

Newcomer

Posted by bradley smith - 17 Feb 2023 05:26

Hi everyone. I just discovered this site today and couldn't believe I hadn't heard of it before. I immediately signed up, how could I not? I've always wanted to share my story and I never found the opportunity. Here goes (deep breath..)

I am bH a married man with several yummy delicious children ka'h and an amazing stellar wife. I could go on and on about how blessed my life is. I have friends, chavrusas, parnassa, great family and in-laws, everyone's healthy bH etc.

As a bochur, I was a good boy. ("huh? what are you doing here??")

I basically never looked at anything improper (besides for maybe one or two times that I saw a pretty immodestly clad lady and thought innocently "hey she looks nice" and moved on without a second thought). It was always "beneath me"; something that I knew was prohibited and would become permitted and holy when I married. So my brain was kind of shut off to it. However, for as long as I can remember, I felt attracted to other boys in my class. Not everyone, just the really good looking ones. It got more and more intense as I got older and I would find myself having erections, sometimes daily, and I hadn't a clue as to what it was. Starting in my mid-teen years I would occasionally wake up wet, also totally unaware what it meant (need I mention I was quite sheltered?) Eventually, I learned about sexual attraction and would hear my classmates talking about girls. I suddenly realized that my, um, "obsession" with certain boys was not really the natural order of things. It drove me into sort of a panic, to the point that I was once relieved to wake up wet remembering that the dream from the night before featured girls instead of boys.

I don't remember when, but sometime in my mid to late teen years I watched a movie with an immodest pretty lady in it to convince myself that I could be attracted to girls (ummm...it worked).

I never had any form of sexual contact with anyone (boy or girl) until marriage. Neither have I self pleased.

After getting married to an amazing wonderful wife, things started changing slowly. We had a rocky start to our marriage and especially with intimacy. Here we are years later and it's still a struggle although much more stable due to intense therapy. However, the consistent lack of marital intimacy, and the stress of moving, leaving kollel to get a new job (a *wrenching* experience for many), having a new baby bH, and dealing with several frisky little ones with no idea how to parent, has driven me to find an outlet. I started going to the local libraries to find images and videos of girls doing things that I found arousing. Then, I got a job that necessitated having a computer and knowing the struggles I started having, I IMMEDIATELY put a filter on it. But somehow some things got through and the self pleasuring continued. My

Sometimes the driving force was anger. I was such a good boy! I didn't do anything wrong as a child! I was confronted with homosexual thoughts for YEARS and didn't act on them ONCE!! I

had never tasted sexual pleasure! And now after getting married and I saw and experienced it, it was abruptly taken away from me?! Why did Hashem do this to me?? It seemed like letting a kid have his first taste of ice cream and then grabbing it away.

I know these thoughts are heretical, but those were the thoughts I was having. I was so angry I acted out of desperation to get "Heavenly attention". Ironically, my wife had gotten more interested in intimacy and I was less interested because of my "excursions".

So now I find myself masturbating with just the memories of what I've seen. Each day that goes by without it feels like a week.

I want to scream and cry out to Hashem but I feel like the gates of Heaven are closed in my face. Hashem gives me so much and this is what I do?? I never thought it was possible for me to sink so low! I never suffered abuse as a child so theres no reason I should be struggling with this. Now its just pleasure. Sure, sometimes its to escape stress etc but many times its just pleasure. Like an animal! I wish I could cry, why am I not? Why isnt my heart filled with regret? I scared of all the demons I have created with wasted seed. I know teshuva is always possible but how can I do teshuva for real if I dont feel any deep regret?

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Re: Newcomer

Posted by jackthejew - 06 Mar 2023 09:18

[Yeshayahu 41:6 wrote on 05 Mar 2023 23:50:](#)

Hi guys, it wasnt too long ago that I posted about getting beat over the head by the 9th grade. Today I was told by a different employer of mine that I messed up *his* work too!

Yeshayahu is feeling pretty worthless right now, and wants to go forget his troubles the same way he always did..

Am i just a human wrecking ball who messes up everything he comes in contact with??

Wow. Sounds like you're G-d! I mean, I find I'm always wondering why he's messing me up. Then I realize it's me. Not him. Actually, by ascribing the ability to do things to others, we take power away from ourselves. I'd say in reality most things I think are other people's fault can be remedied through my action, prespective, and importantly, acceptance. Not the other way around I don't know too many human wrecking balls, except for some guys who have a really low tolerance on Purim. No matter what you think the "Other world" sees of you, since you're here and you're working, you are better than around 90% of people. Because from what I've heard, people kind of tend to stop growing and searching around the age of 25. Once they're settled, changing their prespective is hard and rare. But you are committed to that. Appreciate

how wonderful that is!

