

my story, any chizuk appreciated

Posted by aryehtahor - 22 Jan 2010 16:49

I feel that the time is overdue for me to write my story to someone and try to get as much help as possible.

First, I should emphasize that I did not grow up in a religious house or part of a religious community at all. I have only recently become a Baal Teshuva.

I was introduced to pornography magazines at a young age, perhaps 10. I had a friend who had movie channels that showed smut late at night and we would watch together when I would sleep over. When people started to have internet at home, I remember going over to another friend's house to look together from time to time. But it didn't become an addiction until later, although when I cannot say. In fact, my inability to remember most of the development of this highly destructive habit is astounding. It is as if all those hours I spent looking at pornography went into a black hole and got deleted from my memory and consciousness. How do I know it happened? Because today I am struggling more than ever to stop my addiction to internet pornography.

About 3 years ago, my loneliness and obsession with lust and frustration at not being able to "pick up" someone overcame me and I had an involvement with a prostitute. This experience was totally revolting to me and I am ashamed to this day. After that I had a girlfriend but I continued looking at pornography and regarding her as an object. As a result, our sexual relations were anything but intimate for me. They were filled with numbness and frustration. It was a strange situation of feeling a strong need for having relations but during the actual act, not feeling any emotion or real pleasure. This must have been the effect of the pornography on my mind.

I should also add that this girlfriend enjoyed deviant sexual practices, some involving violence. There was one instance, which I am even more ashamed of than the prostitute and which I haven't told anyone in the world until now, that occurred that I think is also related to the pornography and the concept of women as objects. I was angry at this girlfriend for some trivial reason and the deviant sexual practice and my raw anger crossed wires in my mind and somehow made me believe that it was OK to be violent towards her. I don't know if, in my perverted mind, I thought she would enjoy being assaulted physically, or if I thought it was all some sort of sexual drama, but I hurt her physically. This has to have been the absolute low-point in my life. You must understand that this was totally antithetical to all my beliefs and natural instincts, and completely uncharacteristic of me and of the environment I come from. I just need to get it off my chest, because it's hard to bear the secret alone. We continued to be

together for another 2 years before breaking up. No violence ever occurred again between us.

Before being exposed to Judaism, I sensed that pornography was destructive and that I needed to stop but I lacked the strength and determination. I knew that it was disgusting, anti-social, and that it was an addiction that would wreck my future family. I have improved a lot B'H with the help of a Rabbi and the Torah that I've studied, but I still have lapses and get sucked in. Sometimes 2 or 3 or 4 hours go by and I am stuck to the computer destroying my mind and my soul. Even if you forget all the spiritual damage, what a waste of time! However, whereas I used to masturbate very frequently, I have sworn off it and have stopped completely with only 2 lapses in the last 6 months. But it's not enough. My goal is: no pornography and no masturbation. I firmly believe that the only way to really control the yetzer hara is through learning Torah. Hashem created the Yetzer Hara and He created Torah as the antidote. All the terrible things we do can be for the good if we do sincere Teshuva, make a Cheshbon with ourselves, and resolve to never do these things again AND KEEP OUR WORD.

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Re: my story, any chizuk appreciated
Posted by aryehthor - 29 Jan 2010 14:41

Wow thanks imtrying. I'll raise up a lchaim to you at my oneg this Shabbos

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Re: my story, any chizuk appreciated
Posted by imtrying25 - 30 Jan 2010 21:47

[aryehthor wrote on 29 Jan 2010 14:41:](#)

Wow thanks imtrying. I'll raise up a lchaim to you at my oneg this Shabbos

Lechaim!!!

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Re: my story, any chizuk appreciated
Posted by Dov - 31 Jan 2010 20:42

Dear Aryehtahor,

Hi and after reading your last posts it occurred to me to do two things. The first was to read my post to you, which I promptly did. It was pretty nice, actually. ;D I especially liked the first half, as it relates to your last few posts a bit. Am I a sicko, or what?

