

Hello

Posted by joe - 30 May 2010 00:46

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Hi all,

What a crazy year it has been for me. It all started on a great Emunah Spark, which got me doing some real good Teshuvah, which included Hitbodedot for an hour a day, going to the Mikvah at least once a week and reading and studying as much Torah as I can. I was on such a high and much was due to Rabbi Lazer Brody on his personal web blog and translation of Rabbi Shalom Arush's books on Emunah.

But then I fell.....Maybe I was rushing in too quick with everything, I don't know. All I do know was that when I picked myself up again, it didn't feel as good as the first time, But I never gave up hope and I continued to long to get closer to Hashem.

The came the most current fall, which was terrible and lasted for a pretty long time. All the while, I was thinking how can I rid myself of this poison, this addiction. I felt like a heroin addict needing to have my "fix" every day in order to function properly. But somehow my yetser hara was super strong and I felt powerless to defeat him to the point where I had practically given up all together. I felt so alone as if there was no one I could talk to. I made the mistake of telling my wife of my addiction the first time around after I had cleaned up my act, but my wife, May G-D bless her pure and innocent heart, just though I was weird and perverted. I don't blame her, as it's hard to understand someone's addition unless you're an addict yourself. So when I fell, I was all the more so ashamed of myself.

But all along, I have had this burning sensation to clean up my act and return to my "glory" days. So when I found this site, I knew this was my calling, my shoulder to lean on, my braces to straighten me up and Hashem's divine assistance.

I hope please G-D that I can finally help myself.

As a river of tears flow down my eyes while I am sitting here typing these words, I am so so relieved to know that I am not "weird" or "perverted" and that there are others out there just like me, struggling. Others that know how hard the struggle is but don't give up and keep trying no matter what.

Wow.....what a relief it is to get that off my chest!

May G-D grant us all strength to get closer to him and to control out Yetser.

Have a Shavuah Tov everybody,

Joe

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Re: Hello

Posted by Jooboy - 28 Sep 2010 21:05

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Joe,

Let me know how it goes. I have yet to hear from someone that went to a group and didn't love it.

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Re: Hello

Posted by joe - 29 Sep 2010 00:07

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Thanks desperate.

Will do Jooboy, I'm pretty psyched about it, I must say!

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Re: Hello

Posted by Jooboy - 05 Oct 2010 18:31

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So Joe, whats cookin?

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Re: Hello

Posted by joe - 05 Oct 2010 22:09

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Hey Jooboy (haha....reminds of what the Italians from Brooklyn used to call us when I was growing up)

Whats cooking....hmmm...well, I installed a filter program and put my wife's email address as a notification address. She was quite cool about it.

At first she kind of joked with me and said "ya it obviously makes sense not to put yours". Her response kind of caught me off guard, but I knew she was only half serious. In other words I think she knows about my addiction but thinks it is much more moderate than what it really is, as in perhaps maybe 10% aware.

Anyways, I just explained to her that I think every household should have one so that our babysitter for example (my kids are too young to use a computer so I had to use the babysitter excuse) doesn't come across unwanted photos if she wants to perform a google search or something of the kind.

Her reaction to that was "oh yes, of course that's just as important" which she said in a really understanding manner, which really felt good because I was a little bit worried that she would have trouble understanding why we need a filter at all and start complaining that she hopes I'm not back to my "dark habits". But G-D bless her soul, she obviously knew that I was really embarrassed and just went along with it. I know when the time is right, I'll be able to sit down and talk to her about everything, but right now I need to just focus on cleaning up my act.

As for the SA meetings, I haven't been to one yet, but am hoping to join one sometime this week. I will let you know how it goes.

Well, take care buddy, for now!

Joe

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Re: Hello

Posted by aa1977 - 07 Oct 2010 22:52

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Hey Joey

The filter's a great step, man. It's tough letting go of that freedom, it's like cutting off a limb - saying goodbye to an old friend. However much we know it hurts us and ruins our lives and our ability to be truly intimate with our wives and Hashem - still - the internet may be our oldest friend - the place of comfort we've gone to in when we were stressed out or scared. Leaving it behind is scary. I'm talking for myself. One day at a time. And sometimes I've found myself desperately trying to bypass the filter. Sad, but true.

