

Hello everyone!

Posted by YidFromMonsey - 20 Oct 2016 06:05

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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 - 18 Dec 2016 19:59

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[Gevura Shebyesod wrote on 14 Dec 2016 22:09:](#)

Nice new avatar YFM. But...

**Warning: Spoiler!**

Good question!

I'm defiantly not the giant, but trying to convince myself that I'm not the guy being squashed

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Re: Hello everyone!

Posted by YidFromMonsey - 28 Dec 2016 20:15

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Don't feel like posting at all, hate sounding like a loser and a cry baby, hate bothering people with my sh\*t, but heck, I'm gonna do it anyway (sounds familiar....?).

To make a long story short, I'm down in the dumps, but deeper than ever before. Sort of a wound that was covered with a very strong bandage for a long time, the person feels that the wound is taken care of, but then one day the bandage starts peeling slowly and it turns out that the wound not only didn't heal but it also got infected, the more the bandage peels off the worse of an infection is discovered. In my situation, people who really meant my best (but had no clue what they were dealing with) put a very strong bandage on my addiction, I was seeing a therapist/mashpia who worked with me for a year and a half, he worked on my sholom byes, he worked on my connection to my wife, he worked on my mitzvas, he worked on my davening, on my learning, on my kedusha in the bedroom, on my emuna and what not, but my addiction was never addressed.

The bandage started peeling first time I found myself sitting by an unfiltered computer, I slipped via porn and masturbating after 18 months (longest streak ever), and it kept on peeling more and more, another time at computer without a filter, second looking on the streets, taking my kids to parks etc, each time I slipped the bandage peeled another bit.

Fast forward a few years, the bandage is pretty much totally off by now (I hope so), and my addiction not only didn't heal but it got infected, and the more the bandage is coming off, the worse of an addiction I'm facing, it's taking me now to places and making me do thing which I haven't done before the bandage was on in the first place.

So where am I going with all this? Not even sure myself. I feel totally lost and hopeless. I already joined SA, got a sponsor, wrote down my step 1, going to meetings, making phone calls, asking God to give me the willingness, but I still keep on slipping down the slippery slope wondering when I'll finally hit bottom so I can start real recovery.

TFLMS

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Re: Hello everyone!

Posted by cordnoy - 28 Dec 2016 20:35

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There are always new bottoms....Don't wait for it to hit you in the face.

I hit many bottoms.

Sorry to hear that it's tough.

keep doin' what you're doin'....it sounds like a real good plan.

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Re: Hello everyone!

Posted by gibbor120 - 05 Jan 2017 21:32

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We are here to "listen". I'm sorry to hear that you are going through a rough time. Feel free to "talk" it out.

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YFM's Recovery Journey

Posted by YidFromMonsey - 24 Jan 2017 18:08

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Hello brothers,

Didn't post in a while, I was totally back in active addiction these past weeks, crossing new lines and reaching new bottoms, but God did for me what I couldn't have done for myself.

Two days ago I was at a SA meeting in the morning but didn't even bother sharing anything because I felt like it's a lost case, I was hooked up and chatting with a few girls/women via FB etc, I had an unfiltered smartphone in my pocket, had a google phone number that was linked to

an accounts which wasn't exactly easy to delete and these women had that number, and I've been acting out the recent days twice daily, overall a huge mess, and worst of all was that I didn't have the willingness to even pray for the willingness to get sober.

I felt hopeless and depressed, I knew that this disease will eventually kill me one way or the other if I don't sober up, but I felt like there's no stopping it.

What should I tell you, I am now sober close to 2 days and it's a total miracle.

Sunday afternoon I was chatting on FB when suddenly out of the blue, without any warning whatsoever, my account was disabled, I was like "God, nice move", but I still had the unfiltered smartphone and continued doing my thing on other apps/websites, I then masturbated again and felt like I was gonna jump off a bridge. The pain, the feeling of helplessness and despair finally hit and it was so great that I felt there's no way I can go on like this another second. With FB account closed and the powerful "right after acting out moment" I deleted 3 google accounts and called a fellow SA member to come over and take my smartphone (I took out the battery and set up a password before I gave it to him).

I didn't act out since then, and it's God who did it for me. I'm very grateful to finally feel like I'm on the recovery path again and I hope that God will keep me on this path this time because I simply cannot do anything about it, this disease is way too powerful for me to take it on by myself.

TFLMS

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Re: YFM's Recovery Journey

Posted by Markz - 24 Jan 2017 18:28

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I feel for you brother

Hey we've been missing you!!

