

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

=====
=====

Re: I'm Finally Here

Posted by Birshusi - 04 May 2016 01:20

[Here it is guys.](#)

Let's gettir goin.

=====
=====

Re: I'm Finally Here

Posted by markz - 04 May 2016 01:37

[Birshusi wrote:](#)

[cordnoy wrote:](#)

[Birshusi wrote:](#)

[markz wrote:](#)

I think the first thing we gotta understand is that the binoculars is your friend

Do you have any substitute?

Can you explain yourself a bit more? How are they my friend?

I'm hanging out more in the JHF section, but don't think I'm gonna start a thread.

I need some practical advice on what to do about this spying issue. It's bothering me a lot.
Stamazoi I'm feeling kinda triggered now.

copied from chat I was out shopping this afternoon, got what I was looking for, I learned this morning, had a long schmooze on the fone with a good friend, went on cordnoy's call. Everything was good, and I'm still feeling like this.

how come i didn't hear you?

Did anythin' speak to you from the call today?

The truth is I was considering sharing, although I'm not sure what I was going to say, but about half way through the call, someone knocked on my door, and he had to do work in my house, and I had to speak to him, figure out what he was supposed to do, etc. So I got distracted and kinda lost my momentum. Maybe tomorrow I'll speak up.

There was something said that I appreciated, but I can't remember what it was...

I believe things are looking up for you young man!

??? ?? ????? ??? ?? ????? ??? ?????? ?? ???????, ???

My binoculars tell me you're heading to sobriety

=====
=====

Re: I'm Finally Here

Posted by stillgoing - 04 May 2016 02:49

[Birshusi wrote on 03 May 2016 20:52:](#)

I need some practical advice on what to do about this spying issue. It's bothering me a lot. Stamazoi I'm feeling kinda triggered now.

There are many differant ways that lusting can take shape. Spying is just one of them. If it was me, i'd take those binos , open my window (not the one facing the nieghbor) and throw them as far as i can. I've put phones in th sink and cracked a laptop (both cases, they were not my regular ones. They were bought for bad) sounds nuts - extreme no? But so is watching p###. That will help for the moment. It's an emergancy measure to stop when you think you won't. But if thats all we do, it will come up again, and again. We need to deal with the cause of the lust. Men desiring women is natural. Obsessively lusting after them is not, yet we do it for a reason. Many people here have found that the lusting is not the sorce of their problem. Rather it is the answer that their body found as th solution/distraction from a diffrent problem. Some people

found their real problem to be stress, others lonely, sometimes it's being tired or bored. But when we figure out what's making us unhappy, that is often the cause that is driving us to lust.

Sg

=====

Re: I'm Finally Here

Posted by inastruggle - 04 May 2016 21:33
Mazel tov on your new jhf thread.

This is something a taphsic is good for. A small localized issue. Make one for the binoculars.

Do you do exercise? It helps tremendously of rme.

=====

Re: I'm Finally Here

Posted by Birshusi - 05 May 2016 00:30

Today I was mekadeish the binoculars. I used them to try to see if a spot on my lettuce was a bug or not.

And now I understand why they also needed to invent a microscope.

All kidding aside, a taphsic sounds like a good idea. I'm gonna think about that. It would probably work, and it's more likely to happen than actually destroying the binoculars.

=====

Re: I'm Finally Here

Posted by Birshusi - 05 May 2016 00:39

[stillgoing wrote on 04 May 2016 02:49:](#)

[Birshusi wrote on 03 May 2016 20:52:](#)

I need some practical advice on what to do about this spying issue. It's bothering me a lot. Stamazoi I'm feeling kinda triggered now.

There are many different ways that lusting can take shape. Spying is just one of them. If it was me, i'd take those binos , open my window (not the one facing the neighbor) and throw them as far as i can. I've put phones in the sink and cracked a laptop (both cases, they were not my regular ones. They were bought for bad) sounds nuts - extreme no? But so is watching p###. That will help for the moment. It's an emergency measure to stop when you think you won't. But if that's all we do, it will come up again, and again. We need to deal with the cause of the lust. Men desiring women is natural. Obsessively lusting after them is not, yet we do it for a reason. Many people here have found that the lusting is not the source of their problem. Rather it is the answer that their body found as the solution/distraction from a different problem. Some people found their real problem to be stress, others lonely, sometimes it's being tired or bored. But when we figure out what's making us unhappy, that is often the cause that is driving us to lust.

