Welcome me :)
Posted by HakolMilimala - 19 Jan 2018 01:22

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Hey GYE community,

I’m 20 years old. I grew up in a broken home.. divorce.. remarriage. For years, the way I escaped from everything was pornography and masturbation. I always disliked this behavior but I kept on doing it. When I got to beis medrash though, I knew I had to put a stop to it once and for all. So I made a decision to stop. I got rid of my smartphone. Two weeks later I fell. I watched porn on the tiny grainy screen of the basic phone I had. I was baffled. I was doing great in yeshiva. Why would I do that? It wasn’t even enjoyable. It was a tiny screen and i couldn’t see anything. Well, as I had learned to do so well over the years, I jumped back up and forced myself to Seder and began to learn, fighting to push thoughts of resentment out of my mind. And then I went a couple more months clean before falling again on my fathers computer. And then I had to get back up and force myself back into regular yeshiva schedule, committed to not fall again, but as a couple months pass, the commitment weakens. And the same cycle continued. One time I fell though, I felt like I had hit rock bottom and I decided right there that I am going to see a therapist for my problems. So I told my parents I want to go to therapy. Thing is, I didn’t tell them a specific reason, and as you can imagaine, the therapist that we found wasn’t quite used to dealing with problems that people like us have. And after continuing to go through my fall and get back up cycle a few more times I finally forced myself to find a proper therapist. I found one, and now I am in recovery, already having seen this therapist about 10 times. I am 1000% a supporter of therapy. And I think that there are many many people who are only in the blue section of this website that can greatly benefit from the tremendous power of therapy. Most people can benefit tremendously from therapy even if you aren’t a sexual addict! I’m clean from porn for about 7 weeks. From masturbation.. not quite as long. More like 5 days, but you know, it’s a work in progress. I try to be positive. I’m hopeful that my future is a sober one, my marriage is a healthy and happy one, and I can be the father and husband and have the career I’d like to be and have. I’m shadowed by a little pessimism though. Even though I’ve had a level of short term success many times, I can’t seem to imagine never watching porn again. It seems impossible. And unrealistic. Should I just be thinking shorter term? Anyways, just wanted to introduce myself. I’d really appreciate if people reach out. Thanks

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Re: Welcome me :)
Posted by heemircha - 24 Jan 2018 17:28

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I am not quite sure I understood what you are saying:

1. Are you saying that because you are recovering from whatever pain etc. you have, the more recovered you are the less you have a drive to learn?

2. Or are you saying because you are working on recovery you

   have less time to learn?
3. or both?

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Re: Welcome me :)
Posted by eslaasos - 24 Jan 2018 20:13

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Hi,

I relate to a lot of your feelings and attitudes. I also liked to write a lot, and that creates a self-awareness that can be very powerful.

Since you asked, I would like to share my own experiences that were similar to yours. Two points in particular.

I also was extremely lonely before I got married - to the point of dysfunction (relative to where I thought I should be). My marriage was indeed wonderful for the first decade, but I always knew I was too dependent, and at some point I expected Hashem would teach me the hard lessons of being less needy, and the related lesson of not escaping into lust or whatever escapist method was flavor of the month. Yup, it happened, and I'm still in pain about it after 5 years or so, but I am very slowly (stubborn as hell) learning to accept my new life, which also has some pretty good parts.

To be honest, the less I focus on my needs, my pain, my dashed expectations, the happier I am, and Hashem has blessed me that if I live with that mindset I can indeed find huge amounts of blessing and happiness in my life.

The second part I relate to is the experience of having been at one point much more into learning than I am today. This bothers me too, and I don't know what to do about it, so all I do is pick my battles. What that means for me is identifying my strongest Sedarim - where I have the greatest mah shelibo chofetz - and whenever I feel down about my decreased level of learning I think about those sedarim and how I can increase focus on them whenever I choose to, and sometimes I do.

No great solutions for you unfortunately, just trying to live each day without screwing up too badly, and squirreling away my little victories and trying to keep a positive outlook.

Feel free to email or PM me if you want to shmooze more.

Hatzlacha!

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Re: Welcome me :)
Posted by Hashem Help Me - 24 Jan 2018 23:15

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Great post Hakol. Probably the wise thing for you to do is share this dilemma with a rebbi who knows you and can help clarify the issues.

To answer generically - Although theoretically one can learn to walk on their hands, we teach our children to walk on their feet. If one was taught to walk on their hands, they will need to "undo the damage" and slow down their walking during that stage in between doing it wrong and learning to do it right. Similarly when one is "rebuilding themselves" it is possible and actually probable that one will "slow down their pace" in many areas of life. But again, it is your rebbi who knows you who should be commenting on this.

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Re: Welcome me :)
Posted by HakolMilimala - 26 Jan 2018 05:56

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Hi eslaasos thanks for sharing that you indentify with my story. Good to know theres someone out there.

