

## Introduce Yourself

Posted by Stayingfocused - 14 Jan 2011 04:07

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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 reltionship 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 hopeful - 21 Feb 2011 00:35

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Staying focused,

How are you holding up? I don't know what kind of circle you are a part of but when I dated for a month and it ended I was devastated so I can not imagine how you feel. I don't understand if the only thing missing is her emotion then why don't you and her continue dating until the right emotions come? Girls tend to follow their emotions instead of their logic and we probably won't understand ever. But if she really means so much to you as you make it sound why are you so easily ready to let her go? Maybe this is the master plan but we have to do our hishtadlus too. You already got so far as 3 and a half months why not continue until she is ready? What ever ends up happening just stay strong and keep on posted. We are here and we will try to take her place to keep you strong! Good luck!

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Re: Introduce Yourself

Posted by Kedusha - 21 Feb 2011 01:15

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[hopeful wrote on 21 Feb 2011 00:35:](#)

I don't understand if the only thing missing is her emotion then why don't you and her continue dating until the right emotions come? Girls tend to follow their emotions instead of their logic and we probably won't understand ever. But if she really means so much to you as you make it sound why are you so easily ready to let her go? Maybe this is the master plan but we have to do our hishtadlus too. You already got so far as 3 and a half months why not continue until she is ready?

Rav Pam, ZT"L, used to discourage people from pushing too hard in Shidduchim - it can lead to undesirable results. If you're worried about Hishtadlus, Stayingfocused has done more than his share. He didn't let her go easily. It seems that the time is not right for this particular Shidduch to take place, and there is no guarantee that it ever will be.

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Re: Introduce Yourself

Posted by hopeful - 21 Feb 2011 19:44

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I know this may seem brutal now but i think you have to jump back into dating. It will help you heal, and keep you busy focused on other things. If as Kedusha said there is no going back to that girl, then move on. But if you think you may be able to go back to her, find a way. Do you have someone mutual who can speak to her? If not, go do some guy stuff and hang out with your friends. And as hard as it may seem go out with another girl. How are you doing today?

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Re: Introduce Yourself

Posted by Stayingfocused - 21 Feb 2011 20:36

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Hey every1 thanx for all the replies. Once again im stuck lying in bed with no strength or desire to get up, but i am comforted somewhat reading the posts here. I still feel completely numb, and honestly the reality of this situation hasnt really set in yet. I keep waiting to get a call or text saying wats up?, or hey i realized i made a terrible mistake im ready, but that hasnt happened. All ive done today (after goin to shachris) is lay in bed crying reading letters she wrote me, emails i sent her, different texting convos i had saved, and a log of our dating life, until i passed out from exhustion. The true feelings for each other that were expressed in these writings as well as all the memories from the past almost 4 months r stuck in my head, and it doesnt let me believe that we can possibly b over rite now. How can it b that some1 i had spent so much time wit and affects every part of my life be gone in a split sec?? I actually met wit my rav yesterday and spent a lot of time wit him and i plan on continuing our convo at some point today. It was good to speak out my feelings and hopefully he will continue to help me heal. After spending time wit him yest, 2 friends of mine hu also went thru similar situations took me out and we just chilled venting to each other and giving each other chizuk. It was good to get out for a bit, but honestly it only helped for those moments where my mind as off it, but now once again my mind is completely consumed wit this! I know that i have to keep myself busy, but at this point im so not interested in seeing any1 and talking bout it. I did get a lot of chizuk tho from rising ups post yest. It was truly inspiring for me to know that i affected some1 elses life in sucha big way, and i just burst into tears (something thats been happening pretty often lately). So thanx rising up, it was 1 of the few things that really put a smile on my face yest.

Also i just wanna respond to another post by hopeful. As kedusha so rightfully said at this point i literally have done everything and more i cud possibly do to make it work. If it was solely up to me i wud love to continue dating her cuz that wud mean i cud spend more time wit my best friend and the person i care about more than any1 else and i know that it prob wud b helpful to get her to where she needs to b. But thats not the case, and at this point in time all factors considered somehow i have to accept that we r not meant to b for each other rite now :-(

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Re: Introduce Yourself

Posted by hopeful - 21 Feb 2011 23:51

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Staying Focused,

I can only assure you that time heals all wounds, unless she is your true bashert then it won't heal and she will come back. Try to 'stay focused' on your goal but do not think too much about it. Distract yourself. It will all work out for the best I can promise you that Hashem did not give you this test if He did not think you can pass with flying colors.

