

my story.....Confessions of a Frum Internet Addict
Posted by ramatganinternational - 11 Nov 2010 17:07

What I am about to set out to you today is something that I have been longing to do for a long while. I wanted to catalogue my feelings and thoughts about a matter that has been directly effecting my life for well over the last decade. You may ask why I haven't done so yet. The answer for this question is oh so simple. Immediately after this year's Rosh Hashanah 2010, I did something that I have been meaning to do for many years. I freed myself from the shackles of the Internet. When I say 'freed' I mean to say that I got to grips with my heart and soul and installed Covenant Eyes on my computers with all the added filters etc.

Ok, a little about who I am. My name is Yechezkel, I am 33 years old. I live in Jerusalem - Israel where I have a family of 6 Bli Ayin Hara. I run a successful business from my office in Ramat Gan. I am from England originally and have been living here for the last 9 years.

I come from an extremely frum family – all my siblings besides my brother with whom which I share the business with here are either in Kollel or klei kodesh. I was brought up and educated to the highest standards of both yiddishkeit and frumkeit.

I was lucky to have been partnered with the most wonderful wife and seeing as her family lived in Israel we decided to settle in Israel.

The internet emerged on the worldwide scene during my teens and developed at a fast pace during my early married life. Whilst maintaining a settled program of learning before Shachris and in the evening as well as earning a trade during the day – I was the typical frum ba'al haboss, living a relatively comfortable lifestyle, bringing up my children and infusing in them the rich heritage that both I and my wife received from our parents. My advice was regularly sought on a wide range of communal matters. I had become an askan in my circles and my stature in the community was one of respect. I was proud of my family and looked on with deep pride when my parents and in-laws visited us. I knew they were proud of me at what I had achieved.

This image I had constructed was all but a screen – a fa?ade of who I really was and what my inner being and soul really looked like. In truth, I was well and truly addicted to the internet and all its terrible associated family. Yes I was able to put on a front as a normal frum man when it came to life away from my computer screen. Yes I was able to preach to my children and portray an example of how a frum Jew should behave, yes I was able to learn the Daf day in day out, but behind all this a lustful and dark man lived. It was a clear case of split personality. Away from my computer I lived the life as depicted earlier on but once I was under the spell of my computer and the internet, I transformed into an animal – yes an animal I am ashamed to say. I will not delve into what I got up to and what I spent time watching on the internet but suffice to say I was addicted to it and it ruled my life, my heart, my brain and most of all my soul.

Year after year resolutions came and went in Elul, year on year I wept through T'fillas Zakoh and klapped the al cheits with every intention to make the coming year a one that removed me from the world of the traps that lay in wait at the end of my fingertips as I typed addresses in my browser. But year after year the temptations were too great, too tantalizing to refuse. I had to feed my addiction I had to nurture my lust and satiate my appetite for everything that is immoral.

It wasn't long before those good intentions and resolutions were lying discarded in the garbage.

Life events and simchas came and went with me posing as the perfect family member and mentch whilst in essence I was putting on a show. I was putting on a show that I had perfected over the years – that of total fakery and deception. After all how would anyone ever find out? How would anyone know? Why did they need to know anyway? What difference did it make to them anyway? I motored through my life watching the world go round and making excuses to myself on how to justify my actions thus allowing me to somehow have a clear conscience of what I was doing - I guess one of the hallmarks of an addict.

This is not the platform with which to describe how the internet is the perfect tool of being able to realize one's fantasies behind a screen of total anonymity. The purpose of this script is both for me to read back and draw strength from as well as for others to read and maybe relate to.

