

WILL SUCCEED BE

Posted by will Succeed Beh - 08 Dec 2016 18:59

Hi

Here is my story, I'm from a normal Heimishe Family, good loving parents,

When i was i young boy i came to notice that there is some differences in body between male & female, so i started fantasizing about revealing them, then i found some catalogues and devoured them to find some hints, that was basically it. Till one day when i was in Yeshiva Ketane i found a phone (a simple stupid phone) and i found that by browsing a bit i could find some interesting things..., didn't get to far then as the phone had a under 18 safeguard block, but enough to make me realise that with any phone with using a bit of your head you can find what you want, you just have to find your way around, after a few days my parents noticed it (from extra charges on the phone bill) they asked someone to speak to me and he did, but didnt help to much for my newfound ideas.

About a year later i found another phone this time it was a Blackberry and within a few minutes i was exposed to the worst pictures, that i didnt even dream that there is.

Afterwards i went of to Yeshiva Gedola in Israel, at first everything was ok, but slowly the old habits came back, but i didnt have a phone so it basically stayed in my mind, about 1 1/2 years into Yeshiva Gedola i started to masturbate till then interesting enough (B"H) i never did it!

Then one Bein Hazmanim when going back to Yeshiva i took with me a phone, in the Beginning i only played games with it, after that i bought a sim card and...

Then i got married to a beautiful nice young girl was extremely happy, i got settled and it seemed that everything was ok, but deep inside it still bubbled - it was never fixed.

Bout two years after my Chasuna i started again @ first just making sure to see some things by mistake (in a *kosher internet caffe*) then i got laptop for some work, i made sure to install a good filter. But then it started with movies, i got hooked up on an actor went on searching for more movies and in the same time i started to look for loopholes in the filter, sure enough i found some, i started to search for porn (which i can say was quite hard to find with a filter), after some time i took off the filter, started viewing porn and started masturbating 1st time since my Chasuna (2 1/2 ys), then started the cycle of putting back the filter - taking it off.....

Then i found GYE by an ad on the yeshiva world news site, i started of with the 90 days chart, it helped for a while, then fell back down tried again and fell again, till i realised i need something more,

So im starting Beh the TaPHSiC Method.

BE"H WE WILL SUCCEED

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Re: WILL SUCCEED BE

Posted by will Succeed Beh - 12 Dec 2016 15:44

Last update.

guardyoureyes.com/forum/10-MINI-GYE-COMMUNITIES/299533-Group-196?limit=15&start=30#299716

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Re: WILL SUCCEED BE

Posted by will Succeed Beh - 13 Dec 2016 19:22

Hi

Up to my Bar Mitzveh today,

A really good feeling.

Going strong on the CLEAN KISLEV Project.

Be"h WE ALL will succeed

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Re: WILL SUCCEED BE

Posted by HayomYom - 13 Dec 2016 21:35

[will Succeed Beh wrote on 13 Dec 2016 19:22:](#)

Hi

Up to my Bar Mitzveh today,

A really good feeling.

Going strong on the CLEAN KISLEV Project.

Be"h WE ALL will succeed

Mazel tov and lot's of Yiddish Nachas deKedushah!

At the rate you're going, be"H you'll soon be an Alter Bochur.

(Here at GYE time flies when we're havin' fun.)

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Re: WILL SUCCEED BE

Posted by Singularity - 14 Dec 2016 08:05

Maybe you don't need 12 steps. If you go to sa.org, they have a questionnaire if you need it or not.

But my filter blocks sa.org (IRONYYYYY).

Here is the SAA (Sex Addicts Anonymous) questionnaire. This is a good gauge.

1. Do you keep secrets about your sexual behavior or romantic fantasies from those important to you? Do you lead a double life?

Yes_____ No_____

2. Have your desires driven you to have sex in places or with people you would not normally choose?

Yes_____ No_____

3. Do you need greater variety, increased frequency, or more extreme sexual activities to achieve the same level of excitement or relief?

Yes_____ No_____

4. Does your use of pornography occupy large amounts of time and/or jeopardize your significant relationships or employment?

Yes_____ No_____

5. Do your relationships become distorted with sexual preoccupation? Does each new relationship have the same destructive pattern which prompted you to leave the last one?

Yes_____ No_____

6. Do you frequently want to get away from a partner after having sex? Do you feel remorse, shame, or guilt after a sexual encounter?

Yes_____ No_____

7. Have your sexual practices caused you legal problems? Could your sexual practices cause you legal problems?

Yes_____ No_____

8. Does your pursuit of sex or sexual fantasy conflict with your moral standards or interfere with your personal spiritual journey?

Yes_____ No_____

9. Do your sexual activities involve coercion, violence, or the threat of disease?

Yes_____ No_____

10. Has your sexual behavior or pursuit of sexual relationships ever left you feeling hopeless, alienated from others, or suicidal?

Yes_____ No_____

11. Does your preoccupation with sexual fantasies cause problems in any area of your life - even when you do not act out your fantasies?

Yes_____ No_____

12. Do you compulsively avoid sexual activity due to fear of sex or intimacy? Does your sexual avoidance consume you mentally?

Yes_____ No_____

I've answered "Yes" to all but around 3. I'm in need of help. SAA says even if you've answered yes to ONE of them, you're a good candidate. Think about it.

