

Eish Emes intro

Posted by Eish Emes - 03 Sep 2019 01:10

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I just realized I've never wrote an introduction. I was somewhat active several years ago and then took a long break. I'm at a strange place in life and I think it would be good for me to retrace my story and figure out how I got to where am now. Hopefully as I do that it will help me to see what I need to now to stay in the right direction. I'm going to write small increments at a time. I have difficulty sometimes translating my thought to written word. I want to remind myself it does not have to be perfect, and grammar errors and typos are ok.

I'll start before I was even born. My parents were not Frum. My mother had a medical condition in which she was told it was impossible to get pregnant. My mother really wanted a child. My parents kept going from doctor to doctor and everyone of them told them it's impossible for my mother to get pregnant. My parents decided they won't give up and kept looking for new doctors to try and hearing the same thing every time. Leaving out the details they eventually found a surgeon who developed a new procedure that can fixe my mother's issue and would allow her to become pregnant . Sure enough she had the surgery and eventually got pregnant. When she gave birth she discovered the baby had a genetic condition and died soon after birth. Undeterred She eventually got pregnant a second time and gave birth to a healthy baby which was me. My parents did not get along and eventually got divorced. They did not win any awards for their parenting skills, but they taught me to always have hope and never give up. I'm here because of that middah and it's something that has always been a part of who I am.

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Re: Eish Emes intro

Posted by Eish Emes - 02 Jan 2023 03:42

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I'm going to continue on with story after I returned from Eretz Yisroel.... I grew a lot in my second year and I came home with a whole page of guidelines how I would act especially around the computer. It lasted a week or two. But, then I become very stressed because I was having difficulty finding a summer job and used porn and masturbation to deal with the stress. That pretty was the theme of my life for many years... trying to stop, but the only way I knew how to deal with stress was through porn and masturbation. I quickly got in to my old habit of staying up all night on the computer.

After the summer I went away from to Yeshiva and lived in the dorm. Once it again it was challenging being around the dorm and yeshiva with guys I was triggered by. Whenever I would return home for bein hazaminim I would get back to my old habits of all night computer use. There was one summer I had a job that I stayed at my mother's home. I would sleep every

other night... The first night I would stay up all night on the computer with porn until I had to go to work. The second I would come home from work exhausted and go to bed really early... then repeat the next night.... All my yeshiva years I never shared with anyone my ssa or porn issues.

Then it was time for shidukim. I had attraction to girls, but my attraction to guys was much much stronger. I was naive and thought getting married would solve my ssa and porn issues. My shiduck experience was very typical... going out with 5-6 girls and taking 2-3 years. I did find the more I got to know my future wife when we we're dating and then the beginning of our marriage the more attracted I became to her.

For the first year of marriage I managed to stop viewing porn, but then at some point it started up again. To be continued....

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Re: Eish Emes intro

Posted by Eish Emes - 04 Jan 2023 02:38

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I don't remember how or exactly when, but after a year of marriage I got back to porn. I started staying late at night with porn and masturbation again. Of course I hid it from my wife. I started becoming depressed. I did feel close to my wife, but I was starting to feel very lonely. I was always very shy, but during my yeshiva days I had roommates, chabrusa, friends, etc. I would connect with. Now that I was married and in kollel that stopped. I was feeling extremely shy and lonely which made me depressed. I was in denial the attraction to teen boy, porn and masturbation also contributed to my depression. My depression kept getting worse and worse. I eventually went to my Rosh Yeshiva about my depression and anxiety. He recommended I go to therapy. I tried one therapist briefly that wasn't a good fit. I then went to another therapist.

I don't remember how or exactly when, but after a year of marriage I got back to porn. I started staying late at night with porn and masturbation again. Of course I hid it from my wife. I started becoming depressed. I did feel close to my wife, but I was starting to feel very lonely. I was always very shy, but during my yeshiva days I had roommates, chabrusa, friends, etc. I would connect with. Now that I was married and in kollel that stopped. I was feeling extremely shy and lonely which made me depressed. I was in denial the attraction to teen boy, porn and masturbation also contributed to my depression. My depression kept getting worse and worse. I eventually went to my Rosh Yeshiva and told and he recommended I go to therapy. I tried one therapist briefly that wasn't a good fit. I then went to another therapist for quite a while, With both of them I told them I have dealt porn issues in the past, but never mentioned the SSA or admit how porn and masturbation was still an issue and how extensive it was. The second therapist had me go on an antidepressant. A side effect of the antidepressant was that it took away my sex drive. It didn't stop my porn and masturbation use, It actually made it worse. I wasn't getting the enjoyment I used to, but kept going back to it trying to fill the hole inside me. Therapy and the antidepressant never really helped and I eventually stopped both.

It was also during this time I had the constant battle that whenever something would go wrong such as a car breaking down, getting sick, etc...I thought Hashem was punishing me for masturbating. I would get stressed and depressed and the only way I could deal with it was through porn and masturbation. Which would start the whole thing again.

