

First time

Posted by thanks613 - 05 Oct 2010 19:50

I'm new here. This is my first time personally reaching out to others to ask for help, but obviously not my first time struggling with this problem myself. I have spent some time looking around the website and am a bit overwhelmed about where to start out (I think I will try some of the handbooks). Any advice that anyone could offer about where to start would be much appreciated (referring me to another already existing thread that deals with this would also suffice)

I'm a long time yeshiva bachur (5+ yrs) and maybe on the verge of dating and I can't believe I'm still dealing with this problem. Moreover, I am sometimes in positions where others, both friends, ba'al habatim, and younger kids look to me as a sort of role model for what a ben torah is. I cant' help but feel that its a terrible thing to be seen this way on the outside and be so different on the inside, and that I may even be hurting some of them in some way because on the inside I don't have what it really takes to inspire, influence and prtray true torah values. Not to mention respectable people are offering me shidduchim now with true b'nei Torah (yes b'nei can refer to women) and I can't imagine entering shidduchim in my current state.

One question I have is about the 12 step system. I know that it must work to really help many people. I for one have always wanted really badly to kind of solve the issue myself, and have believed that I could for a long time. To some degree I am admitting That I really need to start asking others for help, but such systematic and specific programs still make me weary. Do people find that the 12 step program, or therapy are really the only ways to deal with this problem?

I also have to admit that although this is my first real request for help, I know that it is a long way removed from opening up with my problem to a friend, rebbe, or parent and asking for their help. For many reasons I have always wanted to avoid doing just that. It has at times strained some relationships, especially with my rebbeim b/c deep down I knew that while I may be asking for help for them in one area, I am really secluding them from an entire section of my life that probably affects the way I think, feel, and act more than most others. But I'm still not sure if I should approach someone like that who may have a very high impression of me and ruin that impression in such a shocking and severe way. Do I need to turn to one of these people who already knows me an open up to them? Should I instead turn to a new source and ask for help from a rebbi or friend who until now has not been a major part of my life? Would it be enough to continue fighting this on my own with the help of the GYE community and, if successful, to avoid ever divulging my problem to anyone besides for at a computer screen, anonymous phone call, or e-mail?

Also, I know it's premature maybe. But even if and when i do BE"H kick the habit and start living a more fulfilled life, and hopefully get married and raise a family, how can I approach this topic with them. Will it forever be a secret that I keep from my wife (assuming it never comes up and I don't offer the info, or will I even have to lie to her to protect my secret?). Also, until Machiach comes and we see the fulfillment of "Kol Harish'a Kula Ke'ashan Tichleh" I will have to deal with this problem with children one day (it has actually come up slightly in the past involving younger kids who I was a counselor for), what can I tell them? Does it really work to say "I've been there and you should stay far away" or is it better to act as if its something foreign that you've never been involved with. Like I said, this question is a bit premature to say the least.

Thanks to everyone and anyone who reads this. I hope that one day I'll be able to give back to the GYE community.

I'm sure there are loads of forums and articles written about these topics, and I know that I should do more on my own to find them, but I am a bit overwhelmed about where to start.

one more thing. I once heard that this is the kind of problem that one needs to quit cold turkey, basically because of "Masbiy'o Ra'ev, Mar'ivo Savea" - whatever little bit you give in or continue will just fuel the proliferation of the problem. I highly agreed at the time. Later someone else told me that this kind of thing takes time, and that there will be many failures along the way, and if I start now (this was a year ago) I can be totally better when I get married (they were actually talking about wasting Zera, not internet addiction). I understand that it doesn't help after the fact to get down, and depressed, and give up hope, but is the correct outlook before the fact that starting now I will never give in to this temptation again.

I could write more but I think this is already too long. Thanks for the help. If you could refer me somewhere else to do more reading on my own (another thread, a book, online article, whatever). that would be helpful too. Thanks.

=====
====

Re: First time
Posted by yitzi.26 - 11 Nov 2010 07:06

Everyone here is so amazing, its so impressive just reading what everyone has to say. Its like one big family.

psssh

Even though im very new here. I love you all!

