

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!!!

=====

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

Posted by &#1488;&#1500;&#1508; - 09 Feb 2011 21:45

---

Started to do some 4th step writing.

doing my 4th and 5th steps really catapulted me to a new dimension of Honesty. doing the sexual thing it wasn't the real me, it was a projection of Yetzer hara living my life for the real me.

I hope you continue working in your 4th, the 5th it's a done deal, I pray to Hashem that you have a good good sponsor.

=====

====

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

Posted by cordnoy - 01 Jan 2015 05:06

---

[yedidya aleph wrote:](#)

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!!!

Lots of honesty here.

from readin' thru your threads, I can see an advancement in that.

How are you now?

Comin' on again is mighty special of you

b'hatzlachah in recovery!

=====  
=====

Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)  
Posted by aryehdovid85 - 01 Jan 2015 05:14

---

thanks for sharing & encouragement. rather have the old stuff deleted if possible. thanks

=====  
=====

Re: Yedidya's journey aka (married ba'al mishpocho struggling with ssa lust)  
Posted by cordnoy - 01 Jan 2015 05:31

---

oops.

sorry

I cant' delete my post, for you replied to it

so I need you to delete your post first.

now you wont be able to to, for this post replied to yours.

So, here's what we can do, I think.

send me an email to thenewme613@hotmail when you are ready.

I will delete this post.

When you see that happen, you delete your post.

Then, I will delete mine.

As I am the O Fishel Thread-Bumper, we can assume that nobody else will bring it up, and it will remain dormant forever...together with all the other cobwebs of history.

My apologies again

=====