

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 errotic 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 jewinpain - 09 Nov 2010 01:44

I like ur honesty, yes doing the dishes is another example of being selfish, just feeds the addiction so we feel good, u see hon, I even did the dishes, BTDT my friend, btw next time doing the dishes b4 acting out is a very good start for the acting out, if u have the right thoughts when doing the dishes, just 1 common thought would be, am I really doing her a favor by doing the dishes or its a zchus that u have that u r able to help ur loving wife, u know just a little mind work can go a long way

KOT

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

Posted by yedidya aleph - 10 Nov 2010 01:36

CHEVRA, SORRY TO LET U DOWN,BUT DESPISTE ALL OR UR KIND ,GENTLE WORDS OF CHIZUK FELL LAST NIGHT. WAS CLEAN IN THE DAY UNTIL LATE AFTERNOON. NOT DOING WELL. DON'T KNOW WHAT TO SAY. HOPE TO GO AT LEAST TO ONE SA MEETING TOMORROW BLI NEDER BEZRAS HASHEM ,HOPEFULLY ON TIME. :-[

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

Posted by jewinpain - 10 Nov 2010 04:21

Yedida, u know what the rebba always says on that, right?

So don't look back now its gone with the wind, move on, don't think about it just start out slowly and remember to reach out as soon as the urges build up b4 u getting ready to act on it, we need u clean, ur wife & kids need u clean, hashem needs u clean , and UUU need urself clean to start shining

Keep moving

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

Posted by dovekbashem - 10 Nov 2010 06:47

Yedidya,

I wanted to make a suggestion that seems to be working for me. Post every night to tell us how you stayed clean that day and how good it feels. Sometimes, when we don't post, we forget how good it feels to be clean and how badly we really want to stay clean. Plus, it feels really really good to share positive news with the GYE community. You will see. It will feel so good and so liberating that you will not even want to act out anymore - because then you won't have good news to share with us.

I don't want to see posts about "falling" or "slipping" or "m***B" or "p**" or ... i think you get the picture.

I want to hear about the smiling Yedidyah who loves life, torah and HaKadosh Baruch Hu. Post when you are being THAT Yedidyah. That is the one I want to get to know.

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)
Posted by Kedusha - 10 Nov 2010 14:33

Could it be you never really got up from your previous fall(s)? If that's true, falls are inevitable, and they're not really falls, because you're still in the mud.

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)
Posted by yedidya aleph - 11 Nov 2010 02:20

Kedusha,u got it!!! i am in the mud and having a very difficult time getting up and moving on. i am mamash like a prisoner. planned to go to an SA meeting tonight,but was chapped by the Y.H. and chained to the computer. i am off line until Friday am. what can i say? :-[

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)
Posted by Kedusha - 11 Nov 2010 15:48

There was once a Kollel fellow who learned with hasmada, and whose wife was moser nefesh for him to continue learning. One day, he felt that he could use a break, and mentioned that to his wife. His wife thought about it for a minute, and responded: "Your learning means everything to me. I take on countless responsibilities, so as not to waste a minute of time that you can devote to learning. My plan is to do my best to allow you to stay in learning for as long as possible. However, if you were to waste an entire day, I might reconsider whether my mesiras nefesh really makes sense. So, take your pick - whatever you do today is likely to be what you'll be doing for the long term."

The husband thought for a moment, and realized that it didn't make much sense to possibly lose the opportunity to learn full time for years, just to take one day off. Sheepishly, he picked up his Gemara and went straight to the bais midrash.

When the y"h claims that he wants us to fall "just once," what he really wants is for us to get into a rut that we cannot get out of. Each time he presents us with temptation, we need to realize that what we do just this once might, c"v, be what we continue doing for the next 50 years, while living in utter misery. However, if we refrain just today, we can start "detoxing" and getting the garbage out of our system, which will give us a realistic potential to stay clean for the long term and live a meaningful life.

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)
Posted by the.guard - 11 Nov 2010 17:56

Good chizuk, Kedusha!

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)
Posted by yedidya aleph - 17 Nov 2010 01:26

just checking in. B.H. went to SA meeting last night. BH,bli eyan hara still sober since Sunday morning when i was overtaken by the YH causing me to m* after three days of no p*& no m*. was still thinking of the disgusting p* which i saw earlier that week

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)
Posted by yedidya aleph - 22 Nov 2010 17:53

ok chevra,B.H. made it through one week clean (no p* ,no m*)

ok well Sunday morning ended up m* so i guess today is day 1.

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

Posted by DovInIsrael - 22 Nov 2010 18:20

try journaling - see if you notice any patterns of where and when you are getting triggered.

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

Posted by yedidya aleph - 26 Nov 2010 18:32

THANKS FOR THE FEEDBACK. JUST CHECKING IN.

YES,ONE BIG TRIGGER FOR ME IS BOREDOM!

CHERVRA, HAVE A GREAT SHABBOS

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

Posted by jewinpain - 28 Nov 2010 00:29

How r u my dear friend, boredom was already approved by chazal as a big trigger for all the bed, so plz fill this void with something positive, let it be torah, or work, or helping ur wife, or even going out with friends to chill a bit, have a happy week keep strong and let us know if a trigger shows up, so we can come knock him down

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

Posted by yedidya aleph - 30 Nov 2010 01:22

just checking in. JIP thanks for the words of wisdom.

was Sober from last Thursday to Sunday night. was tempted to m* during the day on Sunday. did reach out to call some guys from SA and was able to push off the acting out to later that night. (believe or not after coming home from a shiur.) Maybe just the force of habbit. maybe just needed to relax?

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