Why now? Why did I do this life and soul saving action of allowing my internet activity to become accountable to a third party? I would compare it to that of a smoker that wants to stop but simply finds the habit and addiction too powerful to take the plunge. On many occasions I made inroads in downloading the software but never took the final most telling step. I always bottled it at the final hurdle. Then one day a couple of months ago right after the Yomim Nora'im, I was about to revert to my usual weak self when I witnessed a terrible accident in Jerusalem. I was due to catch an early morning bus to take me to work but missed it because an elderly yid asked me to help him with his large suitcases. I sat on the bench next to a cute toddler and his parents and busied myself on my blackberry whilst I awaited my next bus. Then, in a flash, the child ran into the road and was hit by a large truck head on. He flew into the air and hit the ground with a sickening thud. It was clear that he had been killed instantly. His parents' cries were heartbreaking. Hatzala just took one look at him and covered his head with a blanket. Everyone there was in total shock. I had never witnessed anything of this nature before. It was a scene that I wouldn't wish on anyone to have to witness, a young cute child being killed in front of his dear parents' very eyes. A tender neshomoh that surely had so much potential to fill – and now extinguished just like that.....

So there I was, mouth agape, clutching my blackberry and briefcase almost in a trance. Why did I have to witness this? Why did I have to miss my bus? Why did the alter yid ask me to help him when there were so many others on the street he could have asked?

I decided that all this was for a reason. It just had to be.

I arrived in my office and did the one thing I had wanted to do for so long. I somehow felt that Hashem was telling me that if this wasn't a wakeup call what is? I installed Covenant Eyes on my computer and set my accountability partners – my wife and father! They would now have full knowledge of what I was browsing on the web.

This was two months ago and now – 2 months later I am a changed man. I have rid myself from my addiction, an addiction that I had so much reliance on previously. I have changed in every way possible – spiritually, mentally and most importantly I am facing the world whilst portraying a true image of who I am. No longer am I hiding behind a smokescreen. No longer do I have those feelings of guilt and shame. Incidentally, my business has thrived and new revenue

streams have been realized – some leads coming from sources I would never have thought were possible.

Why am I writing this? I know that there are many frum men out there that find themselves in similar situations of Internet entrapment. I know that many of you can relate to how I was able to live a life of a split personality – a normal frum yid and that of a cyber animal. And yes, I know many of you out there will agree that whilst all our actions are continuously recorded and monitored by Hashem and we are ultimately accountable to Him, when it comes to the Internet it's a different story. The internet allows your every action to be shrouded in secrecy and this format allows you to push the boundaries further and further safe in the knowledge that no one meaningful will ever know. It's a modern day invention that has become part of our lives and facilitated every yetzer harah and made it all so easy and possible.

But if your best friend knew or your wife was aware of what websites you visited and they saw you every day would you do what you previously were on the internet? No!

I appreciate that it should never have come to this and I pray that the poor child didn't have to die so that I should have to learn this lesson. I should have known and imbued within my heart all along 'hakol goloi ve'yaduah lefnei kisei kevoidecha' and I shouldn't have to rely on the knowledge that my wife and father are aware of my internet activity. But I also know that You will be proud of me for what I did and in effect 'mitoich shloi lishmah bah lish'mah'.

It has brought me closer to You and allowed me to relate to Your Torah and made davening to You such an enjoyable experience. I have done something that has changed my life forever, something I never thought I'd have the courage to do. I feel cleansed and free to get on with my life and face the world with a clear conscience. Thank you Hashem for giving me the strength to make this move and I ask You to help me on my path to be able to serve You with a pure heart.

Thank you all for reading this. May Hashem help us all in our avoda of serving Him with Yiras Shamayim, with purity and sanctity and may we all be zocheh to His brochos in good health ad me'ah ve'esrim shana.

Yechezkel

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Re: my story.....Confessions of a Frum Internet Addict
Posted by ramatganinternational - 15 Dec 2010 11:40

Hi Bardichev and Gevurah and all the other matadors,

thanks for your replies, it seemed that for a while all had gone rather quiet. Glad ur all still alive and kicking.....

Like i said before, it isnt easy at all but i feel its all about getting used to this new situation and constantly building on it.

