

Introduce Yourself

Posted by Stayingfocused - 14 Jan 2011 04:07

Hey everyone! I've been meaning to do this for the longest time but I pushed it off till now probably cuz I was lacking the strength and courage for it. Well a bunch of recent events have made me realize that I have to get my act together and finally tell my tale and get on this forum! My story sounds like so many others on this site, but I feel that its good for myself to just spit it out, and mayb it'll help soomeone else too. I'm a 23 year old guy single guy who grew up in a normal, loving, frum family. I went to great yeshivos and still continue to learn full time in yeshiva. I was always a really good kid,a real goody goody, and first got into porn when I was in 8th grade, probably out of sheer curiosity. This was really shortlived though, being that I got caught by my rebbi soon after I found these websites. As I said I was a good kid, and getting caught got me scared and kept me off it for many years, till after high school. In terms of masturbating I had never even heard of it till 12th grade, and even then I didn't play around with it just cuz it didn't interest me. I went to israel for a few years and somehow there I picked up masturbating, although it was a rare occurence and wud definitely not b called an addiction. Wen I came bak from israel, I was learnin in yeshiva for a few months, but I had to come bak home for a few months to study for graduate school. And this is where my problems began...Although I was learning in yeshiva at the time, I was still home for many hours of the day and being home and bored is never a good combo. In the beginning I wud just play around on the computer, but eventual 1 thing led to the next and I wud find myself on porn sites and finishing each session with masturbating and then having that really guilty feeling and then swearing off it forever. But as everyone here knows it was only a matter of time till I was bak on those same sites. I fell for the y"h tricks every time, always convincing myself that this time it wud b different, but to no avail. And then, somehow by the mercy of Hashem I came across this site. It was a real eye-opener to see how widespread this addiction was, and also how severe it was. The countless stories of how low ppl fell really shook my core. I signed up for the chizuk emails and they really helped me out. At the time I thought that I wasn't really addicted and a simple reminder every day wud b enough for me to get over this thing. It seems laughable now how ridiculous I was, but once again the y"h was playing his tricks on me. Eventually I got bak into my habits, and it actually got worse cuz I had a full access phone wit internet, and I used that in bed before I went to sleep. This continued wen I was able to go bak to yeshiva, although it wasn't a nightly occurence being that the guilt kept me off for periods of time. Eventually after falling enough, I decided to finally sign up for a 90 day chart, thinking that seeing myself on a chart wud do the trick. For a while it did help, but without any change in myself nothin was gonna help and eventually I fell again and many times after that. This trend continued for a while, until a few months ago a few pretty bad things happened to me a few days in a row. Had they happened a few weeks apart it wudnt have been so bad, but just so many things happening like that rite after each other was crazy!! I took it as a sign from Hashem that he was really upset at me and he was makin me feel pain in other areas to make me wake up and finally change (a theme I had heard in a few chizuk emails shortly before all this stuff happened). That nite I sat down and wrote myself a letter with a few kabbalos and I decided to read it every nite before bed to remind myself of wat I had to do. B"h I can say that wit Hashems help since that nite I have been clean of porn and masturbation, a period of 94 days!! But unfortunately my story has a bit of a nasty twist and this is kinda wat made me realize that I have to get on this forum. In middle of this recent clean period I started dating a girl. We went on a bunch of dates, and as it moved along I realized that I had to tell her about my past cuz it

