to shteig. I had planned to join GYE at the beginning of Bein Hazmanim, but I was so busy that I barely had time to sit at the computer. I naively thought that I might be okay. But first yesterday and then today, I caved (fell?), and it's clear that if I don't act now, I might never get this yetzer hora under control.

If you are still reading until this point, I can't thank you enough for getting to know me. I need the oilam here to help me become like you - focused and determined to remain pure in a world of shmutz. I really hope that I'll be here often, feeling the support of other Yidden that are fighting the same battle I am. Because I really want --and need-- to get myself under control.

Yedidcha,

Birshusi

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Re: I'm Finally Here

Posted by cordnoy - 06 May 2016 19:42

I was gonna write that which was written in a deleted post.

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Re: I'm Finally Here

Posted by markz - 06 May 2016 19:44

Even if we are actually all addicts, there's a benefit in sharing the struggle together, and not sailing in the dark night. This gives us the comfort of normalcy that there's many similar bojo's trucking together

Is SA normal?

Is SSA (that I have slightly) normal?

Is low sex drive normal?

So I agree gye gives us a comfort level of "my normalcy"

But to say that I'm normal like many others therefore I'm not an addict is illogical.

The one is irrelevant to the other

(I did not say you are or not an addict)

Theres 1 question

Are you interested in recovery

Do you want to cut objectification (explained in "[Free Towing](#)" #3) out of practice in your life (even if the feelings may take longer or never to remove)?

Do you want to stop running to P&M outlets every 2 weeks (more or less)?

Do you want great GYE recovery, or would you rather suffer in marriage with these 'normalcies', and it doesn't get better then - sorry

I believe you are in "Recovery Trucking" with all us similar "addicts" and hope you have a great weekend

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Re: I'm Finally Here

Posted by stillgoing - 06 May 2016 19:50

[Birshusi wrote on 20 Aug 1974 18:20:](#)

I gotta agree with ina on this one. Over the last two weeks, I've seen things and have had thoughts that gave me pleasure, and I began to get angry and frustrated that I just can't control myself. And then I remind myself, this is totally normal. And magically, I calm down and go vyer feeling positive and encouraged to keep improving. It's working. I haven't fallen once since I joined GYE. If instead I keep telling myself that I have an **addiction**, it feels like an insurmountable defect and I'd just get depressed. Obviously if someone really truly has an addiction, he's got to face it and learn to manage it, whatever it takes. But if I can have this mindset, that I'm a normal male doing my best to follow the dvar Hashem, and it works to keep me clean, I would think it to be obvious that this is the correct approach.

By all means, no need to jump right in and heap a lable on. Gye offers a whole bunch of new tools and outlooks that you may not have tried before. Go for it, keep on trucking, and see if you can lick this thing (at least mostly) once and for all. Not everybody who comes on this site has an addiction. (unless you include coffee and cell phones - then we all have an addiction). This thread with all of it's posts arent going anywhere. Many of them contain a lot of truths, since the topic of having an addiction is very close to the hearts of many people here. (I believe that reconizing that one has an addiction - If he does - is very important) But there is no reason to jump to that right away, there are other things to try first, and those other things might work!

KUTGW

KOP

KOT

KOS

KOB

KIT

KOSG

sg

Gut shabbos

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Re: I'm Finally Here
Posted by Birshusi - 06 May 2016 22:20

So many good things were said over the last bunch of posts. It all deserves consideration.

Good Shabbos.

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Re: I'm Finally Here
Posted by Birshusi - 08 May 2016 04:32

[markz wrote on 06 May 2016 19:44:](#)

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I sure am markz.

I sure am.

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Re: I'm Finally Here

Posted by Shlomo24 - 08 May 2016 13:32

[markz wrote on 06 May 2016 19:44:](#)

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Great post, Mark. Couldn't have said it better myself. That is the question, "Will you go to any lengths to achieve sobriety?" That question is different for everybody out there, for me it meant committing to SA and what it entails, for others it can mean getting a filter or making a call. Regardless, without that, I have not found any semblance of continual serenity in my life. It doesn't matter if one is an addict or not, what matters is that one is willing to do what HE, (not anybody else), needs to do to live life... erm... normally.