Keep up this great work mamash amazing.

=====
=====

Re: First time
Posted by frumfiend - 11 Nov 2010 09:56

Im not good at the quoting but you wrote living with hashem is precious but it loses its panache.
Life it too full of toos

could you explain this more.

=====
=====

Re: First time
Posted by Dov - 12 Nov 2010 01:09

Please pardon the hijacking here, yitzi.26! This is a response to FFTS, above:

I meant **before** recovery - *before* the relationship is just my simple and inescapable *reality*. Back then, I had many times of hisorerus, what people call 'd'veikus', I guess. Heartfelt, very deep, and real.

But it always lost its panache after a while. Once He 'took me back' already, being with Hashem was not so fun and meaningful. Daily chizzuk and external simcha tachbulos were hollow for me. They were just hiding, rather than dealing with my uncomfortable reality: The long slog through Olam haZeh is complicated, scary, guilt-ridden, and messy...and sometimes really boring. Where did my exciting G-d go?

I typically answered that with either religious extremism (unhealthy exaggeration of Torah ideals), **OR** by slowly getting back into ugly trouble with lust. Usually they came depressingly in tandem...but that's another schmeeze. Either way, the excitement was back! Yippee! I started off as 'James Bond'...but always seemed to end up as just a plain, ugly, rosho.

...quick! Time for teshuvah! And around it goes...

That's 'living with *Hashem*'?! It was more like living with a cosmic *Sanitation Engineer*. His main role is not to clean up my messes, but **to be my G-d**. ...hotzeisi eschem mei'eret mitztrayim lihyos lochem leilokim!" To be my guide, my power, and my purpose, in good times or bad. Whether I am succeeding or failing - He is 'the only game in town', for me. **That's** a G-d!

Teshuvah from cheit cannot be what we focus on in our avodas Hashem. As wonderful, indispensable, and encouraged as Teshuvah may be, it is a heicha timtzei to being Hashem's yid. To *living right*. The *Chovos haLevavos* is clear on this. Teshuvah is turning the boat around - that's all. The actual avodah is living *with* Him and *for* Him (partly by living *with* and *for* His people).

Sorry I got off the topic. Where were we?

=====
=====

Re: First time
Posted by thanks613 - 12 Nov 2010 20:53

actually, your pretty on topic Dov, by all means keep going if you want ;D

=====
=====

Re: First time
Posted by Dov - 14 Nov 2010 07:17

my netbook is running out of ink.

=====
=====

Re: First time

Posted by thanks613 - 18 Mar 2016 04:25

[ben yaakov wrote on 08 Oct 2010 02:21:](#)

...But please don't let time pass you are to valuable of a person to sit in the gutter anymore.
Hatzlacha Raba

Well it sure hurts to look back at this one. I thought it would be helpful to me to remember my first real efforts to quit, and review some of the advice I got. Also to add continuity for myself..

New thread on 90 day forum [My-Journey](#)

Formerly,

Mattis.

=====
=====

Re: First time

Posted by stillgoing - 09 May 2016 23:12

[thanks613 wrote on 18 Mar 2016 04:25:](#)

[ben yaakov wrote on 08 Oct 2010 02:21:](#)

...But please don't let time pass you are to valuable of a person to sit in the gutter anymore.
Hatzlacha Raba

Well it sure hurts to look back at this one. I thought it would be helpful to me to remember my first real efforts to quit, and review some of the advice I got. Also to add continuity for myself..

New thread on 90 day forum [My-Journey](#)

Formerly,

Mattis.

=====
=====

Re: First time
Posted by thanks613 - 10 May 2016 03:07

Baruch Hashem, I'm still going

=====
=====

Re: First time
Posted by stillgoing - 10 May 2016 03:11

[thanks613 wrote on 10 May 2016 03:07:](#)

Baruch Hashem, I'm still going

Yea sure, and i'm full of thanks. 613 times.

GYE - Guard Your Eyes

Generated: 24 April, 2025, 04:21

=====
=====