

my story thus far & thoughts on starting out  
Posted by returner613 - 01 Nov 2010 10:26

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I am fairly new to GYE and this is my first post to the Forum.

I am a frum married man and have been struggling with this addiction for approximately twenty years (shortly after my bar-mitzva). The word 'struggling' can mean many things; in my case, some of the meanings are:

- the actual sin of MZ"L, the obvious things that precede it, and the **immense** spiritual damage involved
- a constant sense of shame and guilt, sometimes conscious sometimes sub-conscious... but always always there
- brief periods of progress, success and growth surrounded by longer and longer periods of darkness, failure and despair

If I blamed my problems entirely on the Internet - I would be lying. It is true that at this point, I *think* that about 95% of my SA current issues are triggered by internet usage. However, I had this problem way way before the internet existed.

My first MZ"L was a few months after my bar-mitzva. At the time, I thought nothing of it (actually, I remember being sort of proud). After a few weeks of experimentation, I began thinking that there may be something wrong with it; I did recall that my Father had told me not to ever touch myself there (probably some number of months before) but I figured that on a relative scale it was the same level of 'bad' as staying up way-way past my bedtime. How I wish that I would have asked more about it then...

Experimentation gave way to mild habit; I was pretty sure at that point that it was something weird and that I should stop - but figured that I could do that any time I wanted, so no big deal... Then about midway through 8th grade I found out. I was looking at an english Kitzur Shulchan Oruch, probably studying for a test, and found a strange sounding entry in the index. Looked it up - sure enough it was talking about exactly what I had been doing - and I was shocked. According to what I read, I had been engaging in one of the worst possible sins. I was embarrassed but was also familiar with the idea of being a Shogeg... so I was filled with a resolve to stop immediately. But I didn't. Days dragged on to weeks, weeks to months, months to years. Having cable-tv in the house (with premium channels) when I was in high-school surely didn't help - *although in retrospect, just as the internet - I would not necessarily blame it*

as *the root cause*. One time, my father even found out indirectly and had a talk with me. While I was deeply ashamed, I was relieved at the same time - since there was absolutely no way that I could do that again afterwards, right? Right? But no... We did have a few more talks afterwards, and soon enough I learned to lie just the right way for them to stop..

When I was in high school, I was absolutely convinced that there was no way I would continue doing that when I went to learn in Israel. That was not the case either, although towards the second part of the year - I read quite a bit on the topic (Reishis Chochma, etc) and bought a small collection of various Chassidic/Kabbalistic sefarim filled with various Tikkunim/Segulos/etc. Though I did very few of these tikkunim, I did achieve some level of growth, cried real tears, and mostly stopped for somewhere between two to three months. That was probably the longest period that I have ever been sober since.

When I went back to the states, the old habits came back quickly (even though I was not watching any tv anymore) and then - THE INTERNET.... While the result (MZ"L) was the same as before, the material was so much more vast. Whatever 'preferences' I had before - could be found within seconds. Anything you could think of could be found.... the abyss was complete.

When I was single, I was absolutely convinced that there was NO WAY that I would keep having this problem after getting married - I mean, how could I? Took about a month for it to come back in full force. Then I remember thinking that when my wife would get pregnant, there would be absolutely no way (I am somewhat familiar with some of the kabbalistic ramifications, so I figured there's no way I could do that then...) - but I didn't stop... Then when my son was born, that was the absolute end... but NO IT WASN'T! I don't want to go into details, but one time that really stands out in my mind is looking at porn while my wife and newborn son are sleeping in the same room. I don't need to go on, I'm sure you know where this is going.

I don't think that I've hit rock bottom yet.... I don't want to hit rock bottom. Although I have some tears in my eyes while writing these words - the truth is that over the years it has begun to hurt less and less. That scares me most of all, because if it hurts then there is at least still hope.

My Yom Kippurs are filled with remorse and kavona. I find that it's one of the few days when the shell opens up and the real me comes out. Every year, on THAT day, I find myself feeling like I finally came back, for the first and last time. Never again will I go back to the filth and darkness. Sometimes I make it to Hoshanah Rabba, more often not. This year I did B"H - but after reading what you guys define as falling, I certainly fell way before then (just not the final result).

