

## Introducing myself

Posted by Urielrachamim - 13 Jul 2016 15:57

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hi,

im a recently married guy, mid 20s, living in america, (and for anyone reading, the username is not my real name) and love growing. i am a bal teshuva since high school. I attended public high school but through chabad and ncsy i came closer to yidishkeit. after high school i learnt in yeshivas in america and erets yisroel and mamash grew so much baruch hashem in my torah and avodas hashem. around the time of my bar mitsva i already started getting curious about sex (what it was, how does it work etc.) and I used my family computer to explore. unfortunately this lead me to discover serious pornography and masturbation. in high school, when i started to become frum i learned that this behavior was against halacha. it was so hard for me to stop and i honestly did try to stop many many times and davened alot to hashem to help me, but usually i would fall every week though sometimes i could last up to a couple months. I decided at the time (high school) since i was still growing in the areas of Shabos, Kashrus, shomer negia, etc. I would work on those areas because they (in my mind) were more important to becoming shomer torah umitsvos than shmiras habris. During high school, though I grew to great heights I fell many many times, especially because I had my own room in the basement with unfiltered unlimited internet access at any time of the day. then I went off to yeshiva for a couple years. in yeshiva i didnt have internet access (besides email on the yeshivas computer) so it was a good environment for growth. i lasted over half a year (which was and is my all time record). i ended up falling with my shmiras habris even without internet access. after that fall it only continued for the next couple of years in this manner: i would fall, then immediately decide to do teshuva/grow in torah/grow in yiras shamayim/get inspired and then a week or two later would fall again and repeat the process. after a few years I got married baruch hashem and told my wife of my past (not just being a bal teshuva, but also the history of internet abuse and shmiras habris) and she was pretty understanding. I told her that I had changed and that I didnt do it anymore (and when I said it I meant it, even though my last fall had been within a week or two). and after marriage, though I thought the sexual drives would stop, they absolutely did not and i continued in the almost exact path i was before being married (falling, doing teshuva, falling, etc.). And when I say doing teshuva i dont' mean superficially, i mean sometimes I would really passionately daven and take on new kabalos and try to change my negative habits. I realized that i had a Tayva problem that needed serious work. my wife has never found out and i have decided not to tell her because i think it will hurt our shalom bayis. I am so thankful to have amazing amazing shalom bayis with my wife (which is a nes in itself because we are very different), we truly respect eachother and i make sure to honor her more than myself. She loves me very much and dont want to make her sad by telling her of my issue. I work in an office which has internet, and though my phone doesnt have open internet access, my wife has an unfiltered computer at home (which she assumes I never use, and I try not to, though unfortunatley i have used it for the wrong things in the past). my computer has a filter installed. Im just trying to grow. I love growth but pretty much consistantly fall ever 1-3 weeks with shmiras einayim and shmiras habris. I want to grow! and get out of this practice which is killing me and may affect my family. any advice?

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Re: Introducing myself

Posted by Abrahampath - 30 Nov 2016 01:56

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I can identify with that. I was seperated for 6 months from my spouse.

It seems like when there has been some abstinence it comes back in a binge fashion. I guess if you can count your days you've had self control as points and look at your score maybe there's some motivation not to have to reset. If I can go 30 days and view it as a success of resisting I wouldn't want to throw away any progress. Just a thought.

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Re: Introducing myself

Posted by cordnoy - 30 Nov 2016 18:58

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[Abrahampath wrote on 30 Nov 2016 01:56:](#)

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It seems like when there has been some abstinence it comes back in a binge fashion. I guess if you can count your days you've had self control as points and look at your score maybe there's some motivation not to have to reset. If I can go 30 days and view it as a success of resisting I wouldn't want to throw away any progress. Just a thought.

It always comes back and it is always there unless you do something about it. Mr yfm was/is doing something about it. Falls are expected. Progress, not perfection.

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Re: Introducing myself

Posted by fresh start - 30 Nov 2016 22:34

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Hatzlacha to both of you, YFM and Uriel.

we are all rooting for you

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Re: Introducing myself

Posted by lomed - 30 Nov 2016 22:52

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Thanks for sharing YFM.

You are an amazing person and Hashem should be with you. My prayers are with you.

Lomed

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Re: Introducing myself

Posted by cordnoy - 30 Nov 2016 22:56

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[lomed wrote on 30 Nov 2016 22:52:](#)

Thanks for sharing YFM.

You are an amazing person and Hashem should be with you. My prayers are with you.

Lomed

Goodness.

AI post from lomed and a message from Belmont.....both within minutes of each other.

Next thing you know, misgaber is gonna call.

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Re: Introducing myself

Posted by Yosef Tikun HaYesod - 01 Dec 2016 13:07

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If you are serious about getting better, which it seems you are, then read the following:

1. You can't wait almost FIVE months between posts.
2. You need to be accountable and posting regularly (even daily).
3. And seeing someone who is clean/recovering regularly (once or twice a week).
4. I strongly advise you to listen to The Fight by Rabbi Shafier on tyvah. It is available here on the site,

and in fact was produced with GYE.

