

Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)

Posted by yedidya aleph - 20 Oct 2010 19:30

my dear buddy Sturgle suggested that i start my own thread. so just in case someone is interested here is some of my story:

Start Date:2010-05-03

Short story: I am a very frum B.T. married to a FFB for over 20 (Bli Eyan Haroh) Have gone through different tekufos of lusting. Last time was using telephone. Recently given Internet with limited blocks to use for my job. The curious became an addiction rapidly. I have been going to 12 step prog for another compulsive prob. so I have a sense of the features of addiction. Wife was getting suspicious when I was staying late at work with out an explantion short of "fell asleep in front of the computer" Baruch Hashem I found this site on Monday Apr 26th when doing a Google Search with filters on "safe" settings. Came accross the letter from Rav Aaron Feldman and ended up B"H on the site. Tues Apr 26 was day one with out looking at on-line pictures. Told my therapist who is an addiction specialist about the prob and mentioned the web-site which he strongly encourage me to participate in DuvidChamim's chevra. I have been on the call most of the days since that time. Started to do some 4th step writing. Had a slight fall due to some hirhurim and touching during a bath on Sunday night May 2. The images were still pretty fresh and ended up being m's'z'l. Started counting again on Monday May 3. Spent a lot of time on the married men's forum on Friday, May 7th looking for chizuk and trying to help other guys.

more history

after joining this site and participating in the DC lunchime meetings, i had about 49 days of sobriety, then fell.

was in relapse for a few weeks, then reached out to someone from GYE to be my sponsor. he promptly agreed. he shared with me his involvement with SA and i ran over to the next meeting and committed to one day of sobriety for which i was given a coin.

i continued going to meetings and checking in with my sponsor for the next 90 days approx) the last week or so prior to day 90 i was searching and reading some stuff on-line for their erotic nature. i was also "touching myself" for pleasure but stopping prior to ej*

was predicted by the folk i was sharing with, my half-measuring ended up in a full fall on Sunday afternoon oct 17, 2010. Possible trigger was boredom.

Monday, Oct 18, morning went on-line to a forum for bi-guys. Although this mad me late, i did attend a SA meeting at luch time and shared that, i am resetting my sobriety with following new bottom lines:

1) no touching the "eyver" for pleasure even without be motei zerah

2) no intentionally reading or looking at erotic material

Although ,that meeting i made a committment to one day of sobriety,when i came back to the office,I continued my visit to the shmutzige forum reading posts. Then I made up user name and logged in the site to see more. Finally,after reading for a few hours,started searching for pictures (ssa) then shut off the safe settings. Ended off with an overwhelming urge to m* which i promptly gave in to. i guess i forgot how disgusting it feels afterwards maybe feeling a bit isolated and bored. deep down,i guess i was thinking that since i fell,i wanted to have some "fun" especially since i was started over. What can i say? maybe i was feeling the need for a break.

Needless to say i avoided reaching out to anyone. B.H. today was o.k. I could not go to the meeting b/c i had to be in the Bronx for a work-related event. Still reading from the B.B.

What did i learn?

I am slowly learning that i have a disease,and keep fogetting that i need to take precautions not to fall in.

i do not have to give in to every crazy idea which the Y.H. puts in my mind and also,i am powerless over lust!!!

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)

Posted by yedidya aleph - 29 Oct 2010 17:03

dear J.I.P. ,i hear u. loud and clear. yesterday night i fell again,this time it was just withdrawal from the p* i saw the other night. i just wanted more?? kept going around the blocks on my system til i finally found some. what can i say. off to SA meeting. have a g8 Shabbos. (don't worry,i dont act out on Evev Shabbos & Shabbos)

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)

Posted by Kedusha - 29 Oct 2010 17:06

[yedidya aleph wrote on 29 Oct 2010 17:03:](#)

Don't worry,i dont act out on Evev Shabbos & Shabbos

Every day has a Bechina of Shabbos (e.g. "Hayom yom rishon b'Shabbos").

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)
Posted by frumfiend - 29 Oct 2010 23:04

You will get there just one tnai

DONT GIVE UP! Keep posting and going to meetings and working your recovery program.