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Re: Introduce Yourself

Posted by bardichev - 22 Feb 2011 05:06

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Tateleh

We say in davenenig

Harofey lishvoorei lev. Ubichabesh li-atzvosom

I have no magic for u

And I won't tell u anything u don't know already

All I can say is I feel for you and for her

May u see a clear picture one day

May u be zoche to stand under the chuppa with your true bashert and build a life based on happinnes and not based on any guilt

Yes u loved this girl. Yes u have feelings for her

That's perfectly normal

In my simplistic reality test

Staying focused! Are u driving your truck in drive or in reverse

Well if u wanna gt somewhere u gotta be in drive

I will tell u some advice : its gonna hurt. Its not meant to hurt

Delete all the txts

Just delete em

Or get a new phone

U will make urself miserable

U can't go back in reverse

May u see bracha and happiness

Get out of bed

I know it hurts

Read garden of emunah u won't regret it

I'm here for u

B

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Re: Introduce Yourself

Posted by pinokio - 22 Feb 2011 13:20

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The Rebbes dont need support for their words,

but in response to Reb Bards, i have what to say.

I had terrible shidduchim.

My parents stopped everything my rabbeim had, and instead were mishadeich me to porpoises.

Once, i landed a shidduch reaaal chashuv-her close kin is on cover of a well known artscroll book we all love. (ARTSCROLL=chashuv)

We went out many times. Each time she "didn't know"

Then she had to return to shmutza la-aretz for some college test.

No problem-all the kings horses and all the kings men told meto fly out to her city and continue.

I was young. I shouldve asked more questions. I mean, why cont. to go out w/ a girl that after so long Doesnt know.

It means in my story that she doesnt know she doesnt want.

So im a smart guy (i love complimenting myself!)

i decided im gonna tell her she doesnt like me and wrap it all up.

we went out and i broke her the news "if u still go back and forth then you probably mean to say no? She said "tzaddik, thats brilliant. Get outa my life".

this story took like 5 weeks.

during the whole time, i listened again and again to her message she left on my travelcell.

i saved a sucking candy she offered me and looked at it.

I waited each day in a town not my own, alone, waiting waiting.



I too couldnt get outa bed.

i read star wars books and finished two in a week.

i forgot the name of the parsha.

i began to watch tv to pass time, and somehow almost did an aveirah w/ a single other person nearby.

Why did i do all that.

then, i came back to ey and was reddd to another girl, whose tatty is knows bichul ktzos hateivel. chashuv. Here it is!

and then at last minute after a date was set, they said she'd rather go out first w/ a boy her family knows more.

Fair and square, i said, to the shadchan who wrote ARTSCROLL books.

That night my roommate went on his first date, gets engaged to this girl, and i wanted to poke out my eyes with a pen.

And.....guess what....im married now w/ a bunch of kids and i have an orange beard, and my wifes the best for me God cld find.

I put myself through so much grief for what?! Anyways i got my bashert in the right time.

My friend-listen to the gedoilim here.

BARDS STYLE CAPS LOCK-LISTEN TZADDIK

YOU DID YOUR'E HISHTADLUS, RIGHT?

yOUR'E GETTING MRRIED FOR GOD, RIGHT?

GOD WANTS YOU TO GET MARRIED TOO, RIGHT?

SO NOW LOOSEN UP AND DANCE, LEARN SOME FUN PURIM VERTLACH

WRITE A CHABURA ABOUT DRINKING ON PURIM

BUY BALOONS GOTO HOSPITAL AND BLOW EM UP FOR SICK KIDS

ITLL WORK OUT

BUT YOU GOTTA HOLD YOURSELF TOGETHER IN ONE PIECE

YOU'LL ALSO HAVE AN ORANGE BEARD

YOU'LL POST AGAIN THE DAY BEFORE YOUR CHUPPAH

GOD IS THE MAN AND HE'S IN CHARGE

LET HIM DO YOUR WORK SO YOU HAVE TIME TO WRITE THAT CHABURAH

AND THEN POST IT IN THE BEIS MEDRASH HERE ON GYE

GOD KNOWS ITLL BE GOOD

WE KNOW TOO

YOU ALSO KNOW

IN EY YOU'D SAY TO YOURSELF yiyyeh tov-itll be good

love, a gye friend

btw dont forget how amazing you are for going this far in the first place-nisyonos like these are reserved for people like you

i'll daven!

tzaddik90

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Re: Introduce Yourself

Posted by hopeful - 23 Feb 2011 20:30

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Staying Focused,

How are you doing? Are you starting to have a little solace and relief? Do you see a light at the end of the tunnel? We are all thinking about you and waiting to hear from you. I hope you are able to stay strong through all this we are rooting for you!

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Re: Introduce Yourself

Posted by bardichev - 23 Feb 2011 21:17

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TZADDIK

YOU ARE FLAKIN CRAZY

YOU ARE THE BEST!!!!!!!!!!!!!!!!!!!!!!

I KNEW ALL ALONG YOU HAD A ORANGE BEARD!!!!!!!!!!!!!!!!!!!!!!

I HAVE A PURPLE BEARD!!!!!!!!!!!!!!!!!!!!!!

