

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 Birshusi - 09 Apr 2017 16:59

[cordnoy wrote on 09 Apr 2017 04:45:](#)

Sorry to hear.

Sol what is the strategy?

I don't have one yet.

I've considered a taphsic, but I'm scared...

Otherwise I've been on the forums a lot.

Any suggestions?

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Re: I'm Finally Here

Posted by cordnoy - 09 Apr 2017 17:11

[Birshusi wrote on 09 Apr 2017 16:59:](#)

[cordnoy wrote on 09 Apr 2017 04:45:](#)

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Have you read the handbook?

Have you spoken to anyone?

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Re: I'm Finally Here

Posted by Birshusi - 13 Apr 2017 03:19

[cordnoy wrote on 09 Apr 2017 17:11:](#)

[Birshusi wrote on 09 Apr 2017 16:59:](#)

[cordnoy wrote on 09 Apr 2017 04:45:](#)

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No and no, unfortunately. I reached out to a friend but we haven't been able to speak yet. I should probably start with the handbook again. I just don't want to get all involved; I know it's stupid but I just don't want to be all busy with this again.

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Re: I'm Finally Here

Posted by Markz - 13 Apr 2017 03:55

[Birshusi wrote on 13 Apr 2017 03:19:](#)

[cordnoy wrote on 09 Apr 2017 17:11:](#)

[Birshusi wrote on 09 Apr 2017 16:59:](#)

[cordnoy wrote on 09 Apr 2017 04:45:](#)

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I also wish to have the same, and I think it's a sweet dream

May your dreams come true

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Re: I'm Finally Here
Posted by Birshusi - 03 Aug 2021 21:31

Reviving my old thread because, well, yeah, I'm back. Pretty ironic if you look at my last post from a few years ago...

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Re: I'm Finally Here
Posted by OivedElokim - 31 Aug 2021 04:16

How are you doing?

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Re: I'm Finally Here

Posted by Birshusi - 02 Dec 2021 16:50

Just had the worst fall of my life. Went to places and watched things far beyond what I've done in the past. I know exactly what led me to feel like I needed to do it, and I knew all morning that I was going to fall because I just felt like I needed it so badly.

I've been here for years and you'd think I'd know what to do now, but I'm at a total loss. I feel like I've crossed a major red line and having thoughts of teshuva now is fraudulent. Especially because I fell yesterday and the day before, and made a sincere effort to return to a pure place, and then boom, I'm in the trash again.

Oy Eibishter, it's too hard.

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Re: I'm Finally Here

Posted by DavidT - 02 Dec 2021 17:17

[Birshusi wrote on 02 Dec 2021 16:50:](#)

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Ouch! You must be in so much pain now...

Let's hope that this was your "rock bottom" and now there is only going up with the help of Hashem.

Try to use the incredible story of Chanukkah and its message to learn as the Maccabees knew that there were no enemies that could defeat them. As we say in the Chanukah insertion in our Amidah: "YOU delivered the mighty into the hands of the weak, many into the hands of the few, and impure people into the hands of the pure..." **And by doing so we will take ourselves out of the PIT of our disease and see the Light and the Miracles of Kislev!**

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Re: I'm Finally Here
Posted by Birshusi - 02 Dec 2021 17:51

At least I threw the device I used right into the garbage. It was an old phone that I charged and used.

Sorry about the toxic waste that's going to leak into the ground...it was an eis la'asos.

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Re: I'm Finally Here
Posted by Trouble - 02 Dec 2021 17:56

[Birshusi wrote on 02 Dec 2021 17:51:](#)

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but good move; you're a better man than i.

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Re: I'm Finally Here

Posted by Birshusi - 02 Dec 2021 20:28

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but good move; you're a better man than i.

Or I was so disgusted in myself that I acted on impulse and got rid of it.

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Re: I'm Finally Here

Posted by Birshusi - 17 Nov 2022 23:14

I've come to realize that I want to fall when I feel angry. Sometimes I know I'm angry about something specific, and sometimes when I stop to think about why I am feeling triggered, I realize that there is a deep-seated anger that is underlying it. Usually it's anger towards my wife, and porn is kind of a revenge against her, almost like I'm making her pay for what she did to me by doing something that would hurt her deeply if she knew about it. It's like I'm being unfaithful. It feels like I'm really getting back at her good, like "You're gonna do that to me? Watch what happens now!"

Lately I've been angry at her for several things, none of which really deserve my wrath as they are regular relationship things (I think). If not for filters I would be deep in the mud right now, and I just realized I there might be a way to fall at some point soon...

Has anybody else noticed this pattern of anger triggering them to fall? If yes, what works to stay clean?

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Re: I'm Finally Here

Posted by Teshuvahguy - 17 Nov 2022 23:54

[Birshusi wrote on 17 Nov 2022 23:14:](#)

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Yes. Anger, sadness, anxiety...it all triggers. Sometimes I can recover before the fall, sometimes not. Not yet clear what works. But I hear you.

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Re: I'm Finally Here

Posted by yechielmichel - 18 Nov 2022 01:05

[Birshusi wrote on 17 Nov 2022 23:14:](#)

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Absolutely... You're on the button...

Anger is a very powerful emotion.. it can get you to do crazy things... The anger can be triggered or about any number of things. But what anger is really saying to you is that there was a personal boundary that was crossed... Someone was infringing on what is yours, or what you deserve..

For me, I realized that my low self-esteem makes me want to look to other people to give me validation, approval, attention, respect, acknowledgement, security, etc... and when I don't get that from my wife, I think "How dare she. We're married and she's a bad wife..." So there's anger... and P&M just feels so good in the moment so it's an appealing escape to flood myself with good feels (albeit for fleeting moments).

What has worked for me is recognizing what's going on, catching it, slowing down the process, and stopping in the in tracks.

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