my long ????? of almost 30 years
Posted by sodoja - 19 Apr 2017 16:15

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Please excuse any typos....

???? ????? to the entire GYE community, i am finally here after my long ????? of almost 30 years!!! Yes, 30 years i was looking to whom i can turn, tell my story, and feel comfortable that nobody will find out what goes on deep in me, and will help me get out from there, but with no luck, but FINALLY FINALLY i find what i was looking for, it took me 30 years, i wish i could get here earlier, wow what a *zchus* for all GYE members...

????? ?????? ??? ??????, I'm debating for the last 2 weeks, should I write my story, or shouldn't, shouldn't I, because, once its written, there is no way back, my story is out, and I don't know if someone part in my story will get hurt, or will someone find out my real identity, and on top of that, my mind keeps on telling me, that ????? can't come through the internet, the internet is so ??? and how can it come from that direction, we are used to do ????? through *Misser*, *Sifrei Kodesh*, Tzdakah, *Sigufim,* etc. but not on the internet, but then I figured that, if I can get out from my sickness through the internet, I just don't care, will do ????? on that after I'll do ????? on my sickness, and its only another trick from my ??? ???.

So before i will introduce myself from where I'm coming all this years, let me tell you why I'm telling you my long story, and there are many reasons, 1) i have read a lot of posts here, and i feel that in order to get to the right healing and to get the right *chizuk* on my new long journey, i must write my long story, so everyone will understand me, 2) ???? ??? ???, ????? ??????, *shlomo hamelech* tells us that if you have anything stressing on your chest, if you tell it for someone, then it will help your healing, 3) ??? ????? ??? ????, as i have read on many posts, i sew I'm not the only one suffering this sickness, so i felt right away healed somewhat, so why should i held off someone else healing, 4) ????? ?????, in order to do ????? there must be a ?????, so i feel that this will be the starting point of my ?????, and there is many other reasons.

I'm part of this great and wonderful community since a week before *pesach*, and i got to tell you, that this is what i was missing and was looking for, for the last 30 year, yes 30 years I'm looking to get out from my sickness and addiction, and to find someone with whom i can talk about my biggest problem in life, i hold it in me for 30 year, and just to get my story out of me is a 50% healing, now i know that's a sickness that need to be healed, and the "one day at a time" strategy which really works, (i used to make charts of months which never worked).

so, let me start my story.

I'm a *chasidish yingerman* from Boro Park, married to my beloved wife and five children, I'm the *yingerman* who everyone is looking up to, at home, in my family or at my wife's family, in shul, all my friends, my outside of me tells that I'm *the frum geshmak chasidish yingerman*, I'm davening *ehrlich*, I'm learning every morning and night, I'm basically more than average *yingerman, geshmak,* always have a *dvar halacha* to say, whenever there is a kipka I'm there should it be halacha, gamara, or chasides, or any other argument.

but that's only the outside, what's going on inside? that's the opposite on an extreme 365 turn, if anybody should know who I am really? i would be expelled from anywhere, family, shul, and friends, I'm so dusty, dirty, and ???,

i started to acting out as early when i was 8 or 9 years old, (that's what i remember) i remember the first time getting this terrible urge to act out, when the flame got turn on big time, when i used to go to my maternal grandfather, (we lived 10 children in a 3 bedroom apartment so i was sleeping many times at my grandfather's house) and he used to have all kinds of magazines and newspapers at home, like USA Today, The NY Times and so on, he is very into the news, and i was looking at the pictures of the ads there, of all exposed woman, (not that exposed we see on porn sites, but at that time to me, it was called big time exposed) which such pics was very new to me, it was like a first time viewing at porn sites, which it flairs you up right away, you don't have to do anything to get you wet, at home i never sew this kind of pics, and i got so turned on, i just couldn't resist of not acting out, i couldn't wait to get again to my grandfather's house, so i can get more of this images to my head, i feel that, that was my killer of all this years, my parents just dint know and don't know as of today what they did to me when they sent me sleeping there, (I'm not blaming them, it's just part of my story).

