

Bamboo

Posted by nateyde - 08 Jan 2010 04:54

Well, here I go. I am sure my story is similar to many others but it is great to get it off my chest and to get support from the group here.

The earliest I can remember my "addiction" starting was when I was an early teenager and we just got internet in the house. I don't remember how often I went to inappropriate websites, but it was probably once or twice a month, though it could have been more or less frequent at times. It continued throughout high school like this. I felt terrible about it, especially wet dreams (I had never spilled seed) but once I started it became a hobby. I thought I had finally solved the issue when I went to Israel for a year, but found myself "falling" when I was able to access a private computer. Then in college, when I got my own computer, it got worse. I was going to inappropriate websites once or twice a week. I knew a few friends were also looking at things they should not have, but it was too embarrassing to talk about.

That behavior was status quo for a few years until I met my future wife. Everything stopped. There were no slips or falls. That lasted over a year, through our dating and early marriage. Then after about 6 months of marriage, I was going through stressful final exams in graduate school and "fell". I remember saying to myself "What are you doing?" Needless to say, I was extremely distracted, got bad grades and ruined any chance at a high paying job. After that happened, things just got worse and worse. I intentionally spilled seed for the first time and then over and over and over throughout the next year. I tried to stop. I made myself a daily checklist (similar to the 90 day one at the site) which I hung by my bed and gave myself grades every day (the chart had several columns, one for this, for davening with a minyan, being good to my wife..). Of course I didn't label the columns so my wife knew I was working on myself, but no clue on what. Finally after about a year I felt so guilty that I just came clean to my wife. Told her everything (except the sites I went to) and wanted her help. She was devastated, as she should have been. She couldn't understand why. After all, wasn't she attractive enough...

Telling her helped. She would ask me every night how I did and for a few months I was fine. But after maybe 4 or 5 months I told her to stop asking. I was so embarrassed every time she asked. And of course, I "slipped", I "fell" and on and on. Over the last 3 years I would go into the same cycle over and over. I would be good for a few days, then succumb to my yetzer hora and "fall". And say to myself all the lines: "this is the last time", "why", "stop!", "what are you doing", "i hate myself"... Over the past year, the pattern pretty much became once (sometimes twice) a week I would have bad thoughts and couldn't control myself, and once a month go to mature websites. But that once a month was so powerful. Even after I cooled off, I would be right back there two or three times. And I hated it.

My goal has always been one month at a time on the Hebrew calendar. I don't know the last time I reached my goal. It seems like every time rosh chodesh comes around, with in one or two days I am overcome with an urge either with bad thoughts or mature websites. And then I need almost 2 full months to reach my goal.

Two months ago I restarted an effort to control myself by keeping a calendar by my bed and marking it off every night with a check X or double X. It helped for a week, but after the first X day, the next one was a week away and it didn't help. Only once did I make it 2 clean weeks straight over the last few months.

2 weeks ago, I decided to search for sex addiction help. I found jewishsexuality.com. I read for a few hours and was excited to see a pornaholics anonymous group. It was there that I saw a link to this site. I watched a video on jewishsexuality.com (since taken down but called "The seal of Truth" and can be found here- [video.google.com/videoplay?docid=-7332930594849349840&hl=en#](https://www.youtube.com/watch?v=7332930594849349840&hl=en)) which scared the heck out of me. In the video, the speaker had a near-death experience and gave vivid details about his trial in Heaven. Wow. It was extremely powerful. I was crying knowing my behavior had to stop. [side note: whether the video is true or not, I don't care. The fact is, whether all the details are correct or not, it doesn't matter. That is what happens.] I then came to this site and read for hours. The support here is unbelievable.

I am 15 days clean, but I haven't been tested. I have been in similar situations to when I have been tested in the past, but no urges. Nothing. It's a good thing, but I know I will be tested in the future. I hope to pass, and know I will overcome this. I am grateful for this site for providing me a forum to air my story, for the support, and hopefully for the chance to help others.

As for when I tell my wife again, I don't know. I want to take this one day at a time, and finally reach my 1 month goal. The 2 months.. Then Big goal of going Rosh Hashana to Rosh Hashana.

Wish me luck!