Perhaps we'll be in touch

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Re: Welcome me :)
Posted by HakolMilimala - 26 Jan 2018 05:59

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heemircha wrote on 24 Jan 2018 17:28**:**

I am not quite sure I understood what you are saying:

1. Are you saying that because you are recovering from whatever pain etc. you have, the

more recovered you are the less you have a drive to learn?
2. Or are you saying because you are working on recovery you

have less time to learn?
3. or both?

Great question.

Like any good therapist knows, a good question is WAY better than any answer to a question. It provokes thought.

I think that it's number 3. But by asking, it forced me to become more self aware and identify what I'm feeling.

I think that in my shtarkest times, my learning was an escape. The same way I can escape with porn, I can escape with tremendous engrossment in learning. People commented how intense and locked-in I was during my sedarim. It could be that in order to really escape to this universe of learning, I had to throw my whole body and mind into it. It could be that my inner turmoil was stronger than ever, yet I was able to escape into the sugya. And once I had escaped deep into my learning, I was actually able to temporarily abstain from porn/masturbation/fantasy more successfully. In my alternate universe, I feel no need to escape. I didn't have to face the pain, the uncertainty, the anxiety, and the turmoil. My mind was in the sugya.

This year, however, as I have placed recovery as a huge priority, I have bh began to heal by leaps and bounds (I hope). Perhaps I don't feel as much as of a need to escape. I'm more content. I can live outside the sugya without the alternative of needing to escape to porn. As a result, my drive and motivation to really throw myself into my learning might have gone down. As I write this, I think that this sounds pretty healthy. I must now work on learning because I believe in Hashem and the Torah and because I can find enjoyment in it. Maybe I have to learn to want to learn while staying on planet earth.

As far as time constraints, that is also a difficulty. I miss Seder to see my therapist. I take time to make these posts on GYE. I think it's probably healthy. What do you think? But I do have to set time constraints on myself. Something about recovery really pulls at me, and I can spend a long time on this site posting and reading posts of others. I really want to heal. But I have to just control time. Cuz time is money ya know.

anyways thanks for the great question

helping me here get clarity

just for all of ya'll wondering if maybe you can come to self awareness also, it's one of the things I learnt how to do a lot in therapy.

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Re: Welcome me :)
Posted by HakolMilimala - 26 Jan 2018 06:05

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Hashem Help Me wrote on 24 Jan 2018 23:15**:**

Great post Hakol. Probably the wise thing for you to do is share this dilemma with a rebbi who knows you and can help clarify the issues.

To answer generically - Although theoretically one can learn to walk on their hands, we teach our children to walk on their feet. If one was taught to walk on their hands, they will need to "undo the damage" and slow down their walking during that stage in between doing it wrong and learning to do it right. Similarly when one is "rebuilding themselves" it is possible and actually probable that one will "slow down their pace" in many areas of life. But again, it is your rebbi who knows you who should be commenting on this.

I like the mashal a lot. Check out my response to heermicha's question. Could be we're on the same page here?

about starting from square one and rebuilding myself with proper and healthy priorities/motivations/desires ?

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Re: Welcome me :)
Posted by Hashem Help Me - 26 Jan 2018 12:00

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Sounds like we are on the same page. Do you ever speak to any of the chevra here? It can be a tremendous help. especially for one who is already in therapy and able to be so transparant and honest.

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Re: Welcome me :)
Posted by HakolMilimala - 28 Jan 2018 04:54

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Gut Vuch everyone,

For years there was something that I felt might hold the key to my sobriety that was so elusive!

You know what that was?

The ability to have the same determination to stay clean a month after a fall as I had right after the fall. To have that same feeling of *I am never doing this again.* That same strictness with myself when it comes to any trigger. That same ability to run a hundred miles away from anything that could mess me up.

So, last year I decided that the way I might achieve this is by making a 15 minute Seder a day to learn about ????? ?????/????? ?????. I thought that by spending a few minutes a day learning I could keep the thoughts of strength fresh in my mind and after a month I'll be as strong as I was after a day.

Well I couldn't keep this Seder up and long story short I fell again. And again...

But now I found GYE (I'm referring to the interaction ie. forums etc.) , and I think I may have struck gold in this elusive chase. Now that I think about it, it started when I went to therapy for my porn use, but with GYE this has gotten stronger, and maybe more sustainable (therapy is expensive dont know if I can go forever). I think that by being involved with people focused on recovery. Posting about it, responding to posts, reading posts, I'm able to keep the struggle fresh in my mind and not forget how much it stinks to be back there. That gives me strength.

Thanks to all that have reached out in my first couple weeks on here!

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Re: Welcome me :)
Posted by ieeyc - 28 Jan 2018 16:14

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HakolMilimala wrote on 26 Jan 2018 05:59**:**

heemircha wrote on 24 Jan 2018 17:28**:**

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1. Are you saying that because you are recovering from whatever pain etc. you have, the more recovered you are the less you have a drive to learn?
2. Or are you saying because you are working on recovery you

   have less time to learn?
3. or both?

Great question.

Like any good therapist knows, a good question is WAY better than any answer to a question. It provokes thought.

I think that it's number 3. But by asking, it forced me to become more self aware and identify what I'm feeling.