Sg

I'm slowly getting closer to facing the underlying causes of my lust. While I know that I am lonely quite often, and I assume for now that that is the main issue, I'm also beginning to consider the fact that I am somewhat anxious in general, my self-confidence is not great in certain areas, and I also have a stress related habit that I can't stop. So there's a lot going on inside me. But I don't feel like I'm settled into this new way of life enough to get so nitty gritty just yet.

I can say, however, that the last two weeks have definitely been transformative, and while I'm still very much at the beginning of the process, things are looking up for me and my future.

ODAAT.

=====
=====

Re: I'm Finally Here

Posted by stillgoing - 05 May 2016 01:35

It should be with lots of hatzlacha. You are right, these things take time. Think about it. Try different ideas. You seem like the kind of guy who doesn't dismiss any idea as nonsense. That's good, because we never know which idea will work for us, and often it's actually a combination.

KOP

KOT

KUTGW

ODAAT

SG

=====
=====

Re: I'm Finally Here

Posted by inastruggle - 05 May 2016 05:14

[Birshusi wrote on 05 May 2016 00:39:](#)

I'm slowly getting closer to facing the underlying causes of my lust. While I know that I am lonely quite often, and I assume for now that that is the main issue, I'm also beginning to consider the fact that I am somewhat anxious in general, my self-confidence is not great in certain areas, and I also have a stress related habit that I can't stop. So there's a lot going on inside me. But I don't feel like I'm settled into this new way of life enough to get so nitty gritty just yet.

I can say, however, that the last two weeks have definitely been transformative, and while I'm still very much at the beginning of the process, things are looking up for me and my future.

ODAAT.

Well said.

I changed a lot since I started my journey. I realized that a lot of my personality was because I lacked confidence and was scared of certain things. I act very different these days.

Some things take time, take it slow and don't get burnt out. Real change takes time.

KUTGW and KOP

=====
=====

Re: I'm Finally Here

Posted by eslaasos - 05 May 2016 14:27

[stillgoing wrote on 05 May 2016 01:35:](#)

It should be with lots of hatzlacha. You are right, these things take time. Think about it. Try diffrent ideas. You seem like the kind of guy who doesn't dismiss any idea as nonsense. That's good, because we never know which idea will work for us, and often it's actually a combination.

KOP

KOT

KUTGW

ODAAT

SG

SG,

Can I introduce you to a new group that is forming as an offshoot of GYE. It's called AA - Acronyms Anonymous.

BST, JHF aside, AAMOF I'm still following this thread as I find it to be inspiring.

TYVM.

I think we've reached my BWQ, BWTHDIK

Warning: Spoiler!

=====

Re: I'm Finally Here

Posted by Birshusi - 05 May 2016 21:05

Instead of a taphsic, I decided to first try a stam kabbalah to keep myself away from the binoculars. The sforim say that a kabbalah gemurah is very powerful, as long as it's not too difficult to keep. I did this once before regarding computers that don't have filters and also regarding a certain website that is kosher for some but not for me. Baruch Hashem I've kept to both with only one slip-up which didn't end bad, so I'm gonna give it a try for this too.

=====

====

Re: I'm Finally Here

Posted by Birshusi - 05 May 2016 22:21

Last night I finally told my parents that I joined GYE. They were very supportive as always, and the conversation was pretty good. But it wasn't as liberating as I thought it would be. I imagine and b) because my mother had some doubts. (If it sounds awkward that my mother is involved in this, you should know that it's awkward for me too. But we are very close, and she is a mental health professional *and*

an addict herself (baruch Hashem more than ten year sober thanks to 12 step), so she's heard it all before and she understands it better than I do, so her input is valuable.)

It's like this: I joined GYE because I feel that I am abnormally obsessed with women. That manifested itself in a few ways, one of which is porn, and another is by not being able to control my eyes and thoughts, whenever it is and wherever I am.

that's because a) I've already unburdened myself to you guys. Now, how do I know it's not normal? I've never asked anybody. And I can't ask you guys because we are all in the same boat. Maybe I just have to get married sooner rather than later, and I'll be fine.