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Re: I'm Finally Here
Posted by Birshusi - 08 May 2016 22:23

Heading back to yeshiva tonight. B'ezras Hashem I hope to hold on to the inspiration that I've gotten from GYE over Bein Hazmanim. I'm going to try to stay connected as much as possible, though I'm not sure how just yet. That'll probably be decided after I finally sit down with my rebbi to tell him about all this.

Hatzlacha to all!

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Re: I'm Finally Here
Posted by markz - 08 May 2016 22:28

My 2cents? Plan for your summer vacation today

I wanted to add, that my wife totally doesn't understand this whole gye thing and citified Asifa etc etc, and there's a chance your Mom doesn't really understand the Lust struggle from your perspective even if she can commiserate with you

WE ARE GONNA MISS YOU

I'm sure you can easily setup a weekly group meeting in Yeshiva :-) and send us the invite (if your Rosh Y allows)

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Re: I'm Finally Here
Posted by inastruggle - 08 May 2016 23:48

I'm heading back tonight as well.

I generally don't have as hard of a time in yeshiva because of lack of access but I do need to stay connected.

Keep up the great work and keep us posted.

Hatzlacha on the new zman and chavrusos.

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Re: I'm Finally Here
Posted by Birshusi - 13 May 2016 18:22

I decided that it's not an avlah to come home every now and then to use the computer, even though it's the middle of the zman. My yeshiva is close enough to home to make this possible,

and being that it's entirely for avodas Hashem, I paskened that it's muttar. And there's no chance I'm gonna fall in the short time I'm home, that I know for sure.

Being aware of my lusting self while in yeshiva is an interesting experience. On the one hand, the knowledge that I have people supporting me in my struggle makes it easier to fend off the loneliness that often triggers me. Meaning, even though I'm not on the forums, I know the oilam here is rooting for me and expecting me to do my best, and that is very comforting.

On the other hand, I've realized a couple of upsetting things about myself. One is that most of the time when I let my mind wander, I end up in the same place: a feeling of loneliness that quickly morphs into no good thoughts.

Also, there is a house next to yeshiva that has three windows that have been magnets for my eyes ever since I came to yeshiva. They are in direct view of the main hallway of the building, and whenever I walk through that area, I involuntarily and subconsciously move my eyes to look. It was shocking to me that I was so accustomed to looking in that direction that I now do it without thinking; it's an automatic reaction. I'm really upset about it.

I'm trying to figure out how to change this behavior. One idea I had is to do practice walks through that hallway in order to get used to not looking. I haven't done it yet and as of now it's my only idea.

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Re: I'm Finally Here

Posted by thanks613 - 13 May 2016 19:05

Not a bad idea I think. How about walking through with someone else? Does it help to have someone else to talk to and look at while you walk through? Or, get something in your mind to think about while you walk through. Review Bameh Madlikin Ba'al Peh, a paragraph in Davening, think about a Rashi you learned.. whatever. Finally, practice walking through the hallway with your eyes closed. Or use your binoculars to help you walk! You'll be so focused on not bumping into things, that as long as your feet keep moving, you should be great!

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Re: I'm Finally Here

Posted by cordnoy - 13 May 2016 19:13

Or decide beforehand that looking doesn't do you any good.

I know....that's not much of a trick....my bad.

B'hatzlachah

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Re: I'm Finally Here

Posted by Birshusi - 13 May 2016 20:39

[thanks613 wrote on 13 May 2016 19:05:](#)

Not a bad idea I think. How about walking through with someone else? Does it help to have someone else to talk to and look at while you walk through? Or, get something in your mind to think about while you walk through. Review Bameh Madlikin Ba'al Peh, a paragraph in Davening, think about a Rashi you learned.. whatever. Finally, practice walking through the hallway with your eyes closed. Or use your binoculars to help you walk! You'll be so focused on not bumping into things, that as long as your feet keep moving, you should be great!

These are good ideas, but I'm not sure it'll help. Even when my mind is in learning, it doesn't usually help because it's so ingrained in my subconscious movements to move my eyes in that direction.

It sounds crazy but that's how it is.

And the binoculars are in cheirem. I made a kabbalah not to touch them, and anyway I didn't bring them to yeshiva.

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Re: I'm Finally Here

Posted by markz - 13 May 2016 20:53

Birshusi

have you ever stopped in the hallway to watch the sights (as I did in the ~~good~~^{bad}-old days)

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