Still, I did do something very different this year on Yom Kippur. I was a bit more honest with myself and with Hashem than usual. I told him straight out that while I have chorota, and never ever want to do this again - I know that I say this every year. I'm not stupid and I know plenty of practical ways to improve my situation (ranging from a serious daily accounting, daily mussar reading/chizuk - to seeing a therapist privately) but why WHY am I not taking these steps!? Hashem, you have to help me help myself - I don't want to be saying the same things again next year. (This is of course a dramatisation, the above words were not exactly my thoughts/words - but it was something to that effect...)

A few days before Hoshanah Rabbah, when I was very close to final breaking point, out of desperation I started typing a plea to Hashem into a google search (I know it sounds tacky, but I do that sometimes...) I don't remember the exact text of it, so will not attempt to reproduce it - but the general gist was how I was frustrated and wasn't meeting my obligations and goals. I don't remember there being any mention of MZ"L or related keywords.. Anyways, something really weird and amazing happened. Even before I clicked on Search - all the results on the page disappeared and the browser was trying to load a page from the guardyoueyes.com forum. It never loaded, but I figured that you don't get more of a direct answer than that - so I typed out the url and after ten minutes of reading felt my first breath or relief in years. Not relief that my problems were solved, but that this was solid proof that I'm not the only one out there and that THERE IS HOPE.

(This is completely an aside, not important to what I am writing, but I wanted to write a bit more about how I found GYE. I would not call the above a 'miracle' - although it is one to me on a personal level. I am a computer programmer, and specialize in web applications. So I kind of understand what happened - to a point. Google has a new feature called "Instant" which shows you results as you type your search. Also, I have a few virus-protection plugins that slightly change the content-results coming in from google. That together explains why all the content 'disappeared' from my screen before I even hit search (i.e. the sentence had so many keywords that google somehow narrowed it down to one site, then gave up, but the plugin was already trying to analyze it & got stuck.. or something like that). It doesn't explain why content from the GYE started automatically loading in the progress bar without my hitting anything though - and though I was not able to reproduce it after trying a bunch of times that day, I'm sure it that it was due to a google/plugin/firefox glitch. Except that it wasn't a glitch to me - to me it was Hashem reaching out to me and showing the way forward. One very practical point that comes out of this, personal inspiration aside, is why didn't I find GYE in the past; I use the internet fairly frequently - read blogs, news, etc... The answer, I think is that I don't really go on Jewish sites that much (other than debka.com - to whatever degree that's jewish). Perhaps there's a way to do an advertising campaign via Google AdWords that somehow targets orthodox men... I realize that this would not be simple to do but in any case food for thought & it's something that I would be glad to contribute to financially...)

Anyways - I've been using GYE 'lightly' for the past month. The first week was full of renewed resolve. Afterwards less and less, but all I was doing was randomly reading articles and entries in the handbook - not doing anything else. However, I think that I am ready to really jump in now. Over the past week I have:

- signed up for daily chizuk emails (which I try to read, although not every day yet)
- downloaded the guidebooks

- started attending a weekly introductory phone group (Elya's)
- created a 90-day profile (have been clean 5 days now)
- requested a Sponsor *(From my communication with the parter-admin, it doesn't look like any sponsors are currently available. I'll hopefully be set up with a parter soon, so I'm looking forward to that. Still, if any of you reading know of a good Sponsor who you think would be available, please let me know! !)*
- installed & configured K-9 on my computer. *(I have not yet given the password to anyone. This is because I have very specialized uses for my computer, and need to make sure that I can use it for several weeks without any problems from the filter. After a month (maximum) once I am satisfied with the configuration - I will give the password over to either a partner/sponsor (assuming I have one by then) or to the password gabbai)*

Things that I plan to do in the near future:

- join a responsibility-group (in about a month)
- join the noon SA group (when they start a new cycle)
- possibly install an accountability program in addition to K-9 *(tried this in the past, but didn't have a good experience... if I get a partner/sponsor who I build a good relationship with, perhaps it will be a viable option)*
- possibly use some form of the Tapsik method described on the site
- work on true Teshuva (combination of SA steps + some Tikkunim that I am familiar with & have been planning on doing)
- if all above don't work out for over ~half a year - I will contact one of the professional therapists referred to on your site

I realize that this post was LOOONG... I just felt like I had to get it all out (or most of it, anyways) after keeping it bottled in for so long. If you made it this far I really appreciate it. Any advice and/or chizzuk would be greatly appreciated.