Now don't get scared; I'm not going anywhere. But as I so defiantly posted in shlomo24's thread, there are certain things that have to be chalked up to being a 21 year old man, no? If I sometimes think about how wonderful it would feel to hold my wife's hand, how can that be labeled an addiction? If I wish I could have a tight hug with a woman I love, should that be a reason for me to go on 12 step calls? Porn is bad of course, but maybe it's just the natural progression of things: I'm love starved, I want affection (and I get both from my parents, but I want affection from a girl who I connect with. I don't think that needs any more explanation.), and if I can't have it, my mind is going to try to find the next "best" thing. I know everyone says that marriage doesn't solve your problems, but that's exactly it: Do I really have a problem?

My mother put it very well: I'm a thirsty man in a desert and I'm surround by waterfalls.

I think a very important part of this journey from me is to pinpoint exactly what I'm trying to

accomplish here. I'm not sure it deserves to be labeled "recovery." It's very in style on here to call yourself an addict, and it's definitely a good thing for many people. But I'm not convinced that it applies to me.

Instead, I'm now thinking of GYE as a sort of mussar vaad like they used to have in old yeshivas, where the members of the vaad helped each other to improve their middos and to fight the YH. That's what I need, and baruch Hashem that's what I've been getting.

But as always, I'm a work in progress, on a journey to understand myself and to learn how to remain a pure Yid. Tomorrow I might want to erase everything I just wrote.

ODAAT.

=====

Re: I'm Finally Here

Posted by markz - 05 May 2016 22:39

[Birshusi wrote on 05 May 2016 22:21:](#)

Last night I finally told my parents that I joined GYE. They were very supportive as always, and the conversation was pretty good. But it wasn't as liberating as I thought it would be. I imagine and b) because my mother had some doubts. (If it sounds awkward that my mother is involved in this, you should know that it's awkward for me too. But we are very close, and she is a mental health professional *and*

an addict herself (baruch Hashem more than ten year sober thanks to 12 step), so she's heard it all before and she understands it better than I do, so her input is valuable.)

It's like this: I joined GYE because I feel that I am abnormally obsessed with women. That manifested itself in a few ways, one of which is porn, and another is by not being able to control my eyes and thoughts, whenever it is and wherever I am.

Now, how do I know it's not normal? I've never asked anybody. And I can't ask you guys because we are all in the same boat. Maybe I just have to get married sooner rather than later, and I'll be fine.

Now don't get scared; I'm not going anywhere. But as I so defiantly posted in shlomo24's thread, there are certain things that have to be chalked up to being a 21 year old man, no? If I sometimes think about how wonderful it would feel to hold my wife's hand, how can that be labeled an addiction? If I wish I could have a tight hug with a woman I love, should that be a reason for me to go on 12 step calls? Porn is bad of course, but maybe it's just the natural progression of things: I'm love starved, I want affection (and I get both from my parents, but I want affection from a girl who I connect with. I don't think that needs any more explanation.), and if I can't have it, my mind is going to try to find the next "best" thing. I know everyone says that marriage doesn't solve your problems, but that's exactly it: Do I really have a problem?

My mother put it very well: I'm a thirsty man in a desert and I'm surround by waterfalls.

I think a very important part of this journey from me is to pinpoint exactly what I'm trying to accomplish here. I'm not sure it deserves to be labeled "recovery." It's very in style on here to call yourself an addict, and it's definitely a good thing for many people. But I'm not convinced that it applies to me.

Instead, I'm now thinking of GYE as a sort of mussar vaad like they used to have in old yeshivas, where the members of the vaad helped each other to improve their middos and to fight the YH. That's what I need, and baruch Hashem that's what I've been getting.

But as always, I'm a work in progress, on a journey to understand myself and to learn how to remain a pure Yid. Tomorrow I might want to erase everything I just wrote.

ODAAT.

