

Hello everyone!

Posted by YidFromMonsey - 20 Oct 2016 06:05

Not even sure why I'm writing this, but I guess that hopefully sometime somewhere someone will get chizuk from this.

I grew up chasidish and went through the entire system and got married like all other's in the system, but at some point I started feeling uncomfortable amongst my old yeshiva friends who were all still learning in kolel, I got close to new friends who had a bad influence on me (actually, I started playing with myself and m... at 14 but I never took it to the next level till then) and I slowly started drifting away, starting with r-rated movies, leading to porn, lusting, and eventually meeting people and doing stuff no one ever should.....

When all of this was about to explode and I would've lost my wife, children, friends and family - hashem had mercy on me and sent someone to hook me up with the right people who put my life and marriage back together. (I never joined 12 steps because I wasn't in the shmutz out of addiction but rather out of looking for fulfillment of my dark desires, the person worked with me on rebuilding my relationship and on me physically getting back into yiddishkiet by doing things that have an impact on the ruchnius of a person like tzitzis and brochos with covono and that in a chain reaction helped me overcome my nisyones.)

All of this took place almost 4 years ago and currently life and marriage is beautiful B"H. The reason I now came to GYE is 1) although I was totally clean for over a year almost 3 years ago, unfortunately I did start slipping again here and there, not with meeting up but with porn and acting out by myself, and 2) I'm still struggling with shmiras einayim like crazy, in Manhattan where I work, the struggle of looking at half naked women is only half of what it is my struggle in Monsey on shabbos or yom tov, I'm blessed with an imagination that works on overdrive and I find chasidish women and girls very attractive so for instance, taking my kids to the park shabbos afternoon turns out to be very hard on me and in a crazy way even harder than the nisyones in Manhattan.

The thing that really helps me the most on GYE is the fact that I don't feel alone in my struggles anymore and I don't feel like an outcast for having these struggles, instead I'm now part of a huge holy group of yiddin that want to be holy and are working on it together. To me, this discovery made a huge impact and gave me loads of chizuk.

May hashem help us all to overcome our YH and to be holy yiddin like Hashem wants us to be.

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Re: Hello everyone!
Posted by YidFromMonsey - 14 Nov 2016 17:57

Time for an update;

Nothing really changed besides that the down slope keeps on getting deeper and deeper with no bottom in site and with no light at the end of this downhill slippery tunnel. With the encouragement of a few tzadikim I decided to join SA, was already to 2 meetings, hope this will be the answer....

Will keep you posted dear friends.

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Re: Hello everyone!
Posted by cordnoy - 14 Nov 2016 18:48

[YidFromMonsey wrote on 14 Nov 2016 17:57:](#)

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Will keep you posted dear friends.

Nice.

pleasel do.

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Re: Hello everyone!
Posted by Shlomo24 - 15 Nov 2016 01:51

[YidFromMonsey wrote on 14 Nov 2016 17:57:](#)

Time for an update;

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Will keep you posted dear friends.

This can be a big step for you. Keep us posted.

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Re: Hello everyone!
Posted by Markz - 15 Nov 2016 01:59

[Shlomo24 wrote on 15 Nov 2016 01:51:](#)

[YidFromMonsey wrote on 14 Nov 2016 17:57:](#)

Time for an update;

Nothing really changed besides that the down slope keeps on getting deeper and deeper with no bottom in site and with no light at the end of this downhill slippery tunnel. With the encouragement of a few tzadikim I decided to join SA, was already to 2 meetings, hope this will be the answer....

Will keep you posted dear friends.

This can be a big step for you. Keep us posted.

I agree with mr Big Steps

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Re: Hello everyone!
Posted by YidFromMonsey - 16 Nov 2016 19:55

Feeling really low today, I fell to a whole new deep level yesterday, hope that this is my rock bottom and from here on I should know only from growth and sobriety.

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Re: Hello everyone!
Posted by Eyeglasses - 16 Nov 2016 20:01

Don't give up friend, you can get out of there.

Yes YOU can.

?We just gotta be serious about it.

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GYE - Guard Your Eyes

Generated: 11 April, 2025, 05:02

Re: Hello everyone!

Posted by Markz - 16 Nov 2016 20:12

[YidFromMonsey wrote on 16 Nov 2016 19:55:](#)

Feeling really low today, I fell to a whole new deep level yesterday, hope that this is my rock bottom and from here on I should know only from growth and sobriety.

Amen!

btw have you spoken to dov recently

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Re: Hello everyone!

Posted by YidFromMonsey - 16 Nov 2016 20:18

Spoke to him once about 2 weeks ago.

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Re: Hello everyone!

Posted by YidFromMonsey - 17 Nov 2016 11:57

I thank Hashem for a sober yesterday (day 1 of current streak) and I beg Him for many more sober days to come, 1 day at a time.

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Re: Hello everyone!

Posted by YidFromMonsey - 20 Nov 2016 13:26

Hey everyone, this is day 5 and every second of the past 4 days is a miracle on it's own, I don't do ODAAT, but rather OSAAT .

let me be honest about it, I entered SA and STILL FELL deeper than ever before when I was already in the program, just getting in the room didn't do anything for me (besides for opening my eyes to the fact that there are many people who don't hate themselves - as I truly couldn't stand myself - for having this addiction) till my sponsor got me to start working step 0 and step 1.

What can I say, I feel reborn again, but this time with the understanding that there's nothing wrong with me and that it's not my fault that I'm sick and there's no way for me to get healed from this sickness, however, there is a way for me to makes sure that my sickness doesn't ruin my life, and that is to keep going to meetings and work the steps.

Thank you all tzadikim on here (you know who you are), I'd never get this lifesaving information without gye and all of you who offered a listening ear and advice, I'm truly grateful to all of you.

I got lots of more stuff to say, especially after attending Harvey's workshop, but we'll leave it for some other time.

Have a great day ya all!

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Re: Hello everyone!
Posted by YidFromMonsey - 21 Nov 2016 14:26

Interesting question guys;

I went back and read my first post here, the thing is that I'm now in SA and I admit that I'm a powerless addict, but that post was written before I came to terms with my addiction and I had it

all wrong, so here's my question, should I edit that post and fix it up to reflect my real story, or should I leave that as is and rewrite my story from scratch based on my current understanding of myself?

I'd like to hear your input.

Thanks

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Re: Hello everyone!

Posted by Markz - 21 Nov 2016 14:34

We are not here to clean up the mess we made

Gd decides what gets cleaned up and when

Also it's tremendous inspiration for guys to read threads and see progress, and yours was very very fast - Ashrecha!!

Its our job to KEEP ON TRUCKING and you're doing awesome!

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Re: Hello everyone!

Posted by YidFromMonsey - 21 Nov 2016 15:01

Thanks Markz,

Let me rephrase my question;

Will it be more beneficial for readers of this forum if I edit that post or will it be more beneficial if I rewrite my story?

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Re: Hello everyone!

Posted by Shlomo24 - 21 Nov 2016 15:40

From the 12 promises: "We will not regret the past nor wish to shut the door on it." In my recovery I have learned to accept who I was in the past. I was doing the best that I could for the ability that I had. And that's ok, even if I cringe when I read what I have written. Like when I thought my addiction was worse because I have "SSA." Ouch.

P.S. IMHO you're putting too much thought into a darn post. You do you, we aren't exactly splitting the sea here. You got it "all wrong" as you say. Nu? So what? Who gives a hoot? Just keep on working a program and keeping healthy, GYE isn't exactly the most important thing in life. (I say this without an ounce of judgment or meaning to be harsh, it's just an opinion).

Hatzlacha.

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