my next stage down was later when i was in yeshivah, (but in-between i didn't stop masturbating) as i was a 14 year old *bucher*, [removed by editor], i went to my *magid shier* and i told him what's going on, and he didn't believe me, because that boy was from the top boys in class, i, just got the ??? that I'm at fault, for no good reason, but eventually he changed my seat, just so, this boy could kill another *bucher*, but after all, even i was damaged already from before, this incident just added some fuel to the fire, i just became worse,

then i left this *yeshivah*, at the age 16 i left to one of the greatest *yeshives* in Europe, i slept in the dormitory, there i became a very good friend with one of the *bucherim*, and we became so close, that someone told us in yeshivah that we are like a couple, we didn't do anything without each other, we flew home all the time at *bein hazmanim* on the same flight, we learned *bchavrisah*, we went to collect money together, we were really close with each other, BUT, what happen as the time went on, was not that good, i don't remember how it happened, [removed by editor], but we had our ??? ???, (we slept in one room with 3 boys, myself, my buddy, and one other *bucher*, and while we were making out we thought that he is sleeping, and he don't know what's going on, which later on turned out false, as I'll talk about it later) until my friend decided to stop it, and to let go our friendship, he probably did it because his other friends opened him up, that we are in a crazy friendship, i was very hurt, but deep down, i know that we had to stop it so i couldn't hold him up, i tried but it didn't go, but i continued acting out by myself, in a very disturbing way, every night i masturbate in bed, but i didn't have any interactions with anyone else, just by myself, and i need to mention, and it's very true, that i never ever was the one who initiate any of the wrong doing, at any place, and with any one, i was the one who was asked out.

then i switched yeshivah to upstate NY, and the 3rd *bucher* (mentioned earlier) with whom i slept in Europe yeshivah came together with me, and i was very close with him from the previous yeshiva, and he slept at his uncles house, around the corner of the yeshivah, and i slept in dormitory, so he started to ask me i should walk him home at night after yeshivah, because he is afraid to go home alone, so i did, i didn't thought it will take me any were, after a few nights, he started touching me, i was shocked, and i refused, since i was the "**GOOD"**

bucher, and i wasn't that close with him, like the other one, then he told me that he sew us in the European yeshivah doing inappropriate things, and nothing happened, (what a blow) and he will never tell anybody, bla bla bla, so that's when i started again to interact with someone else, [removed by editor].... nebech nebech..... im so ashamed from him when i see him on the street...

eventually he got married before me, and he left yeshivah, i was continuing wrong doing here and there.

but one thing before we go ahead, i was every other day so depressed on what's going on, i was davening, gave tsdakkeh, did charts, i tried everything, nothing helped me to get out of the sickness.

then i got married, i really thought that this will heal me, as they say, a wife is not a doctor, but it just got worse... yes, i didn't have my friends to act out with, but i had myself, even I'm having my wife, but it wasn't enough, i got wet every night before going to sleep, my wife kept on telling me i should stop doing what I'm doing, but i asked her back, stopping what? I tried to play it dumb, that I don't know what she want from me, i had times when she looked down at me very low, but i ignored that, it came a time that she just start living with the situation, we have children, and we have no other choice, will have to live like that for them, but today, to me it looks like she don't really know what's going on.

but the punch line came about 2 years after my wedding,

i never knew what porn and triple x means, until my father advised me i should buy a computer at home so i can get familiar with it, so i can get a job, i should learn Word , Excel, etc. i was still in *kollel* at that time, we had dialup connection, but i didn't know really what the internet is all about, and one night i was at a family ??? ????? and one of my cousin's was joking around at the table about triple x, i didn't have any idea what it is, so the other day at lunch time i came home from kollel, my wife worked in Manhattan so she wasn't home, and at that time there was no Internet filters at all, so i search about triple x, ?????, i don't have the right words how to explain what it did to me in just one hour, i thought until then that I'm so low, because i was looking on ladies exposed a little here and there, and that was for me the biggest turn on, but now, after my new internet search, i got to the lowest of the lowest point of my life, it was the first time of my life, i saw people doing the lowest things a human being can do, i got wet even before doing anything, just by looking, and that killed my soul completely, i thought before that, that i can't go lower, at that day, an hour later, when i went back to kollel, i was a completely new person, better to say, a new ????, so this went on for a few weeks, at lunch time I was fully engulfed on the internet, looking at porn sites, it was terrible, after a few weeks i got rid of the computer, I had to do it, because I felt really sick, I was really drained and tired physical and psychological, from that much masturbating, day and night, I told my wife that being on the computer late at night is not good for us, so I got my way out without telling her the true story behind it, but the damage was done.

