

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

Posted by yedidya aleph - 20 Oct 2010 19:30

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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 yedidya aleph - 02 Dec 2010 22:20

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Baruch Hashem bli eyan haroh day #2. off line until Monday.

hoping all of the chevra will have a sober and lichtig Shabbos Chanukka.

your loving borthor,YH

thanks guys for the chizuk.see it is finally paying off.

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

Posted by yedidya aleph - 07 Dec 2010 00:23

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B.H. bli eyan harah still sober.

btw i was overcome with emotion when bentching licht on Wed night. (sober since Erev Chanukkah) ..... my family had no clue what the emotion was about, but u guys konw i was overjoyed to be sober.

was feeling a little agitated on Wed and it helped to write down my feelings. Thurs night i was feeling pretty upset about things including being late paying bills and feeling overwhelmed with our money situation. Friday morning i did see in a sefer how Mikva helps when in tzar and actually felt better after toiveling.

May we all be zoche to nissim this Chanukkah.

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

Posted by Yosef Hatzadik - 07 Dec 2010 16:40

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This realization is one of the 'lights' of Chanukah!

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

Posted by yedidya aleph - 08 Dec 2010 23:28

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Yosef, thank for the post. U mean the chidush of the Mikva being an anti-depressant/anti-Freilinen Zos Chanuka!

Ribono Shel Olem, thank u for keeping me sober, plz let it continue.

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

Posted by yedidya aleph - 10 Dec 2010 03:06

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just checking. BH i took advantage of the last day of Chanukka for extra davening including the tefilah found in the Yesod Ha Tshuva,saying Parshas HaMon,and Igeres Ha Ramban, (segulos for yeshuos). then i had the strength to made a phone call to reach out for help with my overwhelming unpaid bills (very big source of stress for me). Now i feel a little more hopeful that we can move forward. what i realized was part of the pain i was feeling was due to self-pity any have to log off and go home.

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)  
Posted by jewinpain - 12 Dec 2010 15:21

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hi buddy, i relate very much to ur financial stress, i too am in debt for a long time & i know how u feel, but here is what helped me, i came to realize that by acting out there is no way hashem will bail me out, how in the world do i expect him to help me when every time i act out, i actually say good bye to him, also 1 very smart mkubal told me, that ??? & ??? are linked to each other, & i also learned to belive that financial situation can change (as history showed) very quickly for the better, & our addiction can only change for the worse if we dont nip it in the bud, so start working on urself plz get a sponsor , u will see how thigns change i cant beg u enough, plz give it a try

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)  
Posted by yedidya aleph - 13 Dec 2010 21:11

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Dear JIP,

Thanks for you post. i hear you loud & clear! i too felt very quilty about asking Hashem for help when i am acting out. B.H. still clean. Comforting to hear that matzvim can change!

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)  
Posted by yedidya aleph - 17 Dec 2010 17:48

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O.K. Chevra. Just checking in had 14 days clear,B.H. don't know what happened,started out seaching triggering topic on-line and ended up falling. (it prevented me from going to the SA

meeting i had planned to attend.) B.H. yesteday was a bit better but ended up again looking a some p\*. I am grateful that i was able b'chasdei Hashem to tear myself away from the computer and go to the the last few minutes of the SA meeting . although i missed hearing the speaker (Hennoch T.),i did get to meet him.

Anyway,hope everyone has a great Shabbos.

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)  
Posted by yedidya aleph - 29 Dec 2010 23:25

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just checking in. sorry for not posting.

was off-line aslo fell a few times. last time was last night with p\* ending up with m\*

went to therapy and to a meeting. B.H. feeling stronger.

getting sick and tired of acting out. not sure if i should go to the SA meeting now or go home.

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)  
Posted by gevurah - 30 Dec 2010 16:17

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Don't give up!

you are tzellem elokim- no matter what you did

or when you fell!

yerida l'tzorech aliya!

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)  
Posted by yedidya aleph - 30 Dec 2010 20:14

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Dear gevurah ,

thanks for your words of chizuk. last night was B.H. much better. Did not make it to the SA meeting, but stayed sober despite so "drama" on the home front which was partly caused by my

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)  
Posted by yedidya aleph - 03 Feb 2011 23:05

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self-centeredness.

just to get current. i am sick and tired of falling with p\* & m\*.

i have decided that i want to be sober especially as we enter the chodeshim of Adar & Nisan. so today is day one. Please Hashem have rachmonis on me and all of the GYE chevra and our families. Please guide us to recovery.

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)  
Posted by yedidya aleph - 04 Feb 2011 18:00

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:)BH bli eyan harah still clean. Wishiing all of the chevra a good Chodesh and a great Shabbos. May we all be healed from this dreadful disease, hear bsuros tovos and be zoche to mekabel pnai Moshiach!

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Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)  
Posted by pinokio - 06 Feb 2011 16:49

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hi there y,

read your thread, keep it up, people like you show people like me what it means to grow and succeed

-tz90

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