just wudnt b fair to keep somethin soo big from her. I had never told any1 about my addiction, not my parents nor my rebbi hu I'm really close wit, I was just too embarrassed! And I knew this wudnt b an easy thing to do either just cuz I didn't know wat her reaction wud b, and I could never find the courage to bring it up. I constantly played over scenarios in my head of how I shud do it, but I just cud never get around to it. With the help of Hashem somehow we got into a whole conversation about how I say the first 4 perakim of tehilim before bed to help for zera levatala which led into a convo about masturbation and porn. I told her how widespread it is...and I guess from seeing how much I knew about the topic she asked me the million dollar question, am I involved wit these things? I took a deep breath and basically spit it all out, knowing full and well wat the reprecussions cud b. But b"h she took it so well, she was so undersanding and impressed that I was on this site and takin steps towards recovery, knowing full well that she cudnt understand the nisayon but shed b behind me in my recovery. I felt like I had taken the biggest weight off my chest, wat a relief!! Telling her was probably the best thing I cudve done for my relationship, and honestly for me it really propelled things so much further. I know knew that no matter wat I cud tell her anything and wed b able to get thru it. And she was equally thankfull about how honest I was with her. As we went out more and more, naturally our relionship got more serious and our feelings for each other had reached a climax. We went on a few dates where we wanted soo badly to just touch each other, and we actually had come pretty close, but we both knew that we just cudnt do that!! Our next few dates tho is where the trouble began...it all started wit sitting next to each other by a ball game, where the seats we sat in basically had us sitting up against each other. To make a long story short, at first we just decided to not touch skin on skin, but eventually everything went down the tubes [triggering details removed by moderator] We decided that we can't b like this and we had to get bak to our normal relationship, and everything seemed to b ok. So much so that our parents had actually met that day and we had a set up a date for our vort. But the next few days were basically a living hell for me. Basically she felt so guilty about wat happened that she cudnt even look at me, wat we had done had torn a a huge hole in our relationship. Its not like I didn't feel bad about wat happened, cuz I did!! But being on this site has helped me to deal wit falls, even ones as big as the ones I had just gone thru, and I knew the only way to get out of it was to learn from it and try to move on. I admitted to my parents and rebbi wat happened, altho I was so emb bout the whole thing all I cud say was that 1 nite we weren't shomer and just hugged a bit, which even that was hard to say. When I told them wat happened, I cudnt get the words out I was crying soo hard. But they helped me settle down a lot and were very understanding of the whole situation. She also told her parents and it helped her, but our relationship was kinda on the rocks. We basically took a break for 2 days and tried to get things bak to where they were. We went on a normal date again, and b"h things were moving in the rite direction, but still very far from where we were. My rebbi gave us gedarim in terms of speaking for the last week and a half and b"h it really has helped us tremendously. Also I got her involved wit gye, and she posted this whole story on the womens forum and says she's getting such amazing chizuk from every1, which is also helping us out like crazy. Today I am actually goin to b seeing her for the first time in almost 2 weeks and I hope that it will all go smoothly, cuz I really love her and I want so badly for our realtionship to work cuz I really think that this is my basheret and the girl that will help me grow in all areas of my life!! Wow that was a real mouthful but glad I finally got it out, wow am I happy to finlly join this family in person!!

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Re: Introduce Yourself

Posted by Eye.nonymous - 29 Apr 2011 06:09

[Stayingfocused wrote on 28 Apr 2011 20:00:](#)

hey everyone, long time no post for me but ive come to realize that its time that i become much more consistent... ive been too much to myself lately.

You're definitely on the right track! Post post post. Even if you don't have anything to say. "Hi, I'm just posting today and I have nothing to say." At least half the time, you realize there is something you do need to say.

--Eye.

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Re: Introduce Yourself

Posted by Stayingfocused - 29 Apr 2011 07:19

Boy do I wish I posted earlier to reach out to u guys here. after I fell earlier today I felt the lust cool down and i wasn't pulled to act out again cuz I felt pretty down about the fall. Unfortunately though before goin to bed I got some retarded idea that I wanted to act out and I didn't have the drive to care and stop myself :-(I haven't had that feeling in a while, just acting out looking at p and m and not even caring. To b fair to myself today was a pretty emotional day. It was both my grandparents yartzheit and this happened not too long after we had a seuda at which I spoke and I was a bit of a wreck. This is def not an excuse and I'm not looking for any excuse, I'm more just spewing cuz I'm really disgusted wit myself rite now!! I have to stop using this garbage cuz its gonna ruin my life and I can't afford that. I have to get bak on track and lyh wit hashems help I will, cuz without him I'm done for. Anyways I gotta get to sleep now its crazy late (that's usually wat happens after looking at p, the time just flies by) gn to all ill b bak here tom iyh

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Re: Introduce Yourself

Posted by Reb Yid - 29 Apr 2011 13:24

Just wanted to add.

Posting is great for people who want to "stay focused". (pun was **definitely** intended!)

The question is: Stay focused on what?!

Obviously, we want to stay focused on why we *need* to be clean.

Also we need to focus on why we can't afford *not* to be clean.

But I really believe that with all that focus, we need a real solid plan on how we intend to make sure we *remain* clean. Without a plan of action, we can not defeat the YH in the trenches by staying focused alone.

Please review your plan. Make sure it can work. Make sure your filters are all functioning and in place. Make sure that when you do decide to post, and keep focused, you will have what to focus on.

And most importantly, don't think too much about what happened. Don't get too down about it. Just pick up the pieces and move on. With a plan.

Hatzlocha Raba!!!

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Re: Introduce Yourself

Posted by Dov - 29 Apr 2011 16:14

Dear Stayingfocused,

Nice post, clear and open. If you are OK with a bit of another perspective, then read on - if not, at least don't mistake it for a personal attack of come kind:

You are full of yourself. So full of yourself that if you are truly 'stayingfocused' on anything, that thing is *you*, and only you.

This is not a way to recovery that I am familiar with. Natural, yes. Natural for me, you bet. But it does not work. Maybe it will lead you to madreigos, humility, and even some sobriety. But not for long. I believe most of us need above all other things, to learn how to take our eyes off of ourselves for a change once in a while, and actually make someone or something else our focus a bit.

And it has little to do with how good a guy you are or how much chessed you do for others. It's something else entirely and you know you have it when you do. It is a gift from Hashem to those who are open to it and are ready to ignore themselves a bit once in a while.

You may think you already do this. Nu. Maybe I am dead-wrong. It wouldn't be the first time!