I'll tell u for free that this forum is one of the main ways of sustaining that self-pressure to perform.

Much love

Yechezkel

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Re: my story.....Confessions of a Frum Internet Addict
Posted by ZemirosShabbos - 15 Dec 2010 15:08

hi reb yecheskel,

sometimes it sounds quiet here, the only thing you can here is the clinking of glasses

if you follow the sounds you will see it comes from the pubs

no id required

many international locations

come join!

you say the forums help you

many feel the same way

the forums are made up of people like you and me and everyone else

so keep posting

sharing

encouraging

gaining insight tactics knowledge humility

its a give-and-take

[gevurah wrote on 15 Dec 2010 09:06:](#)

the battle is silent- except on these blogs- no medals no parades

give a little get a little (or a lot)
Hi reb gevurah,

would like to pipe in with my two agorot

getting out of lust is a silent battle mostly

but the rewards are a lot better and more rewarding than any parade or medal

it improves your marriage

your davening

your learning

your general feeling of being 'alive'

and last but not least: your 'zemiros'

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Re: my story.....Confessions of a Frum Internet Addict

Posted by bardichev - 15 Dec 2010 17:34

dead check this out chesky (i love the name chesky)

this place is aliiiiiiiiiiiiive

halachic question

Started by JD in Break Free

1 Replies

6 Views December 15, 2010, 07:23:18 PM

by d_teddybear

Chaim starting over - again

Started by chaim77 in Wall of Honor « 1 2 ... 6 7 »

98 Replies

734 Views December 15, 2010, 06:58:44 PM

by chaim77

Wish me mazal tov on graduating from college

Started by aryehtahor in Break Free

3 Replies

16 Views December 15, 2010, 06:51:19 PM

by ZemirosShabbos

La-Briut and Beyond!

Started by Briut in Wall of Honor « 1 2 ... 52 53 »

784 Replies

8076 Views December 15, 2010, 06:43:13 PM

by ur-a-jew

The life of a soldier in hashems army

Started by HashemsSoldier in Wall of Honor « 1 2 ... 6 7 »

101 Replies

529 Views December 15, 2010, 06:32:24 PM

by jewinprogress

Just Wanted To Say Hi!!!

Started by world in Break Free « 1 2 ... 24 25 »

368 Replies

1877 Views December 15, 2010, 06:32:16 PM

by ZemirosShabbos

i am going down

Started by kadosh in Break Free

7 Replies

61 Views December 15, 2010, 06:30:11 PM

by dov

making the silent battle...not.

Started by silentbattle in Break Free « 1 2 ... 60 61 »

909 Replies

12210 Views December 15, 2010, 06:27:53 PM

by d_teddybear

90 Day Journey

Started by bob in Wall of Honor

13 Replies

66 Views December 15, 2010, 06:22:28 PM

by d_teddybear

Yosef Hatzadik's Ha'oros

Started by Yosef Hatzadik in BEIS HAMEDRASH « 1 2 ... 10 11 »

163 Replies

2163 Views December 15, 2010, 06:18:52 PM

by Yosef Hatzadik

desperate teddy writes it down

Started by d_teddybear in Break Free « 1 2 ... 5 6 »

77 Replies

580 Views December 15, 2010, 06:16:57 PM

by d_teddybear

The Never Believer Breaks Free

Started by David/Rage in Break Free « 1 2 ... 7 8 »

107 Replies

796 Views December 15, 2010, 06:09:46 PM

by d_teddybear

Wow

Started by Yossiliebs in Wall of Honor

3 Replies

25 Views December 15, 2010, 05:52:43 PM

by ZemirosShabbos

I need some logic to beat my philisophical Y"H

Started by strugglingandstrivngBT in Break Free

10 Replies

63 Views December 15, 2010, 05:22:51 PM

by dov

ToAdd A journal

Started by ToAdd in Wall of Honor « 1 2 3 4 5 »

60 Replies

432 Views December 15, 2010, 05:14:43 PM

by Briut

yechida's reflections

Started by yechida in Break Free « 1 2 ... 71 72 »

1079 Replies

17012 Views December 15, 2010, 04:44:59 PM

by yechida

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Re: my story.....Confessions of a Frum Internet Addict
Posted by ramatganinternational - 15 Dec 2010 17:40

ok, ok i believe u!!