I think that in my shtarkest times, my learning was an escape. The same way I can escape with porn, I can escape with tremendous engrossment in learning. People commented how intense and locked-in I was during my sedarim. It could be that in order to really escape to this universe of learning, I had to throw my whole body and mind into it. It could be that my inner turmoil was stronger than ever, yet I was able to escape into the sugya. And once I had escaped deep into my learning, I was actually able to temporarily abstain from porn/masturbation/fantasy more successfully. In my alternate universe, I feel no need to escape. I didn't have to face the pain, the uncertainty, the anxiety, and the turmoil. My mind was in the sugya.

This year, however, as I have placed recovery as a huge priority, I have bh began to heal by leaps and bounds (I hope). Perhaps I don't feel as much as of a need to escape. I'm more content. I can live outside the sugya without the alternative of needing to escape to porn. As a result, my drive and motivation to really throw myself into my learning might have gone down. As I write this, I think that this sounds pretty healthy. I must now work on learning because I believe in Hashem and the Torah and because I can find enjoyment in it. **Maybe I have to learn to want to learn while staying on planet earth.**

As far as time constraints, that is also a difficulty. I miss Seder to see my therapist.

im following your posts and you really are an inspiration, as far as learning is concerned i found after getting married my cheshek to learn went down and i constantly had to be mechazek my learning ,the 4rth shaar in nefesh hachaim helped alot , also the sefer amala shel Torah by Reb Shlomo Brevda ZTL helped alot .(i felt the need to mechazek turned out to be a blessing ,my understandind in learning increased)

as far as missing seder due to therapy,it wouldnt bother me especialy if i felt that i was gaining from it like you are as i can tell from your thread.

a yungerman who was a BIG masmid one day was noticed that he was coming late and wasnt learning so geshmak, his rosh kollel pulled him over to ask if there was a problem , and the yungerman said ,i dont know, i lost my geshmak in learning ,said the rosh kollel to him , **its been 30 years** since i lost my geshmak in learning , but you dont notice it in me do you , i learn with a bren (fire) , i write seforim etc.. and this was mechazek the yungerman very much,this rosh kollel was from the recent gedolim of 50 years ,i wont say the name since im not 100% sure, hatzlacha and kol tuv.

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Re: Welcome me :)
Posted by HakolMilimala - 30 Jan 2018 05:20

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If I can be but the slightest inspiration to anyone, that’s a huge inspiration for me.

Thanks for the maareh mikomos, I’ll have to check them out.

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Re: Welcome me :)

Posted by HakolMilimala - 30 Jan 2018 05:24

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Im debating sharing a more detailed story of me as I think it'll be great for me to share.. but I'm not sure if I'm going to take the time.

I also don't think it can be that anonymous if it's pretty detailed. Like if you don't know me then you won't know who I am but if someone on here knows me they'd probably be able to tell that it's me.

How have other people dealt with this? Just not share detailed information? Or just do it anyway?

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Re: Welcome me :)
Posted by ieeyc - 30 Jan 2018 08:44

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little me personaly thinks that you have to protect yourself ,your in shidduchim ,bezras Hashem etc...,im sure we would all gain , but thats the brakes.

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Re: Welcome me :)
Posted by Hashem Help Me - 30 Jan 2018 12:33

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HakolMilimala wrote on 30 Jan 2018 05:24**:**

Im debating sharing a more detailed story of me as I think it'll be great for me to share.. but I'm not sure if I'm going to take the time.

I also don't think it can be that anonymous if it's pretty detailed. Like if you don't know me then you won't know who I am but if someone on here knows me they'd probably be able to tell that it's me.

How have other people dealt with this? Just not share detailed information? Or just do it anyway?

Leave out identifying info. Noone needs to know your exact age, location, job, yeshiva, shul, etc.

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Re: Welcome me :)
Posted by HakolMilimala - 30 Jan 2018 13:28

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This led me to ponder a question.

If you had a daughter in shiduchim and you hear about this guy that sounds like a great fit for your daughter. Hashkafas, frumkeit, family, personality, goals, everything matches up. You're excited about the shidduch idea.

Assume for a second all else is good and you're impressed with this guy.

Then you find out that this guy has another name: Hakolmilimala.

You realize his past, but you also see that his goal is recovery.

Would you let such a shidduch prospect play out?

Honest answers please.

No place for delusion in addiction.

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Re: Welcome me :)
Posted by cordnoy - 30 Jan 2018 17:06

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HakolMilimala wrote on 30 Jan 2018 13:28**:**

This led me to ponder a question.

If you had a daughter in shiduchim and you hear about this guy that sounds like a great fit for your daughter. Hashkafas, frumkeit, family, personality, goals, everything matches up. You're excited about the shidduch idea.

Assume for a second all else is good and you're impressed with this guy.

Then you find out that this guy has another name: Hakolmilimala.

You realize his past, but you also see that his goal is recovery.

Would you let such a shidduch prospect play out?

Honest answers please.

No place for delusion in addiction.

No.

Now what?

What is your recovery plan? (Sorry if I missed it in your previous posts; I didn't look back.)

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