

Welcome me :)

Posted by HakolMilimala - 19 Jan 2018 01:22

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 imagine, 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 cordnoy - 30 Jan 2018 17:15

As an aside, one of my daughters was almost engaged to a long time founder, contributor and participant of gye, but it's not a fair comparison, as he was a real handsome young lad, good learner, had the wit of Anwar Maqsood (and close to the Roman goddess Diana), excellent writer and had yichus to the gazoo!

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Re: Welcome me :)

Posted by iampowerless - 30 Jan 2018 18:25

i agree with Cordnoy, No way!

to Quote my good friend @HashemHelpME Pornography is highly destructive to marriage. Its not just because of the shame. And that is even where the wife is unaware the husband is viewing it. The best thing you can do now for your future married life is to completely stop viewing these images. Real intimacy and sex have almost nothing at all in common with what you have seen. And when the wife becomes aware that her husband is watching this stuff.... Hashem yerachem..... Besides everything else, the wife feels she cant live up to her husbands unrealistic expectations.... There is so much to say about this.

Plus on the husbands side it brings to low self esteem, depression.....ETC, ETC, ETC,

Which is why me as someone who is holding in shidduchim, have realized that i **MUST** take all necessary steps to quit and become sober and you must as well! in the beginning of my recovery it was really painful being off my drugs i will cry, be extremely depressed, sad but now 36 days in it got so much easier and most importantly i've realised that it is possible to be clean! what steps have you taken to get cleaned? do you have a partner?

Lots of LOVE

Yankel

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Re: Welcome me :)

Posted by ieeyc - 30 Jan 2018 18:48

[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.

hi hm,your asking a great question,but it really should not let it concern you AT ALL,Hashem knows your progress,and Hashem is keeping your basherte till youre ready,by hook or by crook(even if it means to get some stubborn shver out of the way G-D FORBID!)i myself had a problem with mb when i was 15ish and stopped a year and a half before my chasuna ,and have healthy family,im a regular husband (i feel ,and i feel that my wife feels the same,we have good shalom bayis,especialy when i admit the truth that shes right -who knows whos reading these things:smiley:)and i ask myself eventhough im such a great guy:blush: would i let someone like me marry my daughter, and i decided , i would want someone who was more innocent, pure, if i may say.now i ask you hm , would you want someone like you to marry your daughter?now could be you are going to be a MUCH better husband then others i have no doubt about it! but we look for someone who didnt have shaychis to this,now youre probably thinking oh no i have this going against me! **NOT TRUE!** like i said before, its Hashem whos decideing who you are marrying , and Hashem sees the way you are going and if s/o doesnt want you , it only means shes not your intended , thats all, therefore HAVE NO FEAR !keep on , Davening that mrs.right comes along and she will , cant wait to hear the good news!hatzlacha

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Re: Welcome me :)

Posted by Gevura Shebyesod - 30 Jan 2018 19:00

I would add that there's a big difference between someone who's just starting on the road to recovery and is still falling every week or 2, and a guy who has been working on this for a while and has demonstrated long term sobriety, like a year or more.

Lots of Hatzlacha!

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Re: Welcome me :)

Posted by HakolMilimala - 30 Jan 2018 20:15

Thanks for the responses.

I was expecting a lot of "No"s so no surprises there.

I have been taking steps toward recovery and this question by no means was me asking "Can I keep this behavior and still get married" under facade. I am absolutely committed to doing what it takes to be clean and stay clean. It is certainly high up on my priority list. My plan to do this is strict filters and strict rules with internet access. Continued therapy. And hopefully being in touch with some people over the phone/real-life who are also recovering to hopefully set up myself for success. Unlike others who might join gye after a fall and a commitment to change, I actually joined gye during a period of sobriety. So the 90 day count isn't exactly accurate. But I am by no means getting haughty about a period of sobriety and I'm not letting down my guard. I've learnt my lesson the hard way that that's not a good idea. I understand that things can change awfully fast in my world, and recent success is not a predictor for tomorrow UNLESS I take the proper steps to prepare myself for the coming day.

You might wonder, if I expected the answer NO, then what was my question? What was my tzad the answer might be YES?

First off, if I would ask this question to a group of people that have never been down this road themselves, then i wouldn't expect anything but no. But to someone who's been down this path, maybe the unknown should scare you more than someone that has already been down this road, already has a healthy level of understanding about it, and has the tools to fight it. If the boy has "no shaychis" to this, for all you know he really does; and if even if he has no shaychis as of yet, who's to say that when he goes to work, he won't fall into the clutches of

the internet? Isn't that far more disastrous, to have a guy married with kids first discovering these things, first going through the whole stage of confusion and denial until he FINALLY gets help, at which point he probably has already done some pretty serious damage. Maybe there's a huge ???? of maturity that comes with someone who's been down this road. Yes, once an addict, always an addict, and he might fall here and there, but he's committed to recovery, and certainly means no harm. He understand the values of true intimacy, and a healthy sexual relationship with his wife. He understands the importance of his ????? ????? to that end. He understands that sex wasn't created for his gratification, but rather to reproduce and to build a strong, loving bond between him and his wife. And he won't be hit by shock if he falls while married. He'll be prepared and have the weapons at his disposal to get back up.

