

Reintroducing myself/update

Posted by aryehtahor - 07 Nov 2010 02:49

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Dear Chevra,

I feel it's overdue for me to return to the forum after a long period of absence. For a recap, I am a 25 year old college student struggling with viewing internet porn and, quite recently, relations with a non-Jewish ex-girlfriend from before I was frum. B"H I have been able to cut off contact with said woman, which is something I tried hard to do for months and fell often, leading to actual relations with her. I now haven't seen her in a couple months, and have not responded to a few of her attempts to contact me. Also, B"H due to a new living situation and WebChaver on my laptop (which is REALLY effective and worth the negligible \$3.95 per month), I have stayed away from internet porn...mostly. I also haven't masturbated in about 3 months.

So I've seen some success in this area lately.

The fact that I haven't been lusting when I walk around, or when I'm going to sleep, is not the result of doing the steps (I haven't), or studying Mussar (I haven't) or battling the Yetzer Hara head on (I haven't) or any of the other methods advised by this site. In fact, I've dropped off on a lot of mitzvos I used to do when I was struggling a lot more with the addiction. My relationship with Hashem has suffered, and when I do happen to be in shul and everyone else is davening, I can't bring myself to do it because it feels so disingenuous. I can't face Hashem, and somehow I think He won't notice me if I don't speak to Him, which is what I want because if He does notice me, He'll Judge me, and that would be embarrassing. And anyway, the voice in my head says, "You haven't davened all week, and now you find yourself in shul and you think you can suddenly start muttering words that you don't mean and Hashem will appreciate that?"

I've found my problems in the area of sexual addiction have come and gone in cycles. But since I know there are no shortcuts, it's pretty logical to assume that since I haven't done any work on this front, the addiction will resurface in a matter of time...But I'm not sure how to fight this addiction pre-emptively when I'm not actively experiencing it.

When I do occasionally have a problem, such as on Motzei Shabbos when I have free time and feel drawn to do something exciting. I don't even feel compelled by lust, more just for the desire for something fun that will give me a rush. Since I slept through Shabbos (more or less) I'll be up late and it's going to be tough to stay away tonight...

I also want to start posting again on the forum, especially on other people's threads. Since I'm pretty alone in my current matzav, this place is kind of a lifeline for me, and dropping off is usually pure yetzer hara. It already feels good to get connected again.

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Re: Reintroducing myself/update

Posted by jewinpain - 10 Nov 2010 04:30

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Arye, exactly as u said don't think too much about it, just move on with life, and guard besides of giving u an awesome reply and tremendous chizak, he always pops in the right time, that's what chazal mean by saying mgalgalin zchus al ydei zakai

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Re: Reintroducing myself/update

Posted by dovekbashem - 10 Nov 2010 05:40

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Guard... that was really beautiful... and completely nichnas el halev.

Aryeh, be well my friend and stay strong. Please feel free to reach out whenever you need to. You have my PM!

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Re: Reintroducing myself/update

Posted by Holy Yid - 10 Nov 2010 07:08

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Talk to a Rabbi who is wise and experienced with bali teshuva. It is my impression that allot of what you are experincing is very comman with bali teshuva and is part of the process of becoming frum.

Holy brother, if you want to post, POST away. You don't need to go to the mikva to post here.

We love all posters who add something. Anyways the forum could use some people who post often.

Good luck.

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Re: Reintroducing myself/update

Posted by aryehtahor - 10 Nov 2010 15:13

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Guard's post also reminded me to get out my copy of The Garden of Emuna. I spent some time last night reading it before bed. I've already read the book once and I've started to read it a second time. When I feel like I'm headed down the drain, I've found that the most effective remedy is to read/listen/speak/connect in some way to something spiritual. What got me through last week was listening to a shiur by Esther Jungreis in my car. How easily I forget the yesodos of emuna unless I keep on reminding myself.

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Re: Reintroducing myself/update

Posted by ZemirosShabbos - 10 Nov 2010 15:52

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[aryehtahor wrote on 10 Nov 2010 15:13:](#)

How easily I forget the yesodos of emuna unless I keep on reminding myself.

hi Aryeh,

this concept rings very true to me. the best remedy and most valuable technique to elevate oneself is to review and internalize the basics of yiddishkeit, not the fancy and complex concepts.

thanks for reminding me.