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Re: my story.....Confessions of a Frum Internet Addict
Posted by Dov - 19 Dec 2010 00:48

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Re: my story.....Confessions of a Frum Internet Addict
Posted by ramatganinternational - 20 Dec 2010 14:41

something strange is going on inside of me.....dunno what it is, i'm still going strong b'h but im
begining to have serious withdrawal symptoms and flashbacks of what my life once was. i know
its the y'h trying his luck but i'm finding it increasingly hard to concentrate.....

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Re: my story.....Confessions of a Frum Internet Addict
Posted by laagvokeles - 20 Dec 2010 14:54

ramatgan

say now tehilim! cry!

i dont know your ruchnies situation, but to say tehilim is basics for ppl like us that we start
having mmachshavot raot..... (dont forget thats already a aveiro...(maybe for u not bla bla bla
depends on your adiction)

any way my friend cry and say tehilim!

and pray for me 2

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Re: my story.....Confessions of a Frum Internet Addict
Posted by bardichev - 20 Dec 2010 15:05

RG

Holy brother

I don't know how long u are going strong

I clearly remember going 30 days easy no problem

After that I had such hard withdrawal symptoms

So is normal

U gotta deal with it

I find that posrting here helps

KOT

B

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Re: my story.....Confessions of a Frum Internet Addict
Posted by laagvokeles - 20 Dec 2010 15:24

bardichev happy shovevim

tell me, what happens after 30 days?

how dos it start cocking....?

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Re: my story.....Confessions of a Frum Internet Addict

Posted by bardichev - 20 Dec 2010 15:30

I don't know. "How" it works

And I am a "talmid" of rebbereber=DOV

I learned that it is not importnat how it works

If u have personal question feel free to PM me

(We have a lot in common)

B

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Re: my story.....Confessions of a Frum Internet Addict

Posted by laagvokeles - 20 Dec 2010 15:46

liscen, by me the reason why after a while a month vechadoime, i "fall" its because i simply get bored of my seider hayom, even i enjoy unbelievable a lot learning, and i wanna know a lot wanna be considered a talmid chochom, im also writing a lot and maybe one day ill print something.... (ill have a haskama from guardyoureyes....), but suddenly i mamesh dont have air.... i feel that i have to much pressure (of go,d) and i start not to be so carefoull about the "perimeteres" the gedorim usyogim.... one thing brings an other.....

and heyoiis that my day has onlly biblical stuff in it, because i already explained many times that there is nothing in this world that interest me besides tora and lehavdil movies and porn, im always ocupied with one of them

hakitzer this that i know that evrething starts cause i need "air" and because i slowly slowly let my guard of gedorim down, so this is what by the end brings me to porn, is very good to know, cause if go,d is gonna give me the present of tshuva atack, ill be more carefool this time with all my shvachkaiten, and maybe maybe maybe be mazliach once for all

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Re: my story.....Confessions of a Frum Internet Addict
Posted by bardichev - 20 Dec 2010 15:51

Laag vikelles

Forget the 12 steps

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Re: my story.....Confessions of a Frum Internet Addict
Posted by laagvokeles - 20 Dec 2010 15:54

i spell very bad huh?

shoin..... guardyoureyes libe boee

michoel shnitzler has a song about your zaide, about a yid that didnt spell good by davenen.....

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Re: my story.....Confessions of a Frum Internet Addict
Posted by frumfiend - 20 Dec 2010 15:57

Good answer Laag!

How about spell check

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