

Just Discovered GYE- Thanks

Posted by cantdoitmyself - 27 Jul 2010 00:24

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I just learned about GYE so I wanted to take this time to introduce myself.

I've had this problem for eight going on nine years now. I started when I was 12 and didn't even know what I was doing at the time. I didn't even know that there was anything wrong with it. I would close myself in a room and just do it. After a few months of doing it many times a day, I heard some people talking about how it is wrong and I got terribly scared. I tried stopping but I was already hooked.

Throughout high school I tried to stop but never could. My family has TV with cable and had many very inappropriate shows and movies available every day. I eventually asked them to lock the TV and put time restrictions on it so I wouldn't stay up late watching it, never telling them the actual problem. I would constantly fall, never able to make it more than 3 days at a time usually. I would tell myself that eventually I would get control of it because I was never successful, but I didn't have to go crazy over it at that point.

After high school, I started becoming more spiritual and felt much closer to Hashem, but I still couldn't control myself. Every time I would watch inappropriate things, I would be so upset at myself. I would punch through things or not talk to people, and sometimes the thought entered my head that there was no point in living. (That only entered my head for a moment because I knew Hashem wouldn't want me to do that.) I knew I could do better, but felt like an idiot who couldn't control himself. Then I would get happy the next day and keep going through the same cycle. I eventually told my brother and a very close friend of mine, but I never felt like they really got it. They would never bring it up to me because it is something that is embarrassing and for that exact reason I never brought it back up to them. I then told my parents and asked them to get rid of the TV in my house which they refused to do, but they did put blocks on the TV and the computer. The problem was anyone who has been through this knows that if there is a hole to get through in those parental blocks, you'll find it, and you know it from that point on. That's what happened with me. I found certain things that turned me on that weren't bad enough to be blocked or find times that a certain TV wasn't blocked by accident. I eventually told my parents that I wanted to go to therapy after talking it over with my Rebbe. I was in therapy for a year, and it did me wonders, but I think I ended it too early. Even though I am a huge fan of therapy as it helped me a ton, I felt like my parents thought of me as a loser with huge problems as long as I went to a psychologist so I ended it after a year.

Well it's now about sixteen months after that and I'm still falling. I would go three days and then fall, sometimes not even making it three days. I knew what I had to work on because I did go through therapy so I learned my triggers and stuff like that, but a lot of times I just didn't care. I felt like a constant loser who couldn't control himself, someone who could never have anyone's respect and someone who didn't deserve anyone's respect. And even though I have lots of friends I found myself in a constant state of loneliness and it ate at me.

Then a few days ago I searched shmiras einayim online and found an article on Aish and saw some guy referring to GYE. I came to this site and was shocked. It hit me that I am not a loser and I am not the only one dealing with this. I immediately felt liberated and felt like I could use

everything I learned in therapy because I can do it, and it's not just me in this battle alone. Because of that I wanted to thank everyone here on this website. You guys have given me a newfound strength and I don't know how to thank you enough. Hopefully, I will be able to hold on to this feeling. I really don't know if I could ever express enough gratitude for everyone here being open and honest with who they are. It really just changed my life. I wish I could help you guys as much as you have helped me.

P.S. I'm sorry my intro took a little longer than expected.

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