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Re: Newcomer

Posted by Yeshayahu 41:6 - 08 Mar 2023 21:53

Ok so today was day 18....tomorrow will be day 1.

HHM always says "shmattas masturbate" and thats exactly how i felt today. So many things weren't going right I just gave in.

People always say that they feel worse afterwards but for some reason i feel a huge release of stress when i fall. Sure intellectually i know its terrible, but emotionally i dont really feel gross. Am i a born rasha?

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Re: Newcomer

Posted by Teshuvahguy - 08 Mar 2023 23:43

[Yeshayahu 41:6 wrote on 08 Mar 2023 21:53:](#)

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You are not a rasha at all. I get exactly what you're saying. For people like me who have always used masturbation as a stress reliever, I feel bad after because I know it's an aveira. But maybe because before I was frum I did it every day for several decades, it's hard for me to not to crave the release of tension. It's very hard for me because I was brought up to believe masturbation was healthy and normal and then, in my 50s, I'm suddenly told it's a terrible sin. So I understand when you say intellectually you know it's wrong but the stress release feels good. After 124 days, I fell a couple of weeks ago. Haven't been able to go more than a week since. I'm depressed and I just don't seem to have the will to fight harder right now. So I guess

I'm a shmatta for now.

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Re: Newcomer

Posted by Yeshayahu 41:6 - 09 Mar 2023 03:17

It would mean a lot if someone could PM or email me. Even just the words "tuna fish sandwich".
Feeling pretty low right now...

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Re: Newcomer

Posted by simchastorah - 09 Mar 2023 05:04

I don't think you should take this as a siman that you're a rasha whatsoever. The terrible feeling that people describe after a fall is atzas hayetzer. It's the yetzer saying that the thing that you did defines you. If you don't feel it it means that your yetzer isn't able to convince you that this is really you. However it doesn't sound like you exactly feel like a million bucks so maybe there is a nekuda of charata going on over here, at least enough to convince yourself that you don't feel great about doing aveiros

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Re: Newcomer

Posted by Eerie - 09 Mar 2023 18:31

[Yeshayahu 41:6 wrote on 08 Mar 2023 21:53:](#)

Ok so today was day 18....tomorrow will be day 1.

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People always say that they feel worse afterwards but for some reason i feel a huge release of stress when i fall. Sure intellectually i know its terrible, but emotionally i dont really feel gross. Am i a born rasha?

I'm sorry for the fall, my dear friend. But don't worry about it too much. I don't know about you, but when I signed up to GYE I didn't get an email stating that all members of this society are free from the temptations and enticements of the YH. Actually, the opposite is true. At the YH headquarters they get an urgent message a few weeks ago. It stated as follows "Urgent memo!!!! Our loyal subject, Yeshayahu (or Bradley, depending on the day:)) has revolted! He has just signed up to GYE and had declared that he will no longer be taking orders from us. Troops, take up positions! This means war!" The YH never sleeps. And sometimes he gets us. And then we KEEP ON TRUCKING!!! You wonder why you don't feel ich, and then you write "can someone please PM a tuna sandwich", my friend, you feel like a wonderful person does after he falls, and now just get up and move ON!!!

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Re: Newcomer

Posted by Misgaber96 - 10 Mar 2023 00:40

[Yeshayahu 41:6 wrote on 08 Mar 2023 21:53:](#)

Ok so today was day 18....tomorrow will be day 1.

HMM always says "shmattas masturbate" and thats exactly how i felt today. So many things weren't going right I just gave in.

People always say that they feel worse afterwards but for some reason i feel a huge release of stress when i fall. Sure intellectually i know its terrible, but emotionally i dont really feel gross. Am i a born rasha?

Wow! thank you sooo much for sharing, Guy's we need to learn from this Heilige yid to be open and honest with ourselves! to know that we are vulnerable, and to really get to know our Yetzer Hara. My friend it sounds like you really have the goods. Baruch Hashem for you.

Just to share my experience. The first time I fall I feel a release. I don't feel gross. In fact I sometimes even have a sense of gratitude that Hashem has given me this feeling. But then obsession comes and I fall again and again and again, then I start to feel gross, hopeless, depressed angry. Then I have a wave of inspiration to keep going and push through. I feel a sense of responsibility to get on top of this. I personally couldn't do this cycle anymore so I had to go to SA as I was unstable and kept falling. I now share with others and they share with me, I ask questions and get answers from those who have been obsessed before me and have been clean for years. I work the program.

I had to do step zero, Azivas Hacheit, write out a boundry list that I could keep to, chop and change it so that it best suited me

ie. I can't go on youtube unless at work to give a person an example of...

I cant shake a womans hand

I cant go on the computer after 11pm unless to finish an assignment that needs to be handed in that day

I cant go on google scholar as I have used it to act out for hours on end (I may be able to be more lenient now)

I cant go on sites reading testimonials of abuse victims as I feel vulnerable as a result....