But if I *am* right, then you need some help, brother. And so do I! One day at a time.

Keep on trucking!

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Re: Introduce Yourself

Posted by Stayingfocused - 01 May 2011 03:30

I have not felt so down like I am now in a while. These past few days I acted out and I can't get myself up. Outwardly I seem to b doing ok but inside I'm depressed. There r a few "things" goin on in my life now and its left me in a daze, and wen I get lust attacks I have these feelings that I juts don't care to suppress. I know how dumb it is to give in and how ill feel after but it just doesn't seem to matter. I'm stuck in a rut and I needa get out and bak on my feet! Reb yid, u

said it pretty well, I rly have to review my recovery plan and strengthen many things cuz wat I have now is just not enough. I think that deep down I rly feel I have the ability to just turn it off, even tho just about every time I slip I end up fallin, and therefore if I do the things to keep me away thatll b enough. But that's a plan that isn't rly changing myself, its more of a band aid solution. If I'm rly serious about my recovery, which I'd like to believe I am, then I rly have to come up wit a better plan cuz apparently wat I have now just isn't working! And dov thanx for the tough love, its always good to get a wake up call. Like I said, I'm sure I've been deluding myself for the past few months thinking that wat I was doin was good since it working and I was clean for more than a half a year. But as is clear from this site being clean for extended periods of time doesn't prove anything!! The y"h was just waiting for the rite moment and he got me. again and again and again!! To b honest tho I'm not fully clear on ur post. Wat do u suggest I do to change my focus off myself? Where do u c that I'm so fully focused on myself? I'm rly looking for answers and not just asking to bak myself up, I rly rly wanna change and b better! Life was so much better wen I was clean; I felt much happier and more content wen I was clean so pls perhaps u can elaborate a bit. Thanx

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Re: Introduce Yourself

Posted by mbalegria - 01 May 2011 03:33

Hey everyone, I'm Mb Alegria and im new to the forums. Good day and take care of yourself.

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Re: Introduce Yourself

Posted by Stayingfocused - 17 May 2011 04:28

I really thought that I'd b much more consistent wit my posting, esp cuz I thought it wud help in my recovery, but unfortunately it hasn't been the case. Honestly, at first I was waiting for responses to my last post which was more than 2 weeks ago, but after a few days of not hearing anything I kinda lost touch wit it. The good news is that I got out of the rut I was stuck and I've been clean for the past 13 days. The bad news is that I rly haven't sat down and tried to figure out a much better plan for the future. I know that if I'm serious about recovering this is something I have to do and not just talk about, but rite now I find myself in a very difficult place mentally and I'm having a hard time doing anything. In short, next year I'm going to graduate school outta town and the reality of being all alone in some random place coupled wit the fact that my single status doesn't seem to b changing anytime soon is making me feel kinda depressed. I've been getting thru the days just by waiting for them to b over; I just don't have any sense of fulfillment to my days. Don't get me wrong I'm bak in yeshiva and I'm learning shtark 3 sedarim a day, but I don't feel good bout anything. I don't feel very connected at the moment, and I'm sure its cuz I'm not doing anything to get that connection. But I just feel pretty

down about everything that's going on lately (there was something else that I happened yest that rly put me down but due to earlier requests I won't talk about it), and cuz of that I don't feel like doing anything about it to change. Outside of seder I sleep or space out, not exactly a very happy exciting day, its more like I'm just trying to survive the day and get it over wit. I don't think its a way to live, but I'm not sure wat to do. I know that If I keep this up it will lead me bak to a path of lust which will make matters worse, but its not helping me. Either way just had to get this off my chest, I've been sitting wit these thoughts for a while, I hope to hear bak.

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Re: Introduce Yourself

Posted by Eye.nonymous - 17 May 2011 05:50

The anonymous GYE 12-step phone conferences just began a new cycle yesterday.

Maybe that would be a good move for you to start moving in the right direction.

--Eye.

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Re: Introduce Yourself

Posted by Dov - 17 May 2011 10:32

[Stayingfocused wrote on 17 May 2011 04:28:](#)

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Not to imply that it is definitely the right thing for **you** to do, I just want to say that if someone is

actually working the steps, this attitude is impossible. It may be *natural* for you and therefore what I am saying here may feel like sacrilege or as though I am putting you down for your 'choices' of how you feel - but I am not. I am saying that you simply do not know any better way yet - in your brain you may be aware that there is another way, but that is not the way it works, for many. The brain is a very weak organ when it is left on it's own. In fact, it's powerless and cannot move at all.

So, yeah, it comes down to action. And we see clearly that - by itself - learning shtark 3 sdarim a day is *not* the answer to a happy life and will still eventually lead one to resorting to lust again. Something in ourselves needs fixing, and nothing outside us - even hammering it with the Torah - can do it. Recovery is an inside job that starts with specific outside behaviors that change our insides. And they are not natural. And it is impossible for us to do them. This is not 'self-help', cuz we can't do it.

We need a real G-d for real, here.

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