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Re: Reintroducing myself/update  
Posted by aryehtahor - 11 Nov 2010 15:35

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Yesterday I fell. Falling for me means looking at internet pornography. It wasn't the worst kind of fall, since I only spent 10 minutes or so looking and then stopped. I had tried hard to ignore the urge and I managed to distract myself for about an hour. But when the idea pops into my head, it becomes an obsession and even if I delay it, I can't seem to make it go away. I'm not feeling down about it because I feel that I put up a decent fight. I just hope to be successful next time.

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Re: Reintroducing myself/update  
Posted by silentbattle - 11 Nov 2010 19:24

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I have a better reason for you not to feel bad about it - because that's not what will take you forward. Hence, feeling bad is giving in to the yetzer hora.

Keep on rocking and rolling!

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Re: Reintroducing myself/update  
Posted by Me3 - 11 Nov 2010 19:52

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Yesterday you were clean for 1,430 minutes and you fell for 10? Wow that amazing! Keep up the Good Work. I'm serious by the way more then it not being constructive to dwell on falls you also need to give yourself credit for your successes.

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Re: Reintroducing myself/update  
Posted by the.guard - 11 Nov 2010 20:03

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[aryehtahor wrote on 11 Nov 2010 15:35:](#)

when the idea pops into my head, it becomes an obsession and even if I delay it, I can't seem to make it go away.

Aryeh, it's so impressive to hear how you've cut off the relationship with the non-Jewish woman, and how you've been mostly clean for the last 3 months. But to stop after 10 minutes - that's even more impressive! An addict can't stop. We can't stop. It's not possible. Only Hashem can stop us.

When the obsession strikes, we have no hope unless we admit we can't win - and simply give over the struggle to Hashem. Kovei Hashem Yachalifu Koach. Literally, "switch strengths" with Hashem.

You are far more beloved to Hashem than you can even begin to imagine. He is crazy about you.

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Re: Reintroducing myself/update

Posted by aryehtahor - 12 Nov 2010 01:41

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Thank you so much Guard. You seem to know exactly what to say and when to say it. Just today, I was thinking about how hard it will be not to fall back to my old ways and contact this woman when I go home for Thanksgiving break. I'm feeling the pull to do it, and I'm afraid. I actually had just checked her Facebook profile before I came on GYE, a step in the wrong direction that I haven't taken in weeks. So yeah, its pretty spooky how surgically precise your last two comments have been in helping me.

Another observation, and I'm curious if others can relate to this. Sometimes, I seem to struggle so hard not to fall and then I fall anyway. But over time, if I keep struggling, the urge to act out gets weaker and I don't have to fight so hard. I'm thinking this must be some kind of yesod about how Hashem runs the world. We try hard, we fail, and then later, we succeed without noticing it in the zchus of the work we did when we were falling! Does that make sense? Am I speaking garbage?

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Re: Reintroducing myself/update  
Posted by silentbattle - 12 Nov 2010 06:15

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There is such a concept, I believe - in fact, I think Rabbi Kelemen discusses it in his shiur about chanukah.

However, I'm not sure how it applies to us. Personally, I've found that when I struggle with my disease head-on, it doesn't end well. Ever.

Instead of thinking about how difficult it will be to avoid contacting her, think about how much happier and healthier you are right now without it. Think about how good it feels to stay clean, and how contacting her would be crazy! Then call up a partner. Do you have someone you can call?

Have a great shabbos, my friend!

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Re: Reintroducing myself/update  
Posted by aryeh tahor - 14 Nov 2010 14:21

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I'm proud to announce to the Olam that I just scheduled my Facebook account for deletion. It is pure trash and a slip waiting to happen. I thought I needed it for contact information, but that was a lie of the YH. Facebook is trash. I encourage everyone here to get rid of it. No more looking at women, imbibing all sorts of lashon hara and lewdness, no more unfiltered nonsensical opinions on everything. In short, one step in the right direction.

BTW, I was shocked to find out that there is simply no way to instantly delete your account. They merely deactivate it. If you google how to delete the account, you find non-Facebook people giving instructions on how to do it. The site itself completely hides this option. Nonetheless it is possible to schedule your account for deletion within 14 days. PM me if you are unsure how to do this and want to.

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Re: Reintroducing myself/update  
Posted by the.guard - 14 Nov 2010 18:15

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Ashrecha v'Tov Lach!

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Re: Reintroducing myself/update  
Posted by bardichev - 14 Nov 2010 18:17

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[quote="aryehtahor" link=topic=3136.msg84777#msg84777 date=1289744512]

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[/quotplease print this

put 5-10 copies in every shul you frequent

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