5. Listen to only 1 shiur a day and maybe play it twice. Take notes even. Internalize it.
6. Get rid of all internet access or whitelist only what you really need.
7. Have your wife put a password on her computer that you DON'T know.

Tell her whatever. It's safer. Just make up something.

You can get better. Start NOW.

p.s.

8. if you really may have an std, get checked out by a doctor immediately...

unless you don't care if your wife gets it too.

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Re: Introducing myself

Posted by Shlomo24 - 01 Dec 2016 14:32

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[Yosef Tikun HaYesod wrote on 01 Dec 2016 13:07:](#)

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8. if you really may have an std, get checked out by a doctor immediately...

unless you don't care if your wife gets it too.

I was going to write something sarcastic but that's not good for me. Dude! What's going on? You seem to be dispensing advice here.

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Re: Introducing myself

Posted by Yosef Tikun HaYesod - 01 Dec 2016 14:49

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Did you read his whole post?

I did and felt his pain. So, I reached out to him and tried to help him. Am I in the twilight zone?

This is the end of it:"anyone who wants to share personal experience, advice, chizuk, etc. please do. you should know that all of you who reach out to help mean the world to me."

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Re: Introducing myself

Posted by Shlomo24 - 01 Dec 2016 22:34

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Did you read his whole post?

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If you compare your life to a business then you would have "x" amount of years of a failing business and 3 weeks of zero deficits. It would be crazy for someone like that to offer business advice.

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Re: Introducing myself

Posted by Yosef Tikun HaYesod - 02 Dec 2016 14:07

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He asked for advice. He is drowning. I offered 8 sound pieces of advice.

Which of these 8 things do you disagree with?

Again, he is drowning in a raging river and asking for help.

I don't think he cares that I'm not a licensed lifeguard.

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If I was trying to be hired as a lifeguard, in general, at the beach, then you are totally correct.

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Have a good Shabbos.

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Re: Introducing myself

Posted by Urielrachamim - 02 Dec 2016 15:01

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Sholom to the Oilum,

I want you all to know that I listened to you all:

1) I was honest with myself that I have a serious issue that needs work and I committed to SERIOUSLY working on it (not just tell myself I would, literally doing it).

2) I was honest with my wife. I was in complete tears and felt terrible. She was unhappy but I was expecting an anger storm which, Thanks to Hashem Yisborach didn't come....she seems to just feel bad for me....what can I say I am truly blessed.

3) I found a frum therapist in my area who I am going to weekly.

4) I found an SA group in my area which I will be attending bi-weekly.

5) I have an appointment to make sure what I have isn't an STD (I can't daven that it's not an STD because that would be a tefilas shav, because already it either is an std or it isn't. all im davening for is siata dishmaya from Hashem. Im trying as hard as I can and I have to really on him to do the rest).

I have to say that I used to be plagued with terrible destructive feelings (resentment, sadness, confusion) and much of that has gone away. I think once I was honest and accepted myself for who I was it helped alot.

News to come Bezras Hashem!

upward and onward in our quest!

(by the way, I discovered a great book, which I really recommend called 'the trail to tranquility' by Rav Lazer Brody. its awesome. it is exactly that, a trail to tranquility)

Rachamim

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Re: Introducing myself  
Posted by Markz - 02 Dec 2016 15:16

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Great to hear you took on those commitmentso

Keep drinking HonesTEA

And of course Keep on Trucking!

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Re: Introducing myself

Posted by cordnoy - 02 Dec 2016 16:12

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[Urielrachamim wrote:](#)

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- 2) I was honest with my wife. I was in complete tears and felt terrible. She was unhappy but I was expecting an anger storm which, Thanks to Hashem Yisborach didn't come....she seems to just feel bad for me....what can I say I am truly blessed.
- 3) I found a frum therapist in my area who I am going to weekly.  
I appreciate all your advice. I love you all. It means so much to have a hand to hold.
- 4) I found an SA group in my area which I will be attending bi-weekly.
- 5) I have an appointment to make sure what I have isn't an STD (I can't daven that it's not an STD because that would be a tefilas shav, because already it either is an std or it isn't. all im davening for is siata dishmaya from Hashem. Im trying as hard as I can and I have to really on him to do the rest).

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(by the way, I discovered a great book, which I really recommend called 'the trail to tranquility' by Rav Lazer Brody. its awesome. it is exactly that, a trail to tranquility)

Rachamim

Sorry again to hear about all the stuff.

greatl to hear about your recovery methods and steps.

I have several questions:

1. All those feelings just disappeared the moment you were honest?
2. I read the thread again. Did you tell your wife in the beginning you had issues in the past, but you are over them then?
3. How long have you been married?
4. You seem to be guessing about your wife's feelings; what does she say?

You can choose not to answer anything, but those were some of my thoughts.

B'hatzlachah

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Re: Introducing myself

Posted by Shlomo24 - 02 Dec 2016 16:53

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[Yosef Tikun HaYesod wrote on 02 Dec 2016 14:07:](#)

He asked for advice. He is drowning. I offered 8 sound pieces of advice.

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If I was trying to be hired as a lifeguard, in general, at the beach, then you are totally correct.

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Have a good Shabbos.

I'm going to shut up now. Hatzlacha Rabah.

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