How do you start? Here's a powerful *yesod*:

Birkas haTorah and Birkas haMazon are both *De'oraisa*. Why is the former said *Before* the activity and the latter said *After*?

Because Hashem needs us to express the thanks at the moment we least wish to give. Picture it. You've watched your weight all day. Snacked on fruits, eaten healthy. But are famished. And you get to a Sheva Brochas. And there are hot, homemade rolls, slithers of piping hot, juicy, rare roast, lemon-grilled chicken, all the works. Your jaw drops. You don't even need a *svorah* to want to thank Hashem for the bounty.

But when you've eaten 3 or 4 roast sandwiches, scarfed down 2 rolls, eaten a half of chicken. Well, you don't feel so good anymore, do you. You feel normal. A bit stuffed. And now you need to say thanks? But that feeling isn't there anymore! Ugh! you see?

And now the converse. Birkas haTorah is said before. Why? With spiritual matters, if you are standing before something that will benefit you greatly, make you grow etc, it all looks too daunting. You want to sleep for longer, NOT get up and have that chavrusa. Rather watch TV than visit your sick acquaintance. It's the copout.

But once you're knee-deep in a sugya. Well, you wish you could stay there forever. So the Brocha comes when you're NOT grateful for it, when it goes against the human urge to express thanks.

So too with 12 steps. You can deliberate about it all you want. you won't see the *geshmak* until you start. Just start. Go to a meeting. That's a start. Who cares if they're on step 1 or step 11?

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Re: WILL SUCCEED BE

Posted by will Succeed Beh - 14 Dec 2016 11:43

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Re: WILL SUCCEED BE

Posted by Shlomo24 - 14 Dec 2016 13:15

My experience was different than Singularity. This is not an argument, just different experiences. I found that the more involved I got in SA the more grateful I was. I didn't get that stuffed feeling ever. The more I'm a part of my wonderful program the more I want to be a part of it. I sure as hell didn't want to be a part of 12-step some years ago. I even said "I will never go to an SA meeting." But now I can't imagine life without it. It gives me my breath to breath every single day.

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Re: WILL SUCCEED BE

Posted by cordnoy - 14 Dec 2016 13:47

[Shlomo24 wrote on 14 Dec 2016 13:15:](#)

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Il don't think he said different.

at least on the point I saw.

He was saying that you don't wanna go in beginning, but once you go, it will be geshmak.

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Re: WILL SUCCEED BE

Posted by cordnoy - 14 Dec 2016 13:48

Scarf down sandwiches....hmmmm.

Mustl be a land down under thing.

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Re: WILL SUCCEED BE

Posted by Shlomo24 - 14 Dec 2016 13:57

[cordnoy wrote on 14 Dec 2016 13:47:](#)

[Shlomo24 wrote on 14 Dec 2016 13:15:](#)

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He was saying that you don't wanna go in beginning, but once you go, it will be geshmak.

Ok. Maybe I misunderstood.

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Re: WILL SUCCEED BE

Posted by Singularity - 14 Dec 2016 13:57

You trying to tempt me?

now smile and give me a veg-o-mite sandwich!

(wrong land down under!!!---)

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Re: WILL SUCCEED BE

Posted by Shlomo24 - 14 Dec 2016 13:58

[Singularity wrote on 14 Dec 2016 13:57:](#)

You trying to tempt me?

now smile and give me a veg-o-mite sandwich!

(wrong land down under!!!---)

Hold up. I need to barf.

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Re: WILL SUCCEED BE

Posted by Singularity - 14 Dec 2016 13:59

[Shlomo24 wrote on 14 Dec 2016 13:57:](#)

[cordnoy wrote on 14 Dec 2016 13:47:](#)

[Shlomo24 wrote on 14 Dec 2016 13:15:](#)

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Il don't think he said different.

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He was saying that you don't wanna go in beginning, but once you go, it will be geshmak.

Ok. Maybe I misunderstood.

I think. The Mashal for the 12 step program is the Birkas HaTorah, NOT the Birkas haMazon.

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Re: WILL SUCCEED BE

Posted by cordnoy - 14 Dec 2016 14:19

[Singularity wrote on 14 Dec 2016 13:57:](#)

You trying to tempt me?

now smile and give me a veg-o-mite sandwich!

(wrong land down under!!!---)

Il know

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Re: WILL SUCCEED BE

Posted by Singularity - 14 Dec 2016 14:49

South African version would be something like this: (Same tune)

Travelling in a fried-out minibus Taxi

On Jan Smuts Avenue, mouth full of boeries

I paid a strange lady, she ironed my new shirts,

Went to the sink and washed my dishes

And she said:

"Do you come from the golden Jozi,

Where townships roar and men toyi-toyi,

Can't you hear, can't you hear that Zuma?

You better run, you better take cover."

Buying bread from a man in Hillbrow

He was six foot four and full of Dagga

I said, "Do you know where Houghton is?"

He just smiled and stole my wallet and ID

And he said:

"I come from a the golden Jozi

Where Rugby is played and men stampede,

Can't you hear, can't you hear the Zuma,

You better run, you better take cover." (yeah)

Lying in a cell in Norwood,

Shot a man trying to steal my firewood

The cop said to me, "Are you trying to tempt me?

That's okay, we welcome all forms of bribery!"

And he said:

"Do you come from the golden Jozi,

Where townships roar and men toyi-toyi,

Can't you hear, can't you hear that Zuma?

You better run, you better take cover."

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