The second was to share this with you:

You say you have time on your hands. Lest I get my hands into trouble, I need to be busy. The more sober I get, the more I can tolerate "free time". Earlier on, I couldn't really tolerate it very well so I made less free time for myself. I took time in the woods and read up on what I saw there, made calls to other program guys, journaled my feelings, found a chavrusa, started becoming part of a shul for a change, found a great book to read while in the bathroom (there are awesome classic novels out there and all kinds of safe things to read in bed and at potty time!) and of course in my case, got active in SA with meetings. Soon I was not acting out at all, lusting a whole lot less, and before I knew it, real life crept up on me and bit me in the behind, as it were. I was shocked to find that I had a life! I never would have dreamed of anything such as a real life without the ubiquitous lust/porn/fantasy/chase thing filling the background.

But here I am.

I'd rather die than go back to the old blind and numb life I had, and I mean it.

Hatzlocha!

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Re: my story, any chizuk appreciated
Posted by imtrying25 - 31 Jan 2010 22:09

Cmon Reb Dov are you telling me you have a life?? This sounds hard to believe!! No lust?? And you have a life?? Am i missing something??

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Re: my story, any chizuk appreciated
Posted by Dov - 31 Jan 2010 22:54

well.....I *think* I have a life. You mean, I *don't*? :-* :-* :-*

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Re: my story, any chizuk appreciated
Posted by imtrying25 - 31 Jan 2010 22:57

My Rebbi Reb Dov once told me.....DONT THINK TOO MUCH!!!!!!!!!!!!

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Re: my story, any chizuk appreciated
Posted by aryehtahor - 01 Feb 2010 00:20

Hi Dov,

I'm not sure one either has or doesn't have a life. I'm not even sure what it means to "have a life". I see a lot of people that are busy all the time and I seem to be the only one who is seeking out more things to do, to get busier, to interact with more people, to be grounded in reality. So maybe that means they have a life and I don't. But I don't think it's so black and white.

I'd like to think that I care about doing worthwhile things and meaningful things rather than just rushing around like a chicken with its head cut off. But maybe that's just a justification for being lazy and not committing and (inevitably) slipping into fantasy land. More and more lately, I've started to seize opportunities when they come my way. Gradually I'm building a life where I am.

For instance, I hosted the first gathering (an Oneg Shabbos) last Shabbos I've had at my apartment. Small crowd, but a good precedent to start. I go to shiurim with a local Rav every Sunday. I started going to the gym more. I post on this forum. I go to classes (I'm in college). And if I'm really ambitious, I open a sefer and learn some Torah on my own.

I dunno really what my point is here. I guess I just want to know what "a life" is, and how one

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Re: my story, any chizuk appreciated
Posted by silentbattle - 01 Feb 2010 02:04

I think they had a special on "lives" - aisle 14.

Sounds like you have a life. And a good one, busy in all the right ways!

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Re: my story, any chizuk appreciated
Posted by Dov - 01 Feb 2010 23:11

AT, ditto SB - it sounds like you have a life already but can't afford to assess it too much. Or maybe at all. The thinking can turn the experience sour.

Just do it, man. For me, thinking is sometimes just another form of lusting. Focusing on we are doing right now is way more important than focusing on "what's doing" with us. We can leave the upshot to Hashem, our Rabbi, or even I'havdil, to Marv Albert!

It need not be our concern.

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Re: my story, any chizuk appreciated
Posted by aryehtahor - 02 Feb 2010 01:09

Wow, how liberating it would be to really *know* that! That all I have to do is the right thing right now, and leave the big picture to Hashem to weave a beautiful fabric out of all the little strands of thread that seem random.

It occurred to me that Chazal are very specific about making fixed times to do a Cheshbon about one's life. In other words, you don't do it all the time, or even whenever you feel like it. You do it at a fixed time. Maybe this is why...

Also, who is Marv Albert?

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