

My story - Just gave it all up, for the first time in years

Posted by RebbeNisht - 06 Oct 2011 18:34

---

Hi everyone, it's my first time posting on the forum so go easy on me.

My story is a long and winding saga, and from the little I have browsed this forum, I believe I can't put any details on that are too salubrious or arousing. Thats a bit of a shame as I really would have liked an outlet to discuss my issues at last, but I understand the reasons why.

Suffice to say that I am a Frum guy from a respectable Heimish family (with some Yichus too), went to the standard Heimish Yeshivas/Kollel and have been married for several years.

The problems all started, ultimately, at age 14 or so, with a nonJewish newspaper I found lying around at home - a relatively innocuous article set something off in my pubescent brain, but we didnt have TV or internet at home so i had to make do with furtive trips to the bookstore to buy dirty books/newspapers. When I discovered HZ"L, I didnt really know what it was at first, so had a long time being Oiver...and then when i did realise, it was too hard to stop. My parents found the incriminating literature and shouted at me a lot - but if anything, just drove me underground.

Then I went to Yeshiva. Finally, away from the snooping eyes of my parents!... It didnt take long til I found a bookstore where I could buy the same dirty books/papers, and was back with HZ"L again. But I'd have occasional Charotah and would stop. Also, a friendly local Mechanech befriended me, and our talks helped (somewhat). But still no internet access, and so no P\*\*n.

Then...some friends were talking one evening, and one happened to mention how disgusting the 'Adult Chat' was that you could get on cellphones. He may have been disapproving, but all I knew was..I HAD to get one of these phones. This is about 10 years ago..you can imagine how primitive the phones were, but it had a screen, and internet access, and it meant I could chat online with likeminded people (women, men, Goyim...It even led to meeting people for Aveiros, and after the initial shock wore off, it quickly became Naaseh Lo Kaheter....Eventually I left Yeshiva but it was a very fragmented experience for me, keeping up the appearance of a good Bochur while also the deception of a secret, very dirty other life. Unfortunately, the next Yeshiva I ended up in, contained a Bochur who introduced me to Internet Cafes....and that was when I was introduced to P\*\*n.

Skip forward a few years. Somehow I had a good reputation (Yichus helps!) despite not having the best time in Yeshivas, and got a nice Shidduch. For the first year or so everything was fine. I learnt ok in Kollel and being married meant I had an outlet. But then we got a computer....oy vey...cue lots and lots of p\*\*n and lots of HZ"L (and worse, I found myself drawn to the encounters I used to get up to in Yeshiva).

ANyway, recently I decided once and for all, to make a concerted all out effort to stop all these things. I deleted all the profiles I had on adult sites, installed a filter, and best of all, made a deal with a friend to try for 40 days no p\*\*n and no HZ'L. If either of us breaks it, we have to pay the other \$\$\$. I have to pay more, cos Im married and should find it not as hard as him - he's single.

A week gone so far and it is hard. I have had lots of withdrawal symptoms, been very restless and stayed up late every night messing around on my computer, but no P\*\*n...Also trying to be shomer eyes in the street, but vey hard. I live in a bustling city and women walk around everywhere not the most Tzniusdig.

Sorry if this rambles on for too long, but like I said, I havent had an outlet ever...and this could be the start of a new thing for me.

=====

Re: My story - Just gave it all up, for the first time in years  
Posted by obormottel - 09 Oct 2011 05:55

---

Welcome, brother Nisht! You've come to the right place and your courage of sharing is commendable.

So let's see:

You already have a filter installed.

You have an accountability partner (btw, is he on GYE?)

You set for yourself a fence in a way of knas in case of a fall.

You are watching your eyes on the street.

If I got it right, I say you have both feet in the door. That's awesome. Please read the GYE in the Nutshell referenced above and see where you're standing and what else you can do.

I'd say, definitely read both handbooks (the Steps and the Attitude) and sign up for daily emails. Reading them, as the name suggests, DAILY, has done wonders for me personally in overcoming the incessant urge of acting out during the hardest first weeks, laced with withdrawal symptoms etc.

Keep posting here, too: first of all, it's a great tool for the rest of us to be inspired by someone else's struggle.

Secondly, it's great for your recovery to share and vent.

