

A bochur, solidifying a lifestyle change

Posted by Striving Avreich - 07 Sep 2016 06:05

Hey guys. I don't know if anyone will actually read it; but if you do and get chizuk from it, please tell me.

I apologize for the long post, this is the first one so it is uncharacteristically long

Since I was 12 and a half I have been addicted to pornography and since I was about 14 I have been addicted to masturbation.

About a year and two months ago it was the end of summer man in Yeshiva, one of the Hanholoh members called be over and told me that I did not have a place in Yeshiva for next year because I wasn't consistently showing up for substantial amounts of learning time. For me, being a goody good, that was very hard to hear and I didn't take it very well. For the next two weeks, until the end of man, I had many conversations with that Hanholoh member and he agreed to let me stay the next year on condition that go to a psychologist on a regular basis for my masturbation and pornography problems. this required me to admit to myself my current state and that I was an addict. From that point until about a month ago I regularly visited my psychologist and we worked on many things. It took a very very long time to get me act together and that same Hanholoh member didn't want to let be come back for summer man this year because I stilled hadn't showed consistent improvement in participating in Seder. Then during this summer man I made a real fundamental change in that I feel that I can am much more transparent than before. Because I would do all these averos that couldn't tell anyone about, I felt that I was living a double life. Now, after working on accepting where I am holding and improving my current spiritual state, I got a hold of my life and for the first time in many years I was being proactive in my learning and everything. I am not at all saying that I didn't masturbate or watch pornography, it was more that it wasn't controlling the rest of my life. Before this, because of the state I was in, my addictions controlled every aspect of life in that I couldn't be on time for anything or choose when I go to sleep.

After this past summer zman, I am left yeshiva and am now going to school with almost no friends in my area and no psychologist or rebbi for me to talk to. My parents kind of know that I am struggling with this and that I went to a psychologist (well, they did pay for me to go to see him), but to talk to them to big of a step for me right now.

I feel like I am being thrown in deep (but am not feeling hopelessness or despair) and I am ready to take on the challenge. For this reason I am reaching out to you guys and to this amazing infrastructure for moral support in this area and for me to actually break myself free from these monsters which I passively let ruin my life.

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Re: A bochur, solidifying a lifestyle change
Posted by change bochur - 26 Jan 2021 00:06

[Bt6475 wrote on 25 Jan 2021 14:48:](#)

Welcome back. I'm not a regular poster, but I very much relate with your story. For years as a bochur I struggled with pornography and masturbation, and after 11 years of marriage and 3 kids I couldn't take the secret and told my wife about my issues. I visited psychologists before and social workers, but none seemed to work for me. Now I go to 12 steps meetings and am involved with 12 step work. I still visit therapists and they are a tremendous help on many levels. But being involved with others on a personal level in 12 step SA meetings is what really gives me the ability to maintain any length of sobriety. Just wanting to share my ESH, if it could help. I've had numerous slips, but the program really helps me not feel shame, but be able to just get back up and continue.

First of all, I am very honoured that your first post is on my thread.

Suffering for that long in marriage sounds draining and heart wrenching.

What do you find helps from the SA & 12 step stuff?

I think that I would feel too embarrassed to do one in person (although that would probably only be the first little bit). Do you feel that it helps you significantly differently than the amazing chevra here?

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Re: A bochur, solidifying a lifestyle change
Posted by Hashem Help Me - 26 Jan 2021 00:27

[change bochur wrote on 26 Jan 2021 00:06:](#)

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Chizuk from real people is very powerful. Whether through SA or other mehalchim, meeting real people is very therapeutic.

The mehalech for SA - 12 steps is designed for addicts. Although many of the components are helpful to almost anyone, a non addict will possibly not benefit from some of the SA mentality as much as learning to take responsibility for his actions - through other mehalchim offered here on GYE and through therapists. You can look through the forums and find quite a bit of "back and forth" written about this sugya.

To subscribe to the balei batim forum, inform GYE that you are married and would like to join.

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Re: A bochur, solidifying a lifestyle change
Posted by Hakolhevel - 26 Jan 2021 02:18

[change bochur wrote on 25 Jan 2021 23:53:](#)

[Hakolhevel wrote on 25 Jan 2021 14:32:](#)

Sometimes I get scared to admit my failures here. It feels like your letting everyone down, and that nobody will accept what you say anymore .

Just some thoughts.

Either way, welcome back! If you haven't read Grants story, I think it would be Kedai. It gives perspective on what a wife goes through when she finds out.

I curious why my post made you think of that?

I totally know how it feels. For me the biggest thing when telling someone faults is that I fear that I will get asked and confronted about why I didn't fix the issue sooner or why I continued to make the mistake.

The amazing thing was that when I spoke to our Rov about it, he didn't confront me about those things and we mostly spoke about how to move forward, what are the main issues etc.

Where can I find Grant thread? Do I have to be let in to the BB forum? I'd probably enjoy it a lot. I think I tend to like Grant's stuff

You wrote it took you a while to get the courage to reply, and in #2 you said your not sure why. I have a possible reason

Its very Kedai for many reasons to get over to the BB section

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Re: A bochur, solidifying a lifestyle change
Posted by YeshivaGuy - 26 Jan 2021 20:17

[change bochur wrote on 25 Jan 2021 23:37:](#)

[YeshivaGuy wrote on 24 Jan 2021 19:20:](#)

Welcome back home.

