

I'm Finally Here

Posted by Birshusi - 20 Apr 2016 05:43

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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 abd297 - 21 Apr 2016 21:13

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The one about the rebbi not helping out of fear of teaching me more bad things, that eslaasos had.

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Re: I'm Finally Here

Posted by Fb2016fbt - 22 Apr 2016 15:42

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Birshusi, I can relate to what you're going through. I'm a 23 yr old bochur and the first time I saw porn was out of total curiosity and now 10 yrs later I'm still facing the same issues. I joined gye a couple months ago and there is much valuable resources that it has to offer. I don't feel like I'm the dark with the everyday battles that I'm facing bec I now have some background on these subjects thanx to gye. I'm no where from perfect but I'm trying to stay in the battle and i think that is key advice. Just having the mindset that u wanna win will and r gonna win help u beat the yeitzer hara

have a good Shabbos and chag kosher ve'sameach

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Re: I'm Finally Here

Posted by Birshusi - 22 Apr 2016 16:48

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Last night I discovered the power of saying a quick, quiet tefillah when you're in trouble. I was at a restaurant for supper, and I noticed a girl. 'Nuff said. I made sure to sit facing away from her, and most of the meal was fine. But on her way out, she was meandering right by my seat. I don't know what she was doing, but the longer she was there, the harder it was getting to keep my head down. And then I remembered to daven, and I asked Hashem to make her walk out. IMMEDIATELY, I saw her feet turn towards the door, and out she went. Soon afterwards, I got up from my seat, and I noticed some of her family members still inside the restaurant. I assume that's why she was waiting by the door, but then why did she decide to leave when she did? I don't know if she knew why, but I did...

Hashem wants us to be pure, He loves our efforts, and He will help us to succeed.

Chag Kosher **V'Sameiach** GYE!

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Re: I'm Finally Here

Posted by markz - 22 Apr 2016 17:09

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It's like asking Hashem to destroy your iPhone, computer...

anything else?

Good to hear you're connected to Gd

learnt from Dov (checkout his quotes), in such a situation

try daven the following

Hashem "the girl standing next to me, that will hopefully leave soon, please protect her that she doesn't get knocked over as a crazy ~~trucker~~ driver speeds by the store. Please give her health, a good job... a happy future.. ~~If she's my basherte, may she not throw too many tantrums...~~"

Anything else?

Can you see the difference between the 2 prayers?

Happy Pesach my friend

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Re: I'm Finally Here

Posted by inastruggle - 22 Apr 2016 18:49

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I prefer davening the way Birshusi did it. Hashem, please get her the heck away from me. I feel likefor her makes me think about her even more and I start wondering about her health, job etc.

I haven't done it that many times though so no definite statement here.

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Re: I'm Finally Here

Posted by Birshusi - 25 Apr 2016 03:42

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[inastruggle wrote on 22 Apr 2016 18:49:](#)

I prefer davening the way Birshusi did it. Hashem, please get her the heck away from me. I feel like for her makes me think about her even more and I start wondering about her health, job etc.

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Maskim.

At first I thought markz was saying that I should daven that I shouldn't be that crazy driver, plowing through the store and hurting her by taking advantage of her, objectifying her, etc. This way the tefillah is focused on my recovery and I'm not just davening for a temporary Band-Aid that is her walking away

Not sure which is better.

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Re: I'm Finally Here

Posted by Birshusi - 27 Apr 2016 00:39

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I always feel so lonely on Chol Hamoed. Even if I'm with family all day, I always get lonely by the end of the day, especially in the car on the way home. It makes me wonder if my lust problem stems from loneliness, from a lack of a real, deep, intimate relationship. I always see these happy young couples enjoying the day together, and I so wish it was me. Is that also a problem I need to tackle, or is it just normal for me, a mature 21 year old, to be wishing I had a wife?

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Re: I'm Finally Here

Posted by markz - 27 Apr 2016 00:56

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Yes it's 100% normal.

Inastruggle may have other ideas...

If you can get lust under control before marriage, you marriage will hopefully be only full of connection and intimacy

And you won't forget your friends from gye then, I hope

KEEP ON TRUCKING OMAAT

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Re: I'm Finally Here

Posted by johngreen - 27 Apr 2016 02:01

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I am John Gursha sex addict married and has bisexual sex mostly with men.I have been sober from porn 4 months and from sexual activity 8 months still unfortunately lust for men. My married I believe will be over soon not because of my addiction due to a sexless marriage and many other differences I have been married 30 years with 2 adult children. the marriage ending might be a G-ds end according to my rabbi.

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Re: I'm Finally Here

Posted by johngreen - 27 Apr 2016 02:04

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you are a brave person to reach out to your dad for help.I suppose you wanted out of your pain and guilt and shame. congrstulstions keep up the good work.

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Re: I'm Finally Here

Posted by markz - 27 Apr 2016 02:05

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Birshusi this is ina's opinion

Take it or leave it

[inastruggle wrote on 22 Apr 2016 16:24:](#)



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Re: I'm Finally Here

Posted by bestrong - 27 Apr 2016 03:18

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Hey birshusi, same here!!!!

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Re: I'm Finally Here

Posted by inastruggle - 27 Apr 2016 06:12

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Thank you mark.

Now for those of us who didn't take the good advice from the nice guy in the hoodie ( I think he's chassidish??) we do need to deal with our mistakes.

I'm not married and only slightly older than you. I feel lonely as well sometimes. It may be because I'm not married, it may not be. I don't think anyone's lust problem comes from being lonely.

There are two parts to our problem. There's the physical urge, that might be helped a little by marriage. Might not, whatever, I've heard both from married friends.

Then there's the mental urge. Generally when we're in a bad state, we have a harder time controlling ourselves. This isn't only in regard to lust it's with dieting and other choices as well. We only have a limited amount of fuel and being in a bad situation takes more fuel.

There's an acronym named HALT, it stands for Hungry, Angry, Lonely, Tired. Those are four common situation that make it harder for us to control ourselves.

So feeling lonely does make it harder to control ourselves but I don't think that it's the cause of the problem.

Getting married brings it's own stresses that we don't have right now. Maybe you'll be less lonely but you also might be way more stressed even if your marriage is good (which it won't be unless you put work into it, which is its own stress).

Your comment about the couples bring to mine something I heard b'shem a wise man. He said that bachurim think that being married is walking down rehov sorotzkin with your wife on shabbos. You have to realize that that has nothing to do with marriage. Marriage is when you're inside the apartment. (I'm paraphrasing here)

I just touched on about five important points here. I'm too lazy to elaborate, and I don't want to



make this post too long. That's all for now folks.

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Re: I'm Finally Here

Posted by abd297 - 27 Apr 2016 14:14

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I'm a little younger but I often have similar thoughts. I think it's a real motivation to get clean so I can get married in a healthy way. Also, it's possible that these thoughts can be satisfied through stronger relationships with relatives, friends, or mentors.

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