Some of you sound super idealist saying that you would want someone for your daughter that has had no shaychis and was more innocent.

The premise sounds great, but I'd seriously debate the tzad, that if I feel a guy is serious about his recovery (and has some time under his belt, as Gevura Shebyesod pointed out), his struggle might have given him tremendous maturity. A maturity that perhaps may be invaluable to his future.

But at the end of the day, parents are super defensive and idealist when it comes to their children, so yes, I'd probably scoot this guy in a jiffy when it came to my daughter. But I'm not so sure that in reality I'd be making the right decision.

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Re: Welcome me :)

Posted by ieeyc - 30 Jan 2018 23:33

ieeyc wrote:"now could be you are going to be a MUCH better husband then others i have no doubt about it! "

H.M., i dont know if i would have done justice to what you wrote but that is exactly to what i meant in what wrote in the above quote[i'll add here ,that you'll probably make a better husband than me] ,and i didnt mention that i had a fall after 9 years of marriage ,and i think what helps me get up is the fact that i fell as a bachur **and** got up,so i bezras Hashem,could get up again.again ,your basherta is waiting for you so keep up the recovery AND davening and we all will be making a lechaim!

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Re: Welcome me :)

Posted by HakolMilimala - 31 Jan 2018 00:29

Thanks so much for the encouragement and yes iyh she's out there, so I'm going to try and keep up the recovery.

Whether or not I'm going to tell her about all this. And if yeah, at what point? That's a whole new discussion, which I am also unsure about, but I guess I don't have to think about that now.

ieeyc, I suspected that that's what you meant, I just enjoyed elaborating

Its very encouraging to hear that you went 9 years without falling once you got married. That's amazing.

Just wondering; after you fell once you were married, did you feel like you had broken the barrier of being a clean married man, thus feeling like it was more difficult to stay clean than it was the first 9 years? Or were you able to get up and stay up with the same ease as before?

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Re: Welcome me :)

Posted by Hashem Help Me - 31 Jan 2018 02:33

I think a bochur who has had the courage to face this issue and is in serious recovery is a great catch for a shidduch. Especially if he has developed a kesher with mentors here who along with his chosson rebbi and rebbeim in general can guide him through the beginning stages of marriage. However if he has gone the SA way and will need to continuously attend meetings, that may be an issue that needs discussion. As stated by others here, a wife is much better off with an honest struggler who is working on it, than with a struggler who is under massive anxiety from his secret and has no idea how to deal with it.

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Re: Welcome me :)

Posted by tzomah - 31 Jan 2018 10:26

this question seems to be mainly hypothetical as everyone here is anonymous

and all the married people are married to someones daughter if her father likes it or not

i think many married people would tell you (myself included) that had they known their

spouses issues they never would have married them yet today they wouldn't trade them

if the marriage is healthy or if they can live with the ideals of marriage

ein hkb"h mekapeach schar kol beryah and he keeps the secret as long as its necessary and that is our chance to have busha from him and ourselves to work up the courage for recovery

as an aside r' yisroel salanter said that the gemoroh says zocheh ozro lo zoche knegdo is an ongoing thing and not just who you marry but how you are married

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Re: Welcome me :)

Posted by Redeemed @ 21 - 04 Feb 2018 02:02

HI H.M.

I currently go to therapy using the IFS model (internal family systems). I am a bochur just like you, have seen tremendous success. Much of which you have promulgated about, I can relate to. Please feel free to email me at safelykodesh@gmail.com

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Re: Welcome me :)

Posted by HakolMilimala - 04 Feb 2018 04:14

“Promulgate”

Thanks so much for reaching out.

I am not familiar with your reference to the IFS model? What is that?

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Re: Welcome me :)

Posted by serenity - 04 Feb 2018 04:15

Thats a big word for a yeshiva bachur.

Welcome to GYE. You're very fortunate to be getting help with these issues at such a young age. One thing that helped is to get out of my own head and focus on doing for others. In general I try to keep things simple and do the next right thing.

I wish you hatzlacha.

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Re: Welcome me :)

Posted by HakolMilimala - 04 Feb 2018 04:35

Yes, I think gye is brilliant.

Im very fortunate.

Thank you Hashem.

Hopefully, I can continue to make progress bs”d. And that’s a great suggestion to focus on others.

thank you

hatzlacha to you too

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Re: Welcome me :)

Posted by Redeemed @ 21 - 04 Feb 2018 08:09

[HakolMilimala wrote on 04 Feb 2018 04:14:](#)

“Promulgate”

Thanks so much for reaching out.

I am not familiar with your reference to the IFS model? What is that?

Internal- Inside you there are

Family- Many different emotions, wants and need that all need to be given attention

Systems- However, sometimes different parts of us get covered over due to pain with an escape or other firefighters.

this is done by reaching out to a person higher self, looking from a place of comfort one can asses, and acknowledge appropriately. Hence his 'need' to act out is diminished considerably, he can manage his life pain by free.

Thats a big word for a yeshiva bachur

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