CAN WE ALL GO BLOW BALOONS FOR KIDS IN THE HOSPITAL

WHO JUST WISH THEY CAN TAKE ONE BREATH OF FRESH AIR AND FLY A KITE OVER A  
LAKE

YOISH!!!!!!!!!!!!!!!!!!!!!!

SF

LISTEN TO THE CRAZY TZADDIK!!!!!!!!!!!!

THANK TATTY U DIDNT MARRY THE ARTSCROLL SIDDUR

YOU WOULD BE BENDING AT THE FOREFATHERS AND TAKING THREE LITTLE STEPS  
BACKWARDS

WITHOUT A BACKUP SIREN

EEEEET EEEEE EEEEE

LIKE I HAVE ON MY BIGGG TRUCKKK

COME TO BARDS TOWN

ILL PULL YOUR ORANGE MANDARINA BEARD BATATZ HECHSHER

U CAN PULL MY PRUPLE BEARD

JUST PLAIN SHAE-ARIS

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Re: Introduce Yourself

Posted by pinokio - 24 Feb 2011 17:11

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Bards is crazy, but i didnt kno he was this crazy.

All that i eke out of simcha is because of him.

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Re: Introduce Yourself

Posted by hopeful - 27 Feb 2011 20:17

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Staying Focused,

How are you? Have you gotten out of bed yet? We are all thinking about you... please let us know how you are doing.

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Re: Introduce Yourself

Posted by bardichev - 27 Feb 2011 20:32

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[tzaddik90 wrote on 24 Feb 2011 17:11:](#)

Bards is crazy, but i didnt kno he was this crazy.

All that i eke out of simcha is because of him.

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Re: Introduce Yourself

Posted by Stayingfocused - 28 Feb 2011 03:12

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Hey every1 sorry I haven't posted in a while, honestly I don't really have a good excuse for it.

These posts take me time to write and I cudnt sit down wit a clear head and write em. Since the last time I posted lots has happened, and I'm a bit nervous for the reactions ill get. So first off ill start by saying I have made it outta bed and am finally bak in yeshiva. It feels good to b learning again, and its an escape for my mind. As great as it is tho, its still really hard to make it thru full sederim. At the moment I only have a chavrusa for first seder, second and nite seder and kinda roughing alone. Even wen I'm learning wit my chavrusa its hard to stay fully focused witout my mind wandering...second and nite seder tho is where its extremely tough. Sitting there alone is not good for me, as my brain constantly wanders to my predicament, altho at the end of the day I'm happy to b out and about in yeshiva; it sure beats crying all day in bed. Keeping busy and trying to take my mind off my whole mess is working to a degree, but the pain is still enormous and I still feel like I'm missing a big part of me :-( but now here's where it gets a lil interesting...my good friend is newly married to my girlfriends best friend. Over the past week I hung out wit them a bunch so I cud hear wat was happening on the other end. I was itching to know how she was doing, just cuz I knwo how rough its been for me and I felt even worse to know that she was in pain too. The feedback I heard was that she was terribly distraught and it wasn't getting any easier as time passed. I know this sounds bad, but I was a bit happy to hear that cuz it gave me hope that she wud realize she needs me and is making a pretty bad mistake. Being semi in touch wit her has kinda put me more in denial that were over, which I guess isn't really such a good thing. But anyways, I knew that she was still very confused and was still goin bak and forth, so I wrote her an email suggesting that she spk to a certain rabbi to give her some guidance and help her allieviate her confusion. Being that we weren't in direct contact I had my friend forward her the email. That nite (last wed) I got a response directly from her. To make a long story short for the past few days we were emailing a bunch, and then last nite it escalated into goin bak to texting. Basically we ended up texting each other till 8 am this morn!! I can't even begin to describe how incredible it was talkin to her again last nite. I really felt so excited to talk to her, somethin that had been missing for quite some time, and b"h that was her feelings too! We both came out of our convo this morn on a high, I really felt our spark had been rekindled. We've continued talkin throughout the day today, altho she feels a lil guilty talking the whole day cuz were not really tog anymore. No1 knows that we've "gotten bak tog", and I don't think we can really say anything to any1. This has obviously brought the denial levels to altime highs, but I can't help it I seriouslky just love talking to her!! She still feels a need to talk to the rabbi I told her to speak to and a therapist she's been seeing, but my heart is just not letting me believe that they'll say not to go for it. Everything just seems to b comin bak, but she still seems to b pretty confused...she plans on speaking to them within the next few days I hope hashems plan is for everything to work out for us tog, cuz I really think we both need each other. But hey, wat do I know.

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Re: Introduce Yourself

Posted by Me3 - 28 Feb 2011 03:26

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the best thing you can do is get yourself a 2nd seder chavrusa and let Hashem handle his side of things.

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