The depression and shyness remained and my porn and masturbation got worse. At some point I was working on a self help book for social anxiety. One of the exercises was to list things that were holding me back from overcoming my anxiety. One of the things I listed was my attraction to teen boys and porn/masturbation issue. I realized for the first time I was afraid to get too close to anyone because they might discover my sexual issues. I realized the reason the therapy didn't work was because I wasn't dealing with my sexual issues. That made me even more depressed. I believed there was nothing I could do about my sexual issues. To be continued...

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The depression and shyness remained . At sometime I working on a self help book for social anxiety. One of the exercises was to list things that were holding me back from overcoming my anxiety. One of the things I listed was my attraction to teen boys and porn/masturbation issue. I realized for the first time I was afraid to get too close to anyone because they might discover my sexual issues. I realized the reason the therapy didn't work was because I was dealing with my sexual issues. That made me even more depressed. I believed there was nothing I could do about my sexual issues. To be continued...

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Re: Eish Emes intro

Posted by afcf - 04 Jan 2023 05:48

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[Eish Emes wrote on 04 Jan 2023 02:38:](#)

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I remember have had a similar fear, I was afraid to get close to anyone because I might follow my inner impulses in the real world and that would lead me to taint my self in a new way. The "been discovered" part kept me disassociate from my family and in order to didn't face down those issues I kept away from myself either. Reading this clears up another part of my own social anxiety. BH

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Re: Eish Emes intro

Posted by Eish Emes - 04 Jan 2023 13:08

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[afcf wrote on 04 Jan 2023 05:48:](#)

You expressed exactly how I felt. Thank you for sharing that. For that alone it was worth sharing my story!

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Re: Eish Emes intro

Posted by Eish Emes - 19 Jan 2023 00:13

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Before I go on to the next stage I wanted to describe the extent of my porn and masturbation issues. I would spend most nights until the wee hours of the morning with porn. Many days I would home during my lunch break with porn and come late to second Seder. Anytime I was home alone I would spend most of my time with porn. In addition to porn I got into erotic stories and lust was almost always on my mind. Wherever I would go I was always be on the look out for triggers. Shul was especially triggering for me being around so many guys...

So where I left off I realized I needed to do something about my SSA and porn issues, but was deeply depressed because didn't know what to do. I made decision I was going to contact a Jewish organization that helps people with unwanted SSA (it no longer exist). I set a date in my mind when I would contact them and it happened to be right after Purim. That shushan Purim felt I felt one of the most depressed. I came close to thinking about suicide, but stopped myself because I knew it would harm those who loved me.

I did contact the organization and it was the first time I told anyone about my SSA and attraction to teens. To my surprise they were not shocked or disgusted by me. They got me in touch with someone in my community frum with SSA. They recommended I see a therapist or life coach and had me join a email group of people with unwanted SSA. Meeting other frum people with SSA was really powerful for me. I always thought I was the only one. At one point I shared in the email group I was attracted to teenage boys. Someone with the same issue emailed me privately and wanted to talk. At first I was hesitant, but eventually agreed. That first conversation lasted for hours. It was great to finally speak with the same struggles.

I was introduced the theories of the psychological development of SSA.

During this time I started reading Nicolosi and other authors. It really fit with my childhood. After some time I was convinced to start seeing a life coach connected with this organization. I was told if I work on my issues for a few years my SSA would go away. I took that very seriously. I don't remember the exact chronology, but for 3-4 years I put energy, time and money on working on my SSA. I went to a weekend workshop for unwanted SSA. It was a very powerful experience for me. I started going to SA a minimum of 3 meetings per week sometimes 7. I went to several different peer led support groups with unwanted SSA. Read ton of self help and psychology books. Was on the phone with people from SA and the other groups and workshop.

My first year in SA I remained sober, but then I slipped. There were several periods I had long term sobriety, but would slip again. I'm going in to the details why but after years of heavy involvement I realized SA was not for me.

I grew and gained from tremendously from that period in areas of self esteem, overcoming perfectionism and toxic shame, a lot of self discovery, and a long list of other areas... But the one thing that remained was my SSA.

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Re: Eish Emes intro

Posted by Teshuvahguy - 17 Feb 2023 17:45

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[Eish Emes wrote on 19 Jan 2023 00:13:](#)

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I grew and gained from tremendously from that period in areas of self esteem, overcoming perfectionism and toxic shame, a lot of self discovery, and a long list of other areas... But the one thing that remained was my SSA.

Thank you for sharing this entire story. It always helps me to know there are others like me. Though I am not attracted only to young boys, it is a different male attraction for me, but I always feel so lonely because of it and as you say, even Shul offers no break, because there are so many triggers there. And nothing feels worse to me than lusting after other frum guys who are davening while I should be concentrating on my own davening. That's when I feel like

a rasha and someone Hashem would despise. So thank you for your whole story. I relate and that helps me.

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Re: Eish Emes intro

Posted by Hashem Help Me - 17 Feb 2023 18:00

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[Teshuvahguy wrote on 17 Feb 2023 17:45:](#)

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And when someone turns away and looks into his siddur and stops lusting after the frum guys davening (or for that matter - when someone turns away and looks away from the well-dressed woman in the grocery store or at the wedding) does he feel like a tzaddik and someone that Hashem loves and embraces?! The answer should be a resounding YES!!