Erase? Too late :-)

Theres a lot of Incredible, and many valid points here that need discussing

One point; If we have a problem keeping our hands and eyes from where they shouldn't be, that's not something a Mussar Vaad has any track record that I'm aware of. Please surprise me otherwise

=====

Re: I'm Finally Here

Posted by Birshusi - 05 May 2016 22:46

[markz wrote on 05 May 2016 22:39:](#)

[Birshusi wrote on 05 May 2016 22:21:](#)

Last night I finally told my parents that I joined GYE. They were very supportive as always, and the conversation was pretty good. But it wasn't as liberating as I thought it would be. I imagine and b) because my mother had some doubts. (If it sounds awkward that my mother is involved in this, you should know that it's awkward for me too. But we are very close, and she is a mental health professional *and*

an addict herself (baruch Hashem more than ten year sober thanks to 12 step), so she's heard it all before and she understands it better than I do, so her input is valuable.)

It's like this: I joined GYE because I feel that I am abnormally obsessed with women. That manifested itself in a few ways, one of which is porn, and another is by not being able to control my eyes and thoughts, whenever it is and wherever I am.

Now, how do I know it's not normal? I've never asked anybody. And I can't ask you guys because we are all in the same boat. Maybe I just have to get married sooner rather than later, and I'll be fine.

Now don't get scared; I'm not going anywhere. But as I so defiantly posted in shlomo24's thread, there are certain things that have to be chalked up to being a 21 year old man, no? If I sometimes think about how wonderful it would feel to hold my wife's hand, how can that be labeled an addiction? If I wish I could have a tight hug with a woman I love, should that be a reason for me to go on 12 step calls? Porn is bad of course, but maybe it's just the natural progression of things: I'm love starved, I want affection (and I get both from my parents, but I want affection from a girl who I connect with. I don't think that needs any more explanation.), and if I can't have it, my mind is going to try to find the next "best" thing. I know everyone says that marriage doesn't solve your problems, but that's exactly it: Do I really have a problem?

My mother put it very well: I'm a thirsty man in a desert and I'm surround by waterfalls.

I think a very important part of this journey from me is to pinpoint exactly what I'm trying to accomplish here. I'm not sure it deserves to be labeled "recovery." It's very in style on here to call yourself an addict, and it's definitely a good thing for many people. But I'm not convinced that it applies to me.

Instead, I'm now thinking of GYE as a sort of mussar vaad like they used to have in old yeshivas, where the members of the vaad helped each other to improve their middos and to fight the YH. That's what I need, and baruch Hashem that's what I've been getting.

But as always, I'm a work in progress, on a journey to understand myself and to learn how to remain a pure Yid. Tomorrow I might want to erase everything I just wrote.

ODAAT.

Erase? Too late :-)

Theres a lot of Incredible, and many valid points here that need discussing

One point; If we have a problem keeping our hands and eyes from where they shouldn't be, that's not something a Mussar Vaad has any track record that I'm aware of. Please surprise me otherwise

1) I might not be able to delete it but I can erase the words.

2)How 'bout you begin the discussion? I'd like feedback. That's why I post.

3) I don't know if there was ever a mussar vaad designated for this type of discussion, but its the same idea.

=====

Re: I'm Finally Here

Posted by inastruggle - 05 May 2016 23:56

I completely agree with what you wrote. There are a great many things that should be credited to the fact that you're a 21 year old man. It's the strongest tayvah we have. Just because I have a tayvah to speak lashon hara and sleep late doesn't make me an addict even if I have a lot of trouble with it.

It's really important to realize how **not** sick it is to fantasize and lust after women. It's natural and it means that we're healthy men. We also have to control it because the torah says so.

It's very important not to label yourself an addict. You need a mental health professional to do that not 20 questions that some guy wrote. You wouldn't diagnose a physical disease with a questionare you saw online (I hope) and you shouldn't diagnose a mental disease with one

either.

Just because someone isn't an addict doesn't mean he's not using porn and masturbation to soothe himself. It's a lot harder to control ourselves when we're tired, hungry, stressed, and feeling bad about ourselves.

You're here to get back in control of yourself. Picking up good attitudes and getting support from the oilam here is a great way to do that. Use the great resources that are here.

Someone who isn't a professional who tells others that they're addicts is a shoteh rasha v'gas ruach.

=====

=====