

B"H I did it! FinallyPosted by ur-a-jew - 08 Jun 2010 18:30

I have been suffering from a lust addiction for decades since I was a teenager. I have my downs and ups. I even looked into joining SA but my Yetzer Hara got the better of me convincing myself with various arguments that it wasn't for someone in my life situation. About a year ago I finally came clean to an old Rebbi of mine who I knew would understand what I was going through. Just coming out and speaking to someone who understood me was a tremendous relief. B"H as a result, I don't think that I have had a major catastrophic fall since then. But then of course, you know what happens. I joined facebook for some "work" related project and lo and behold who do you think all of my "friends" were. Still I think that my earlier meeting or my more cognizant awareness that Hashem was watching kept me from the severe falls of the past. Then things weren't working out as planned and I felt the urge to fall overcome me again. I thought I should pick up the phone and speak with my Rebbi. But I was lazy. Then a couple of weeks ago I stumbled across an outdated link to a post from what looks like the guardyoureyes forum with suggested online shuirim to help with the struggle. I listened to Rabbi Reisman's shuir from Yirmiyahu. It was very encouraging. I went back telling myself that whoever posted this was on to something. It was then I came across the real guardyoureyes site. Reading the handbook felt as if a ton of bricks was lifted from me. I felt like the handbook was written all for me. Its like someone was there in my brain, knew exactly what I was going through. I knew that B"H my life was in for a major change. I am almost done my first read through of the book. I joined all of the daily emails. Reading them for a couple of days I know that this is the place for me. Today I joined the 90 days wall and the forum.

Since reading the book, I have been struggling with the issue of coming clean to my wife. B"H I have a wonderful marriage. Yet, if there is one thing that we get into disagreements about it is, you guessed it: sex. Intuitively my wife knows that I have a problem but I don't beleive that she has any idea of the extent. My wife is familiar with 12-step programs since she does one herself (and in the past she has half-jokingly suggested I join SA). So I think she would be understanding on that score. But, I think she would be so disgusted with my conduct (as she should be) that she may not be able to understand. When I had spoken with my Rebbi he said not to tell her all of the gory details. On the other hand, without coming fully clean 1) I feel like there is an element of dishonesty in holding back a matter of which I have always felt guilty; 2) she will not appreciate the full extent of the problem, and I wonder whether she can be fully part of the solution. I would welcome any insight on this issue.

Boruch Shechyani V'Kiyamonu L'zman HaZeh

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Re: B"H I did it! FinallyPosted by ur-a-jew - 27 Jul 2010 18:30

I am working on a case and one of the aspects involves an Indian woman whose emails I have to review. In the past, I would have at this point been all over the internet trying to find information and pictures of her (and if I wasn't succesful at that I would have searched until I found something "good"). What a difference some five weeks can make. B"H I now have a filter which not only hampers my search capabilities but it also reminds me that I shouldn't be doing something like that. And while I still have that little voice inside which pops these types of ideas into my head, the very fact that I have the ability to post this and that I have a whole support network to turn to, is enough to keep me in check. What a wonderful feeling. Hashem thank you for bringing me to this point. And thanks to all of you guys for helping me along. Let us all remain sober today.

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Re: B"H I did it! Finally
Posted by Yosef Hatzadik - 27 Jul 2010 19:44

It is stories such as these that give us all encouragement to continue the fight!

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Re: B"H I did it! Finally
Posted by Stuart - 27 Jul 2010 20:42

[ur-a-jew wrote on 27 Jul 2010 18:30:](#)

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wow, I thought I was the only one that would do that.

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Re: B"H I did it! Finally

Posted by bardichev - 27 Jul 2010 20:50

We all do

Many of us are quick to label "addict"

We really are just curious

I don't want to create a debate here

We really are curious. Yes it leads to addictive behavior.

If we work on our curiosity we can bite the head of the snake

Its not a cure but its a start

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Re: B"H I did it! Finally

Posted by Jooboy - 27 Jul 2010 20:55

Cause I'm a(n addicted) Jew, I do that too (Country Yossi, circa 1983)

Yep, I would have done that in 2 seconds and I would have done that because I'm an addict.

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Re: B"H I did it! Finally
Posted by ur-a-jew - 27 Jul 2010 21:08

Thanks guys.

This is all very helpful because I'm still plowing through these documents and that voice won't leave so quickly.

Notwithstanding Bard's desire not to debate and as much as I would like to shed the label "addict," I would tend to agree with Jooboy we do these things because we are addicts. I think the proof is the intensity with which we pursue this type of curiosity as distinct from other curiosities we may have.

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Re: B"H I did it! Finally
Posted by Yosef Hatzadik - 27 Jul 2010 21:13

After all this discussion there is *no way* that you can let us down & listen to that evil little voice.

(I was gonna dare you to even *try* listening to him, but thought better of it. We cannot afford to try and fight him head-to-head. We should never underestimate his power. Just move on & busy yourself with the work. Don't even give him the dignity of acknowledging his presence!)

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Re: B"H I did it! Finally
Posted by Stuart - 28 Jul 2010 00:02

The sad thing about the curiosity bit, is that even though we saw everything there is possible to see in the past, we still feel the need to see more and more, again and again. This = Addiction!

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Re: B"H I did it! Finally

Posted by 1daat - 01 Aug 2010 06:39

UAJ, I've just finished reading your thread. I am so touched by what you've done, and the amazing hasgach pratis that got you to the site.

When I'm in a situation and getting different opinions, the confusion is a good thing for me. Because in that confusion and doubt and being upset, I kind of mentally just put my hands over my ears, because I can't handle all the confusion. So I've got to get away from it for a while. Because while all of it speaks in some way or other to my situation, it doesn't quite fit. I need tailor made for the big decisions. Eventually I remember that there's only One resource that never fails me, One opinion that speaks to the truest part of myself, and that I hear, and know is right. Yashar. This comes from taking a walk, or listening to chazanut or reading chassidus, or staying a while after shul just to sit a bit, and have a little talk, and I just ask, "Tatti, I just don't know what to do. Please help me, guide me, please give me some direction." And then I try to listen to my heart.

Whatever you decide, I so respect and look up to the depth of your sincerity, your listening deeply to your longing that things be right with your wife, and that you both know profound shalom bayis. You just put the bag down and did a one-eighty and went to work. Your story and your person touch me very deeply. I wish you the ears to hear, and the coiach to do what only you and Hashem know is what's best for everyone, and what's l'shem shamayim.

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Re: B"H I did it! Finally

Posted by ur-a-jew - 01 Aug 2010 17:35

1daat thanks for the kind words and the brocha. Amein V'chain Lmar.

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Re: B"H I did it! Finally

Posted by oisvorf - 03 Aug 2010 01:19

Hey UAJ

I don't have anything to add here except that I read your story and found it inspiring . . . and am proud to be a member of a society with you in it!

To quote the Rebbe . . . Keep on trucking!

Shmendrick

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