so my rollercoaster goes on and on and on, i had after kollel 3 jobs including my current one, and most of the day I'm on porn sites, I'm managing that my managers shouldn't find out, since i know well how networks are working so i know how to get the work around, (at least i think so, who knows) little does my busses know how much I'm working, which besides of doing bad

about *Moitse Zera Levaatula*, its bad because of stealing money, i keep on masturbating at night in bed, i used to have my phone charged next to my bed, and what turned out was, that when my wife was asleep, at the beginning of the night and much more in the morning, even before washing my hands i find myself searching for porn and masturbating, so my day started and ended with watching all kinds of porn, i was watching porn in job, looking around in mikvah at undressed people, driving around with the car to find attractive woman, all day fantasizing how I'm making out with other woman, what a miracle that there is no female employees in our company, if it would, I would definitely hold at another step down, ??? ?????, in short, I am dirty, low low low, ???,

and while riding the rollercoaster I'm still trying to stay clean too, the longest i could stay clean was for maybe 10 days, and by now i just feel that's a waste of time, i just can't struggle with that rollercoaster, and i just don't try any more to stay clean, I'm just keeping on what I'm doing for the last 30 years, just doing what I'm not supposed to do, and by now it feels good, but a minute after the action i feel so bad,

before i go further, i have to say what i feel it took me on my wrong drive, so i can get myself to the opposite direction, and that's one thing, the ????, LOOKING where we are not allowed to, and its subdivided in 2, 1) obviously porn sites, and undressed woman, like in the summer days, 2) Jewish ladies going on the streets clothed in fitted clothing, where there is nothing left for imagination, and the second i feel is in a sense worse than the first, i feel that there is room for a big *TIKEN* in this subject,

so here is the punch line!!!

i finally got an email a week before *pesach*, introducing GYE, i don't know how i got on the email list, but i got it, but before i get to my first experience with GYE, i need to mention an interesting story, on the day of *Erev Rosh Chodesh Nisen* i went to the Monroe Cemetery, its an ?? ???? at that day, so i went to the *kever* of the *satmar rebbi*, and to my 2 grandfathers *keverim* and was praying with tears that they should help me with my *kedisha* problems, i told them that I'm not davening for me, because for myself I'm for now fine, i love to do what i do, but I'm begging them just for *kvod shumiyim*, the ????"? dont want i should keep on doing what i am doing, and they must help me, then i went to my best friends *kever*, i was very closed with him, he died at a very young age, he was like 23 years, and i begged him he should do me a favor, and be ????? for me, i should become clean, after a week of that day the miracle happened, i got the email from GYE, so i started looking around at the site, what should i tell you, i was amazed about all the info, the 90 days chart, the forum, how much help there is all over, the *chizik* you get here, I'm just crying why in the world didn't i know about it earlier, right away i signed up for the daily emails, the 90 day chart, and the main thing what I found out was, that it's not about ups and downs any more, it's about a real sickness which has to be healed and then we can start doing ????? and i hope to be ?????.

to finalize, the big problem is, the *isser* of masturbating, how do we get there? because of the ????, i need to work on myself not to look at porn, so i did install good filters on my phone and at job, then i have the problem on the street, looking on woman, so I'm working on that too, there is nothing to argue, that this is our biggest ????? in today's day of date, and it's a stupidity not be strong at it, because you don't gain ANYTHING from it, just the opposite.... but it's hard, that's what our job is on this planet, and that's why we are all here at GYE, to get the right

chizik and support from each other.

I start the 90 Days chart, a week before Pesach, but last night, ????? ???, I failed big time, and it was after not looking at any porn site for **full 2 weeks**, not looking at women on the street, I was very successful with both of that, I was so proud of myself, I was sure that I'm clean already for the rest of my life, **I forgot that this is my struggle and ????? for life,** but then it came my fall, I had a very big letdown, and I hope that my fall will be my ????? ????? ????, my biggest problem is when I'm in bed, fantasizing about women, about doing stuff with my wife, and also, just pleasuring with myself, and that was triggering my fall, I had thought that pleasuring with myself, and not getting wet is noting, I can hold it and not going further, I'm strong, but I have been mistaken, and that is now my biggest job, bigger than not looking on porn sites. I'll also try to learn some ???? before i go to bed,

i will iy"h try to post daily my ups and down, i definitely feel that this will be my only way to stay clean,

one thing i can definitely say, the GYE handbook is ???? ??????, it's a very helpful book.

i hope that posting my story will help me, and help others so they can see that they are not alone on this huge ocean, and like the gemara says: ?? ?????? ??? ????? ??? ???? ?????, interesting point is, that i had find my self-davening yom tov for the members of GYE, i feel your pain,

lets pray together, we should all stay clean for the rest of our lives, the ????"? should eliminate our ??? ??? and we should all go together to be ???? ???? ???? ?????? with our clean heads, up in the air, we shouldn't be ashamed any more, ????? ?????? ???