But most importantly, please realize this: you are in this struggle for the rest of your life. Just like not so long ago it must have seemed to you that you will be porning and pleasuring yourself for the rest of your life, you now must realize that fighting those urges off is a work of a life time. It will become easier, to be sure; but just like you can't go on a fad diet and expect a permanent weight loss, unless you make a life-changing commitment, so too here: I know for myself, I have to make a permanent life style change if I am to become well again.

Good luck on your journey, brother, we are here for you. Please let us know how it goes.

=====

Re: My story - Just gave it all up, for the first time in years  
Posted by RebbeNisht - 11 Oct 2011 11:24

---

Thanks for all the great comments and support, guys. It's reassuring to know I am not in this fight alone.

My pact with my friend has worked wonders and has stopped me falling at least 5 times. Notably when my wife went out 2 evenings - normally that would have been the perfect opportunity to fall, but I managed to do something else.

I've read various sections of the handbook- too much to take in in one sitting.

One thing I read bothered my friend and I greatly. If we understand it correctly, does Tool 10 (The TaPhSiC method) advocate making Shevuos in Hashem's name? I believe the book suggests finding a balance between 'Something we know will hurt, but something we know we can keep' - but we think this is playing with fire. I dont want to repeat what the Gemorah says about Avon Nedorim. I've made a few in the past, in the heat of the post-falling moment, and

have come to strongly regret them...the desire has caused me to break them. I reckon a lot of other people could also make that mistake.

It's a shame IMO because I felt that the rest of the Tool 10, uptil that point, was really excellent and I identified and agreed with it all. Any clarification welcome.

=====

Re: My story - Just gave it all up, for the first time in years  
Posted by Me3 - 11 Oct 2011 14:17

---

If you don't like it don't do it. I don't.

=====

Re: My story - Just gave it all up, for the first time in years  
Posted by ur-a-jew - 11 Oct 2011 14:43

---

[RebbeNisht wrote on 11 Oct 2011 11:24:](#)

Thanks for all the great comments and support, guys. It's reassuring to know I am not in this fight alone.

My pact with my friend has worked wonders and has stopped me falling at least 5 times. Notably when my wife went out 2 evenings - normally that would have been the perfect opportunity to fall, but I managed to do something else.

I've read various sections of the handbook- too much to take in in one sitting.

One thing I read bothered my friend and I greatly. If we understand it correctly, does Tool 10 (The TaPhSiC method) advocate making Shevuos in Hashem's name? I believe the book

suggests finding a balance between 'Something we know will hurt, but something we know we can keep' - but we think this is playing with fire. I don't want to repeat what the Gemorah says about Avon Nedorim. I've made a few in the past, in the heat of the post-falling moment, and have come to strongly regret them...the desire has caused me to break them. I reckon a lot of other people could also make that mistake.

It's a shame IMO because I felt that the rest of the Tool 10, up to that point, was really excellent and I identified and agreed with it all. Any clarification welcome.

I don't use them either but I don't see such a problem. The shavuos that are generally are problematic are those in which a person says I will never do X again. If the X is something that he tried stopping umpteen hundred times, the shavua is quite risky. On the other hand the handbook has to suggest ways to avoid this problem. First, it suggests making a shavua which says I will not do X unless I do Y first and if I don't do Y then I will give \$300 to tzeddakah. It may be painful to give the \$300 but it is not something that is unbearable and therefore not too hard that a person can't keep to it. The second qualification is not to make a shavua that for the next year, for the rest of my life I will not do X unless I do Y. After paying \$300 a day for 365 days it can break anyone. But we all can hold back for a day or two maybe even a week. So you start small, a day, two days, and then you keep on renewing it. If you come to "strongly regret" it you stop or modify it.

But do what works for you. Continued hatzlacha.

=====

Re: My story - Just gave it all up, for the first time in years  
Posted by obormottel - 11 Oct 2011 16:04

---

I'm in accord with above. A lot of people here, myself included, are not comfortable with the concept of a neder. UR-a-Jew clarified it some; my take is, to use the concept to create a fence, but instead of a neder, just make a promise to yourself: before acting out I'll do Y, if I don't and act out anyways, I'll do Yx100. Just promising it to myself was instrumental of holding me up a few times.

But again, take the tools that you're comfortable with, that will work for you, and off back on the battlefield!

Non-stop hatzlocho!

=====

====

Is your friend on the GYE? Bring him on board, a friend of my friend is my friend