

Jeff

Posted by Jeff B - 06 Jan 2010 18:43

I've been trying to write up my story for some time now but thinking back I'm actually very hazy as to the details. I remember that my best friend and I at a young age were very into sexuality even though we were unsure as to what it was all about, we would spend alot of time going through any magazine we coul get our hands on and ogle over the women, and we would experiment with each other. My first porn experiance was when i was 11 or 12. I just stumbled upon it while watching tv in my parents room, and even though they put on a parental block I quickly figured out the code.

Till the age of 18 I was masterbating and viewing porn 5-6 times a day. I had no idea what I was even doing to myself I never thought it was that bad. By 18 I came to realize the severity of my actions and I got on the roller coaster of teshuva and depression.

I got married at 20 and I thought my troubles were over for the first 6 months of marriage I had no falls, then we got high speed Internet and slowly but surely I slipped right back into the web. My marriage overall is good but there were many issues that were directly related to my struggle (although my wife has no idea) and whenever I fell shalom bayis fell right with it.

Before I found gye I was actually moving in the right direction, armed with "the garden of emunah" and a fierce determenation I was managing 3 week stretches of being clean, but I was lacking something and every fall always triggered huge depressions. It felt like the longer I was clean the worse the depression. Then Hashem sent me GYE and my life hasn't been the same since. I started the e-mails about 9 weeks ago and I've been reading and applying the handbooks, the struggle is not the same anymore. I think for me the best information was in how to view myself as an addict and how to stop the depression after a fall. I am now B"H 6 weeks clean from porn and masterbation and while I still have some tough struggles my defences are stronger then ever. Thank you everybody here on GYE for changing my life.

Jeff

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Re: Jeff speaks

Posted by me - 09 Jan 2010 17:41

Imtrying:

You picked the perfect name, and, if you live by it, you will succeed.

This name reminds me of a story I heard last week. It was the yartzeit of Rabbi Nosson, (the talmud muvhak of Rabbi Nachman z"l)

Rabbi Nosson tells on himself, that "I had a dream. And in this dream there was a ladder. I started going up the ladder. up, Up UP, and then... I fell. I started going up again, and once again....I fell. The next time ran up even higher, so that when I fell, I almost completely shattered myself into pieces, (as you know, the higher you climb the harder the fall,...my comment).

"...and there I was lying on the ground, and a man came over to me, (I think it was Rabbi Nachman...after his petira), and he said

....."**GO UP!**.....Aval..... **TACHZIK.... HOLD ON!!!**

So, we see that it is not enough just to keep going up, we must also learn how to hold on. So, someone who learns how to hold on, is an "imtrying", and one that does not learn this could become an "imcrying".

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Re: Jeff speaks

Posted by imtrying25 - 09 Jan 2010 17:44

[me wrote on 09 Jan 2010 17:41:](#)

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As

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