The filters good. But if know you need more - do it, man. Don't let this year be the same as last year. Do something. Go to that meeting. Make the call. Go somewhere where no-one will know you. But go. For your sake.

Lots of love, brother

AA

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Re: Hello

Posted by joe - 08 Oct 2010 08:27

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Hey,

Good to hear you my man. Yup I think that I am in the right direction this time. Although every urge now feels maximized tenfold. It's as if the YH is trying with all his power to hold on to me because he knows that he will lose his grasp for good. this past week since deciding to go to SA has been a hellish battle, successful yet ruthless. At least this time I started noticing picking up on those symbols we get right before we fall (which are meant to discourage us from falling), so I know at least my attitude has changed somewhat for the better at least.

The filters are great, but I think I finally need to talk to someone about my problem which I know will help increase my self awareness of this addiction. Sometimes we just accept as addiction as part of our routine and our lives. I believe its our job to stand up and say "No this not my routine and this should not be a part of my life".

Anyways take care brother and thanks!

Shabbat Shalom,

Joe

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Re: Hello

Posted by aa1977 - 09 Oct 2010 20:04

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Gut voch and a gut chodesh

Joe, I think i remember seeing on your post that you're in Jerusalem. I'm also. If you want

someone to come with you to the first meeting, I'm happy to do it. We can face the shame together, I've never been either.

Chazak

AA

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Re: Hello

Posted by joe - 09 Oct 2010 22:31

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Hey AA,

Shavuah Tov and Chodesh Tov.

So I finally did yet, yup I went to my first SA meeting. What a great injection of encouragement it turned about to be, that I actually can't wait for the next one. At first I felt a drop awkward, but then I just blurted it out that I have a serious addiction and you know what....IT FELT GREAT!!!!!!! It felt so great to actually admit to total strangers one of my darkest secrets that just until a short time ago, I didn't even admit it to myself, let alone another individual. I think it would be great if you came, I wouldn't mind starting the program with someone who is new to to it just like myself. If you're up for it, I can have one of the members PM you with more details. Let me know and keep in touch brother!

Joe

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Re: Hello

Posted by jewinpain - 10 Oct 2010 02:10

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Joe, u r the MAN!

U owe urself a big yasher koach for going to a live meeting its a very brave step, I can't bring myself to do so

I'm not sure what u mean with starting the program with someone new like urself, I'm not a pro when it comes to the program, but I think u need someone old, so he can be ur sponsor, this can be a help, but again I'll let the experienced program workers fill u in on that one

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Re: Hello

Posted by teshuvahilaah - 10 Oct 2010 03:30

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Hi, gang. This is my first post here in probably months. Why I've been away is another story, probably for another post. Suffice to say that I was looking through the threads when I chanced upon this one in which I had previously commented. Seeing that my words did someone some good got me to wanting to check in. So I am.

Best wishes to everyone here on their respective journies. I am glad to see you're making a way forward, Joe. It's inspiring.

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Re: Hello

Posted by Dov - 10 Oct 2010 03:33

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Woah!! It's you! How are you?!

....woops. maybe this is hijacking, so I'll continue the wacked-out ebullience in a PM.....

- Dov

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Re: Hello

Posted by aa1977 - 10 Oct 2010 09:09

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JoeY!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

I take my hat and cupple off to you.

GIGANTIC CYBER BEAR HUG

That's a huge step.

There couldn't be a better start to the new year.

Things is looking good. Keep it up.

I'm not sure how much i need the meetings myself (which probably means i desperately need them)

lets stay in touch

WOW!

AA

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Re: Hello

Posted by aa1977 - 14 Oct 2010 20:14

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Joe?

Is anybody there?

AA

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Re: Hello

Posted by jewinpain - 14 Oct 2010 20:16

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Hey AA, I'm here for u

How r u feeling 2day ?

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