Unfortunately, so many guys do not give themselves the immense credit they deserve for doing this and only do the opposite - blast themselves (as was written above "*and nothing feels worse to me*") when they slip a bit. If they would only walk around with pride, knowing how many times they looked away, **they would slip much less**. People who are *shmattes* masturbate etc. a lot more than the guys with pride.

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Re: Eish Emes intro

Posted by simchastorah - 22 Feb 2023 05:30

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Eish Emes, you are a tremendous inspiration

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Re: Eish Emes intro

Posted by iLoveHashem247 - 22 Feb 2023 16:05

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Thank you for sharing your story. It takes a lot of courage!

Hashem tailored your challenges for your special mission in this world and He entrusted you with that mission - the goal is to make our best effort. The winner is the one that makes a sincere effort to do Hashem's will (clarification - that does not mean always being perfect, rather constantly working on desiring to do His will, and making one's best efforts in this area - big picture).

Our sages teach us that the soul chooses its exact situation in life before coming down to this world, because it knows that this will be the best way to complete the task allotted to it.

Your neshama chose this mission because it is a FACT that you CAN succeed in this mission. And again - success = effort and desire, not necessarily outcome.

you could think of it like a person that was working on a big business deal for two years. If the deal falls through, then he has nothing to show for it in this mundane world. But if he spent those two years, improving his character, being honest and business, not getting angry, performing kindness for his coworkers, an event for his adversaries... that is an astounding and overwhelming success from a long term olam Haba perspective.

you can do it, because you have been given this opportunity to rise to your challenge!!!

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Re: Eish Emes intro

Posted by Eish Emes - 23 Feb 2023 13:23

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[Teshuvahguy wrote on 17 Feb 2023 17:45:](#)



[Eish Emes wrote on 19 Jan 2023 00:13:](#)

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I really appreciate your response Teshuva Guy!

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Re: Eish Emes intro

Posted by Eish Emes - 23 Feb 2023 13:38

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[Hashem Help Me wrote on 17 Feb 2023 18:00:](#)

[Teshuvahguy wrote on 17 Feb 2023 17:45:](#)

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I want to add to what Hashem Help Me said... When we start working on focusing on davening and not lusting after guys... Not only we are rewarded for focusing on davening, but also for every second we didn't lust. At least In this aspect I have no doubt our teflios are more dear to Hashem.

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Re: Eish Emes intro

Posted by Eish Emes - 03 Mar 2023 03:30

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I took a little bit of a break, but would like to continue with my story. Although the previous parts of my story has been pretty detailed and open. The next part includes things I don't think it's appropriate to be detailed in a such a public forum. I also don't want to trigger anyone or bring people down with certain details. But, I do want to share how low I went, because even though I fell to such low place B"H I got up.

Over a several year period I went from online chatting on particular apps to "virtual meetings" to to "in person meetings." This went on over a several year period with long and short periods of stopping and restarting.

Just prior to me starting with some of the worse stuff I went to a therapist, not for my sex related issues, but for self esteem and anxiety issues. At that point I would occasionally slip with porn and masturbation, but it wasn't such an issue. I'm not blaming him because I'm responsible for my actions. However, I had a horrible therapy experience. That lead me in a downward spiral. That together with other things going on I'm my life led me to hit new lows.

There were many periods of ups and downs for several years. COVID was particularly difficult especially just after things reopened. I eventually got to the point I wanted it to stop. I went to a highly recommended therapist who specializes in these issues. He was great and very helpful. I stopped the worse behaviors and porn and masturbation was becoming less frequent. However I did keep falling ever so often even though I was trying very hard.

I believe it was during COVID I heard about the benefits of psychedelics. I started doing a lot of research. Eventually I found an opportunity to do psychedelic mushrooms with a professional. It was a very powerful experience for me. I feel like It reset my brain. The mushrooms together with the recent therapy and years of recovery work put me in a very good place mentally. Im

now 6 months clean from all forms of acting out. I've been working very hard of shirmas ayayim and keeping lust out of my life. I can share more, but I'm so grateful to Hashem for being where I am today. That's completes my story. I hope my story gives chizuk. Feel free to reach out for support.

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Re: Eish Emes intro

Posted by pleasehelpmestop - 13 Oct 2023 08:24

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[Eish Emes wrote on 03 Mar 2023 03:30:](#)

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Maybe you didn't have time or energy to write more but this felt like a massive anti climax to me. You spent so long detailing what is frankly a horrific childhood and a massive battle since then, lots of therapy and hard work, then.....the solution was shrooms!? Are we missing more of the story.

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Re: Eish Emes intro

Posted by yidelleh - 31 Oct 2023 03:19

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Wow!

Incredible story. Thank you for sharing.

Some parts of your story are an eye opener for me as I have similar urges and may help me explore areas that can help me become a better person.

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