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Re: Bamboo

Posted by silentbattle - 19 Jan 2010 00:45

Hey, hope you're doing well...and remember that no matter what, we're here for you. Growing isn't just shooting straight up - at least not in this world. This world is all about the hard work, and you'll see that when you get up to heaven, you'll be even taller than 90 feet!

Let's work together on growing!

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Re: Bamboo

Posted by Kollel Guy - 19 Jan 2010 08:23

R' BB. This one's for you.

www.aish.com/sp/pg/57973927.html

Actually, this is so amazing, there should be a link to it on the GYE homepage.

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Re: Bamboo

Posted by silentbattle - 19 Jan 2010 15:07

That is gorgeous, KG! I think BB may have seen it already, but everyone should watch that!

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Re: Bamboo

Posted by nateyde - 20 Jan 2010 03:50

Thanks Kollel Guy. That is the video I got my inspiration to change my name. It's really great.

The challenges in life take lots and lots of hard work to overcome, and most of the time you don't see the reward. But at the end, it'll be great. I can't wait!

Sorry I was away for a few days. I am up to 27 days right now and feeling great about it.

Today was actually the first day I had the yetzer hara challenge me a tiny bit (with thoughts during davening and a shiur nonetheless!) but I was able to clear my mind pretty easily.

My first goal, even before the 90 days is a full hebrew calendar month, so I am 4/30 of the way there!

Thanks for all the support!!!

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Re: Bamboo

Posted by nateyde - 20 Jan 2010 04:00

[Kollel Guy wrote on 18 Jan 2010 16:04:](#)

By the way, I can't see your name on the chart.... are you signed up on it?

I actually tried to get on the chart but for some reason wasn't able to. (I must have missed the confirmation email).

Nonetheless, I keep a calendar right by my bed, and will be eventually posting updates in the Wall of Honor section.

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Re: Bamboo

Posted by bardichev - 20 Jan 2010 08:17

Hello Bamboo

Wow what resolve

Your intro is so familiar

Man you will make it to 90 plussss

Oh hi I am bards

I am part of the cheer up squad here

Born and bred newyawkah with a style you may love or hate

But hey it is what it is

We drink bourbon daily on my thread

Bardichevs battle

Woodford Reserve is my favorite

I drive a huge truck

And if you do good

Ill holler gevaldigggggg

If not I say KEEP on truckin

In my corner there is no pity parties

Just hard work and tons of fun

So welcome in

Tell the YH to fugggedaboutit he just lost another one in a NY minute

KEEP ON TRUCKIN NMW

Regards

From

Bards

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Re: Bamboo

Posted by silentbattle - 20 Jan 2010 16:03

Fantastic! You can sign up again, no? And then you can set the count from when you started, so you don't have to start from the beginning just because you weren't technically on the chart.

Remember that every day, every minute, every second, is a huge victory, and the reward is beyond our greatest dreams!

27 days is a huge start, keep on rocking (and trucking)!

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Re: Bamboo

Posted by bardichev - 20 Jan 2010 17:16

sb we truckkkk

others rock

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Re: Bamboo

Posted by silentbattle - 20 Jan 2010 17:20

(stubborn face emoticon)

Can't we do both?

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Re: Bamboo

Posted by bardichev - 20 Jan 2010 17:50

sbcmon

you know we rockkk!!!!

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Re: Bamboo

Posted by silentbattle - 20 Jan 2010 18:30

;D Yay!!

And in reference to "kicking the yetzer hora off the podium" - I say we use your 18-wheeler, drive it right onto the stage, and knock him outta there!

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Re: Bamboo

Posted by bardichev - 20 Jan 2010 18:40

yupp

are keeping up with us polotics

scott brownn

is todays hero for

KEEP ON TRUCKIN!!!!

YUP KNOCKED RIGHT OFF THE POIUM

ALL KIDDING ASIDE (SOME KIDDING ASIDE)

BEWARE OF "FRUMMEH YH"

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Re: Bamboo

Posted by imtrying25 - 30 Jan 2010 22:23

[Kollel Guy wrote on 19 Jan 2010 08:23:](#)

R' BB. This one's for you.

www.aish.com/sp/pg/57973927.html

Actually, this is so amazing, there should be a link to it on the GYE homepage.

Hey KG. I just watched this link. It was awesome. Thanks!

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Re: Bamboo

Posted by imtrying25 - 30 Jan 2010 22:26

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Oh and btw bamboo where have ya been?? Still underground??