I cannot express how much appreciation I have for the people who made this site and community and continue to make it thrive. While we all have our missions in life, and don't necessarily always know what they are - I am SURE that you are making major roadwork in Shamayim. I hope to some day not only be thanking you but contributing as well - although

there is so much work to be done beforehand...

Thank you again & chotzlocha to everyone here

- Naftali Z

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Re: my story thus far & thoughts on starting out  
Posted by returner613 - 04 Nov 2010 06:38

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[Frumfiend The star wrote on 03 Nov 2010 20:21:](#)

Lets forget about the past and try to work on now now now!

right - very true

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Re: my story thus far & thoughts on starting out  
Posted by Yosef Hatzadik - 04 Nov 2010 16:14

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Would be difficult to **dis**agree!

Reb **Naftali Z**, How are thing today?

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Re: my story thus far & thoughts on starting out  
Posted by returner613 - 04 Nov 2010 18:30

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B"H today's very good thus far

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Re: my story thus far & thoughts on starting out  
Posted by Yosef Hatzadik - 04 Nov 2010 18:35

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**GEVALDIGGGGGG!!!!**

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It's actually a crazy busy day, so it makes it much easier  
Re: my story thus far & thoughts on starting out  
Posted by bardichev - 04 Nov 2010 18:47

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keep on trucking

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Re: my story thus far & thoughts on starting out  
Posted by jewinpain - 05 Nov 2010 01:11

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Tuli, u r doing fine so far, just stay b'simcha

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Re: my story thus far & thoughts on starting out  
Posted by dovekbashem - 05 Nov 2010 04:57

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Naftali,

How are you? How is the uphill battle?

I hope you are climbing the ladder with us. We are all here for you and thinking about you.

Hatzlacha my friend.

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Re: my story thus far & thoughts on starting out  
Posted by returner613 - 05 Nov 2010 06:57

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Thanks so so much for the chizuk everyone, it really means alot (and I sincerely mean that)

B"H everything was fine today - it was a pretty crazy busy day so that made it a bit easier anyway

As a general recap:

1. Had a bit more of a struggle with thoughts creeping in while on the bus - but that was for a small fraction of the day, didn't really take hold and is basically gone. Eventually, thinking "I just need to make it through today" made it surprisingly much easier to relax and think of other things...
2. On the upside, I was downtown today for the first time in a few weeks - and was very pleasantly surprised that I found it MUCH easier to NOT take 2nd glances at women both on the street and on the bus (true being in November does help - but despite that I normally take a lot of 2nd, 3rd, 4th, 5th side glances, whereas today that was basically not the case) - so that was encouraging to me.

I'll I"H put some more stuff on my WOH-log thread - but am half asleep writting this. G'night

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Re: my story thus far & thoughts on starting out  
Posted by Eye.nonymous - 05 Nov 2010 08:43

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Hello Naftali,

Welcome to the forum.

Looks like you have a solid plan for recovery, good luck!

As grave as this sin is, to keep our perspective, Chazal also say that loshon hara is the worst sin possible. Just do your best to recover, and don't eat yourself up about it.

Now, with GYE, you've got the tools to be successful. Give yourself some time.

--Eye.

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Re: my story thus far & thoughts on starting out  
Posted by lookingforwisdom - 05 Nov 2010 17:56

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[Naftali Z wrote on 03 Nov 2010 19:03:](#)



So many plans and so little followed through. For the past 20 years, almost the entire time I had a detailed practical plan (or series of plans) for solving all my issues

but did almost NOTHING...

YES we were all always good at making plans. But in the end as long as you don't just raise your hands and you do keep making plans and at least try to follow through on them that's GREAT

[Naftali Z wrote on 03 Nov 2010 19:03:](#)

Let's beat this monster together!!

Beazras hashem this time we really will!!!

We'll keep you in our prayers

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