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Re: YFM's Recovery Journey  
Posted by YidFromMonsey - 24 Jan 2017 18:33

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[Markz wrote on 24 Jan 2017 18:28:](#)

Hey we've been missing you!!

I'm an expert in leading a double life....

even though

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Re: YFM's Recovery Journey  
Posted by cordnoy - 25 Jan 2017 00:20

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Perhaps you can explain to us mortals how you know that it was God doin' this for you (disregardin' the fact that God does everythin'), especially due to the fact that you deleted three accounts, called an SA member, gave him your phone and had somethin' password protected? This sure sounds like you took a lot of recovery steps.

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Being in active addiction and on GYE at the same time don't seem to work for me  
Re: Hello everyone!  
Posted by ColinColin - 25 Jan 2017 00:25

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Well done YidfromMonsey.

I have been where you were.

My new tactic is to plan on an hourly basis, rather than day by day.

To say to myself 'For the next hour, I will do such and such.'

I find when in the grips of intense addiction that planning day to day is too long a time period.

Sometimes I even plan on a 10 minute basis.

Stopping every 10 minutes and asserting to myself I will keep clean for 10 minutes.

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Re: Hello everyone!

Posted by Hashem Help Me - 25 Jan 2017 03:55

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Hi YFM. Man you have a lot of pain. We are here for you and will never give up on you. You are doing the right thing by posting here, sharing it all and reaching out for help. Hashem will help you like He is helping all of us.

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Re: Hello everyone!

Posted by Shlomo24 - 25 Jan 2017 05:26

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Thanks for sharing, YFM. I relate a lot to that story, almost all the parts of it. As a fellow addict and friend, I feel it is my duty to warn you of withdrawal. Because I did what you just did a thousand times and I acted out a week later. Be careful and take care of yourself.

Hatzlacha.

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Re: YFM's Recovery Journey

Posted by Singularity - 25 Jan 2017 07:13

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[cordnoy wrote on 25 Jan 2017 00:20:](#)

Perhaps you can explain to us mortals how you know that it was God doin' this for you (disregardin' the fact that God does everythin'), especially due to the fact that you deleted three accounts, called an SA member, gave him your phone and had somethin' password protected? This sure sounds like you took a lot of recovery steps.

Well, this could open a floodgate. When does God do *anything*?

Ugh, YFM... It sounds so heavy....

Great for taking those steps in the nuclear reset button mode. But as Shlomo24 hinted to, the willingness to stay forever clean in that stage is actually just the Yezter Hora trying to avoid pain. But this time it's not the pain of life that makes you seek lust. It's the pain of lusting and infringing your values that makes you seek *life*! But when that pain subsides, you'll just have the pain of life again. And lust won't seem so bad.

So keep posting here. We'll try show you how life ain't so bad either :-)

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Re: YFM's Recovery Journey

Posted by YidFromMonsey - 25 Jan 2017 15:38

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[cordnoy wrote on 25 Jan 2017 00:20:](#)

Perhaps you can explain to us mortals how you know that it was God doin' this for you (disregardin' the fact that God does everythin'), especially due to the fact that you deleted three accounts, called an SA member, gave him your phone and had somethin' password protected? This sure sounds like you took a lot of recovery steps.

Well somehow my FB account was disabled out of the blue, I would never do the other steps if



my FB account would still be live.

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Re: Hello everyone!

Posted by YidFromMonsey - 25 Jan 2017 15:42

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[ColinColin wrote on 25 Jan 2017 00:25:](#)

Well done YidfromMonsey.

I have been where you were.

My new tactic is to plan on an hourly basis, rather than day by day.

To say to myself 'For the next hour, I will do such and such.'

I find when in the grips of intense addiction that planning day to day is too long a time period.

Sometimes I even plan on a 10 minute basis.

Stopping every 10 minutes and asserting to myself I will keep clean for 10 minutes.

[YidFromMonsey wrote on 19 Dec 2016 20:03:](#)

[HayomYom wrote on 15 Dec 2016 15:16:](#)

[Singularity wrote on 15 Dec 2016 11:45:](#)

[will Succeed Beh wrote on 15 Dec 2016 11:08:](#)

15 DAYS

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Half the CLEAN KISLEV Project! B"h

Mazeltov!!! I'm so proud of you. Keep shining!

I like that CLEAN KISLEV idea. Keep it up and you'll soon have a Lichtigeh Chanukah - ??????  
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Heard of ODAAT, heard of OMAAT, heard of OSAAT, even heard OTAAT, never heard of

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(One Temptation At A Time)