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Re: my long ????? of almost 30 years
Posted by serenity - 20 Apr 2017 01:48

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Welcome to GYE. May it be a start on the path of well being for you.

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Re: my long ????? of almost 30 years
Posted by bb0212 - 20 Apr 2017 05:41

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Wow, what a post. Props to you on putting in the time & effort for your very personal post. You can definitely grow tremendously (as you pointed out, you already have) on this site. The strength you can gain from being a part of this site is phenomenal. The ??? ??? will try to

convince you that you failed every time you fall. I'd like to propose that your ????? was by itself an ?????. Since you've become hooked to porn, have you managed to stay clean for 2 weeks, from porn & everything else, or is this the first time in years? If it is the first time in years that you've succeeded like this, the ????? simply defined how much you grew.

sleep is calling me, thanks for the ?????!

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Re: my long ????? of almost 30 years
Posted by Singularity - 20 Apr 2017 07:44

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Welcome, brother!

Growing up, I thought it was always I who was the sick one, the one who wanted to play around with my friends, the one who had all the disgusting desires. Your story grants me a slight *nechama* that it probably wasn't just me. But BH I thought it was and therefore never pursued anything with my old friends. Would have been disastrous.

Welcome to the site! Digest as you please. But please don't digress and disappear before you're cured.

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Re: my long ????? of almost 30 years
Posted by Shivisi_Hashem - 20 Apr 2017 14:28

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B"H I passed my first day, from my new cycle, and **today** only, I will be on top of my soul, I'm not interested what it will happen in tomorrow or in 2 weeks, or 2 months... and the **today** is not that long, just a few hours, and Hashem, please stay on my 2 sides, please don't let me down, I'm doing it **ONLY** for you.

My YH is trying to bring me down about my last fall, but I'm not going to let this happen...

I will stay strong with all the Chizuk and Support of our GYE members.

Thanks you all

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Re: my long ????? of almost 30 years
Posted by tzomah - 20 Apr 2017 16:26

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wow what a post i got lots of chizuk and had tears in my eyes for you

you don't have to look at yourself as low low low and tameh

there is no shalah that hashem intended this nisayon for us to overcome the steps you are taking

and everyone at gye is tremendous kvod shomayim why hashem wanted it this way is none of our business until moshiach comes you obviously are a choshuve chassideshe yingerman the fact that you have big struggles is not nogea to that

imagine a yid wants to teshuva for **30 years** azelecha gaguim today is your day now is your time yesh koneh olomo b'shaa achas this is true for all yidden especially for those who all ready made it here

in one of my falls i bumped into 2 yidden on twitter and there are many more who need a yeshua we have to daven for them too that they should make it here

no need for guilt just action

hatzlocho waiting for your future posts

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Re: my long ????? of almost 30 years
Posted by Shivisi_Hashem - 20 Apr 2017 19:09

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tzomah wrote on 20 Apr 2017 16:26**:**

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in one of my falls i bumped into 2 yidden on twitter and there are many more who need a yeshua we have to daven for them too that they should make it here

no need for guilt just action

hatzlocho waiting for your future posts

Thanks

After I discovered GYE, I find many interesting points, 1) that I'm not alone, I'm not struggling by myself??? ?????, ??? ????, 2) there is so much help out there, the handbook, the chizuk emails, the forum, the 90 day chart, and 3) the support on the forums are beating everything, since I'm a proud GYE member, I'm very uplifted, I feel the help is on my way, and I will definitely get out from my addiction, I don't have any doubt ……. I used to smoke cigarettes in yeshiva big time, when I got married, my wife told me that I must stop smoking, she couldn't take the smell, so I tried many times, but inside me I didn't want to stop, one day my wife got very angry at me, so I decided that's it, I'm quitting smoking for good. And guess what, I stopped from one minute to the other, and since then I had 2 cigarettes in 9 years, (it was horrible….) so basically I see that I have the ????? ????, I understand that for our sickness there is a ??? ??? in the picture, but I will get there ???? ???….