Hatzlacha gedola vechol tuv gut shabbos

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)
Posted by yedidya aleph - 01 Nov 2010 16:23

:-[THANKS GUYS FOR THE CHIZUK. ENOUGH EXCUSES,NOT SURE WHAT HAPPENED,BUT I FELL AGAIN (m*), IN THE MIDDLE OF THE NIGHT MOTZEI SHABBOS. I STILL HAVE FRESH MEMORIES OF THAT SCHMUTZ WHICH I SAW LAST TUESDAY NIGHT AND AGAIN ON THURDAY NIGHT. CAME TO THE OFFICE DIRECTLY FROM SCHUL THIS MORNING,SO MY TALIS & TEFILIN ARE HERE RIGHT NEXT TO ME ON MY DESK TO PROTECT ME FROM ACTING OUT,b'EZRAS HASHEM.

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)

Posted by Kedusha - 01 Nov 2010 16:29

Yedidya,

Please give yourself a chance to detox this time. Great things can happen when the trash is given a chance to leave our system.

Ask yourself: Do I want the hardest part to last 90 days or 90 years?

rehab-my-site.com/guardureyes/forum/index.php?topic=1297.0

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)

Posted by yedidya aleph - 04 Nov 2010 23:34

just a quick check in . B.H. bli eyan harah,sober today. Yesterday, fell by reading erotic stuff on Google with "safe" setting,ended up with m*. Thanks everyone for the chizuk. have a great Shabbos.

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)

Posted by jewinpain - 05 Nov 2010 01:10

Reb Yedidya may I say that I detect a leak in ur filter sounds like it needs to be adjusted, plz hub rachmunis on urself and do it sooner rather than later

We want a sober Yedida

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)

Posted by yedidya aleph - 05 Nov 2010 19:06

JIP u r really a very special guy! B.H. sober since yesterday. thanks for the chizuk.

Chervra have a gr8 sober, Shabbos.

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)

Posted by jewinpain - 07 Nov 2010 01:41

Good week reb yedidya,

I'm as special as all of us here, we need constant chizak in order to stay on top of the game and sometimes its be giving and sometimes we are too weak to give so we need to get chizak, but giving chizak is a gr8 tool for our own journey, adraba try it for urself, its my duty to do as much as I can to help a yid stay connected to hashem "kol yisroel arivim (sweet bla"z) za luza"

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)

Posted by yedidya aleph - 08 Nov 2010 22:49

:(fell last night.

:)B.H. today is a new day and the start of new sobriety.

JIP,i admire your reaching out. seems like u have made remarkable progress over the past few months. What r ur secrets? r u in SA? did u do step work?

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)

Posted by Kedusha - 09 Nov 2010 00:23

Yedidya,

We're all anxiously waiting for some good news from you!

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)
Posted by yedidya aleph - 09 Nov 2010 00:27

Gevaldig!! i really love the chizuk.it makes me feel chashuv!

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)
Posted by Yosef Hatzadik - 09 Nov 2010 00:29

[yedidya aleph wrote on 09 Nov 2010 00:27:](#)

'*feel*' chashuv

Huh??

You **ARE** choshuv!!!

If you weren't, you wouldn't be here on GYE!!!

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)
Posted by jewinpain - 09 Nov 2010 00:47

Reb yedidah, thanks for the compliment, yes I b"h made progress, almost all of it is credit for the GYE community, maybe a little bit I owe myself a thanks, its no easy work, but hey easy work is not fun work, so yes it is a challenge, but guys what are we here for if not for that, as a friend I will spill the secret out to u, I did work a bit the 12 steps, mainly the 1st 3 of them, and I had some really gr8 guys here on GYE giving me chizak all the time, + I spent hours of hours listening to CD's from my favorite Speakers , which includes rabbi Waxman, Rabbi Wolfson, Rabbi Rubin, they are all so powerful that they could even pull me out, well maybe u like someone else, 1st figure out what is holding u back from making the 1st step to get close to hashem, see where u r weak, might be ur faith cord has been cut off or out of service or just plugged in the opposite way, I went for therapy, turned myself upside down, cried to hashem many times over the past 9 months like never b4, reinforced my connection with our beloved creator, learned musar, spent hours on GYE's bench gave chizak for guys (btw that's 1 of the best ways to get chizak) do me a favor make that 1 baby step but as rabbi waxman says it, the chazal call it a door like. The opening of needle, got some blood work done recently? Well, u know what I mean its pretty sharp that's how that 1st step gotta be so it can actually cut all the bad layers of filth off to let hashem res t in u, I know u want and I also know that u will succeed, just a matter of time, so why not today, hashem is waiting to hear from u, ur life will be much more meaningful in recovery believe me bro!

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