I can't imagine the indescribable pain it was, getting caught...

Baruch HaShem your in good hands here.

Maybe talk about your current struggles and pitfalls so we can get a picture of your matzav..

With love,

YeshivaGuy

Ya it wasn't fun. But it's definitely better now that in 10+ years.

I'm not sure what you mean by "current struggles and pitfalls"? Triggers? Weak points? Areas to improve?

Yup, all of the above.

Like, u got filters? Where/when/how r u nichshal etc, just trying to help. Whatever u think

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Re: A bochur, solidifying a lifestyle change
Posted by Striving Avreich - 27 Jan 2021 23:17

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Ok that makes sense.

I have been given access to the BB section. Do you have a link or remember the title of the thread of Grant's that you were referring to?

thanks

Striving Avreich

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Re: A bochur, solidifying a lifestyle change
Posted by Striving Avreich - 27 Jan 2021 23:25

[YeshivaGuy wrote on 26 Jan 2021 20:17:](#)

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Thanks for the help.

3 people in the past couple day asked me about struggle and I am just lost for words (which isn't regular for me, I have worked on being able to articulate and be expressive a lot). I think it's partly that I have no idea how to talk about it. I haven't really talked about it other than with my psychologist (well and you guys now).

I'm really tired but I'll try write somethings now with more to come later.

Being tired is a HUGE trigger for me.

Also being bored late at night.

I have a phone, computer and ipad at home that my wife and I use. The phone's screen is recently broken but could search on google for pictures that the filter wouldn't take away. The ipad is currently whitelisted with installing apps disabled and BH is very safe. Since I was caught by my wife, she has the password to the computer which has covenant eyes on it. It's a mac so can't have techloq and we are going to switch to Gentch or Netspark soon and HHM helped me realize that I need to do that ASAP!!!

I have realized a whole bunch of things lately that I would love to share if the oilam is interested. Hopefully soon. But Again talking about these kinds of things in a productive way will IYH help/assist my recovery is challenging.

Looking forward to working on it.

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Re: A bochur, solidifying a lifestyle change
Posted by eyes - 28 Jan 2021 00:24

Dear Friends,

The is not only for striving, but for everyone.

Hash it out. Hash out your struggles.

There has been a forum called "chanukah Challenge" started by Reb Grant400. It is chmishah osor b'shvat tonight. We can regrow that forum and allow people to posts their stories. It is a good place without judgement to post your stories.

So whoever reads this post and have not yet posted your story, please post. Dont live in that dark story yourself. Bring it out. There are so many real people here that want to help you. So let us help you.

Hatzlacha dear Striving Avreich thanks for joining. You made the right choice for you and your family. You will see a change in your live. Mazel tov on 5 days. M'ay hashem give you the strength to see it grow to even a bigger number.

Happy tu b'shvat

Eyes

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Re: A bochur, solidifying a lifestyle change
Posted by Hakolhevel - 28 Jan 2021 00:40

1. We are interested in hearing your thoughts
2. Grants story is actually in the just having fun section. Although there are two other great ongoing stories in the BB section

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Re: A bochur, solidifying a lifestyle change
Posted by Hashem Help Me - 28 Jan 2021 05:25

[Striving Avreich wrote on 27 Jan 2021 23:25:](#)

I have realized a whole bunch of things lately that I would love to share if the oilam is interested. Hopefully soon. But Again talking about these kinds of things in a productive way will IYH help/assist my recovery is challenging.

Looking forward to working on it.

As awkward as it is being able to talk (to safe responsible people) openly about sexuality is extremely beneficial. Learning to speak clinically about the issues and comfortably saying the words - pornography, masturbation, penis, erection, sex, etc, brings the "monsters" out of the closet and places them on the table. Now the issues can be calmly dissected and resolved. The panic of p***** and m***** and s**** handicaps us in our drive to break free. So chaver, continue discussing and b'ezras Hashem solving!

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Re: A bochur, solidifying a lifestyle change
Posted by Striving Avreich - 21 Mar 2021 23:04

Hello, long time no update.

Boruch Hashem 58 days of no Pornography or Masturbation at all! Also, 55 days of no intentful suggestive content or touching myself.

It is emotional to write such a thing, because **I don't remember the last time I went this long**. Definitely not in 2 years, and before that not for over **10 years I think**. That zechus goes to all of you Heilege Yiddin keeping this place active, being real, letting us knowing what is going, sharing you insights and showing us your tremendous gevuroh.

I owe a tremendous amount of gratitude and **the fact that I have my marriage and life back** to R' HHM and looking_to_improve for speaking with my on the phone and changing and willdoit for speaking with me on chat. Without you chevra I would not be able to makes changes in this area.

Thursday night and Motzei Shabbos I slipped a little. IYH I will write more about it tomorrow.

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Re: A bochur, solidifying a lifestyle change
Posted by Changing - 21 Mar 2021 23:46

Well done! Keep going strong and inspiring us all!

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