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Re: my long ????? of almost 30 years
Posted by gibbor120 - 20 Apr 2017 20:24

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Welcome! That was quite a first post. You have come to the right place. You have already read the handbook, which is a good first step. Is there anyone in your real life that you can talk to? Can you pinpoint any triggers, especially stress, anger, lonliness? Anything from your childhood? Keep posting. It's a great chevra here. It's a place of understanding and acceptance. I wish you the best.

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Re: my long ????? of almost 30 years
Posted by the.guard - 20 Apr 2017 20:27

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You might want to try the TaPHSiC method, it can work wonders for some people in your situation: guardyoureyes.com/tools/taphsic-method

Listen to the 40 minute shiur: guardyoureyes.com/GYEFiles/MP3s/TaPHSiC.mp3

Hatzlacha!

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Re: my long ????? of almost 30 years
Posted by Shivisi_Hashem - 20 Apr 2017 21:00

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gibbor120 wrote on 20 Apr 2017 20:24**:**

Welcome! That was quite a first post. You have come to the right place. You have already read the handbook, which is a good first step. Is there anyone in your real life that you can talk to? Can you pinpoint any triggers, especially stress, anger, lonliness? Anything from your childhood? Keep posting. It's a great chevra here. It's a place of understanding and acceptance. I wish you the best.

I'm a very confidential person, I usually don't like to share my private stories, so that option to talk to someone live, won't be an option ever, (never say ever) maybe later on with an anonymous partner is an option.

I have only 1 trigger, that's called **"boredom"** or lets say when I'm relaxed, let's say when my wife goes out with friends, and I'm babysitting, and reading on the couch, then I have the urge of pleasuring myself, for no good reason, just because its quite, and I can think, I'm relaxed, and

for the moment it’s a good feeling, (lets not talk from the moment afterwards, I can’t think about it now, I’m on my way of being clean, I love it much much more) or my biggest biggest struggle is when I’m in bed, at night or Friday and Saturday afternoon, I’m relaxed and I have time, I’m in a fight every night, but with hashems help, ill be clean FOREVER, interesting, as I have read many posts, that they act out when they are angry, I’m the opposite, I’m acting out only when I’m relaxed.

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Re: my long ????? of almost 30 years
Posted by cordnoy - 20 Apr 2017 21:01

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Seems like people here have been deprived of eatin' rice for a couple weeks.

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Re: my long ????? of almost 30 years
Posted by Shivisi_Hashem - 20 Apr 2017 21:04

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the.guard wrote on 20 Apr 2017 20:27**:**

You might want to try the TaPHSiC method, it can work wonders for some people in your situation: guardyoureyes.com/tools/taphsic-method

Listen to the 40 minute shiur: guardyoureyes.com/GYEFiles/MP3s/TaPHSiC.mp3

Hatzlacha!

thanks for your post,

I'm still reading about TaPHSiC, will get to it, maybe.

thanks for the recording, I downloaded, I will listen to it later on way home from work in the car.

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Re: my long ????? of almost 30 years
Posted by Shivisi_Hashem - 20 Apr 2017 21:06

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cordnoy wrote on 20 Apr 2017 21:01**:**

Seems like people here have been deprived of eatin' rice for a couple weeks.

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Re: my long ????? of almost 30 years
Posted by gibbor120 - 20 Apr 2017 21:09

I'm also "confidential" by nature. I didn't get better until I opened up to real people. That is just my experience.

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Re: my long ????? of almost 30 years
Posted by cordnoy - 20 Apr 2017 21:11

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cordnoy wrote on 20 Apr 2017 21:01**:**

Seems like people here have been deprived of eatin' rice for a couple weeks.

Why else would they be talkin' all about chopsticks?

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Re: my long ????? of almost 30 years
Posted by Shivisi_Hashem - 20 Apr 2017 21:12

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gibbor120 wrote on 20 Apr 2017 21:09**:**

I'm also "confidential" by nature. I didn't get better until I opened up to real people. That is just my experience.

for now, I cant see my self doing that, I must first try without that, I'm a big ???? so I feel that with the help of the GYE members, I can become clean and stay anonymous, and I will demonstrate it here.....

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