I cant go on my parents device unless for a specific reason, in their presence

If I do break these I have to call my sponsor

For the first 3 months I had to be more careful. I was scared, unstable, was overconfident, and didn't realise my condition. I had to do step one which was to understand how vulnerable I was. To say and mean "I am powerless over lust and my life has become unmanageable because I"

1) would act out till 6 in the morning because of my lust regardless of the next days responsibility

2) I would be physically abusive even striking my parents

3) I was depressed and wasted my schooling for basically the entierity of high school

4) I would drag my chavrusas along to the point of humiliation of self as my head was so thick wading through all the porn.

Now I am up to step 2 where I have to surrender this to a higher power as I know I can't do this on my own

I just learned in the Mesilas yesharim at the end of chapter two a similar concept. He says (paraphrasing) "we have to be aware of what we are doing and then and only then Hashem can help us"

All the best on your Journey.

take it one step at a time, It took me about 6 months to get to this stage, others did it in a week.

do what works best for you. But DO it, then Hashem will help.

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Re: Newcomer

Posted by Yeshayahu 41:6 - 12 Mar 2023 00:52

Gut voch everyone, I'm embarrassed but maybe reporting this will help me build some accountability. I fell Friday and Shabbos. Not even going to give excuses that i was feeling this or that...

I hope to eventually get out of this for good. But when oh when???

Tomorrow day 1 here we go..

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Re: Newcomer

Posted by Eerie - 12 Mar 2023 05:31

[Yeshayahu 41:6 wrote on 12 Mar 2023 00:52:](#)

Gut voch everyone, I'm embarrassed but maybe reporting this will help me build some accountability. I fell Friday and Shabbos. Not even going to give excuses that i was feeling this or that...

I hope to eventually get out of this for good. But when oh when???

Tomorrow day 1 here we go..

My dear friend, I'm sorry for the pain of the fall. But don't be despondent! You learned so much, you grew, you exercised your muscles, you'll be great! The first thing is to hold on tight, stick around here. You WILL learn the things you need in order to break free. Things like STAY POSITIVE! I know, it's so hard, and we feel so low and worthless sometimes, but we have to keep reminding ourselves how special we are, how valuable we are. Keep reminding yourself how precious you are in Hashem's eyes, and how much he appreciates all the effort you are putting in to break free. And know that breaking free does not mean that you never fall again in your life. We hope, we daven, we try to never fall again. But even if we do there is still a bright tomorrow where we can be good, where we can be clean, where we can be holy!

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Re: Newcomer

Posted by Yeshayahu 41:6 - 12 Mar 2023 05:59

Tomorrow day 1 here we go..

Scratch that....

tomorrow (monday) day 1 here we go...

just fell again. soooooo much stress and it really feels much better after releasing it this way

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Re: Newcomer

Posted by Eerie - 12 Mar 2023 06:12

And then it feels really horrible that it happened this way....

My friend, there is no hilchois days, maybe GYE has a system this way, but you have a good minute? A good hour? It's your holy shining hour forever!

My dear friend, part of what we have to learn is dealing with the stress. Stress does not go away by itself. We either do exercise, 30 minutes intense exercise, or call someone to shmooze with and share what's on your mind.

I'm sorry for the disappointment and the falls, as well as the stress. But you CAN do it! And you WILL! One day soon you'll be posting who-knows-how-many days!

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Re: Newcomer

Posted by Misgaber96 - 23 Mar 2023 07:48

[Eerie wrote on 12 Mar 2023 06:12:](#)

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My friend, there is no hilchois days, maybe GYE has a system this way, but you have a good minute? A good hour? It's your holy shining hour forever!

My dear friend, part of what we have to learn is dealing with the stress. Stress does not go away by itself. We either do exercise, 30 minutes intense exercise, or call someone to shmooze with and share what's on your mind.

I'm sorry for the disappointment and the falls, as well as the stress. But you CAN do it! And you WILL! One day soon you'll be posting who-knows-how-many days!

SA states "one day at a time" 24 hours is all we can handle sometimes one minute. we can't handle yesterday or tomorrow. Those entities are not in our control. we are sober today that is great, what happens tomorrow and what happened yesterday, we put in the hands of our loving, caring Father.

All the very best.

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Re: Newcomer

Posted by excellence - 23 Mar 2023 10:21

Dear Yeshayahu,

I know you know this, but It's important to keep hearing it: "It's the journey that counts not the results"

When the Baal koreh reads the 42 Travels of Benei Yisrael he is not allowed to be Mafsik beacuse it corresponds to the 42 letter name of HKBH. even though 8 of those travels Killal Yisrael went backwards. Both the ups and downs are all part of the makeup of Hashems name.

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