

Will not be my secret secrets anymore

Posted by backto613 - 12 Mar 2012 16:23

To start, I am 26, single and lightly yeshivish.

I quit when I was 15, and then I started again at 24. In these two and a half years, I have not had a 90 day clean streak. This past summer I had about 40 days (trying for 90), then I fell. I hope this will be my first 90 day, and the end of my problems.

I thought I can do it on my own. I started tallies. The most recent was seven. Then after I fell, it only took less than three days to fall again. (The first three are always the hardest.) That was on Friday night, and tonight will be three days, but I almost fell last night.

This time I won't keep it a secret. I hope the fact that someone could know my secrets will help me.

I have many triggers. The biggest one is nudity, even one that is accepted by the outside world... (sadly, of both body types.)

My desires respond with many excuses:

1. if I was married then my wife could take a pill, then I would have been able to release this...
2. other people are doing this (both frum and non-jews) - as if it is okay
3. I will be better after doing this - this one was what got me last time -- in this case, it keeps me up at night and i cannot fall asleep until I release.

I have tried many things. I have even tried to pretend that I did it already. Once it is fully triggered, it keeps badgering me until released - minutes, hours or days.

It can start with the need to touch myself, but it obviously doesn't end with that. During my "dry" period, it used to be enough and I wouldn't go all the way.

Often when I fall, it is in front of a computer watching other men. I am not sure if I am just attracted to the same sex. I can be triggered by both, but the male attraction happens more often, is stronger, and its pretty much the only type of images and videos that I watched. [I read through another thread on this area. If you haven't dealt with SSA, you are very unlikely to intuit an understanding.]

When I fall, I usually do it again ... a total of three releases within 24-36 hours, and then it stops pervading my thoughts for a time. This last time I only did it once, and now I cannot stop thinking about it.

I have never told anyone any of this. I have kept it all inside and to myself. I thought I could get over it myself, but then I close the shades, lock the door, and turn on private browsing. I am quite embarrassed about most of these points, especially the ones that are not common, even for this site.

It has been just over 2 full days, and I have until 2am for the third.

I want to speak by email and gchat with someone who has most of the same problems as me (especially SSA). I also want to get the filter that someone who understands me will be involved to keep me from ch"v falling again. Please PM me soon if you can be that person...

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Re: Will not be my secret secrets anymore
Posted by backto613 - 17 Apr 2012 23:14

I had to restart the count, lekol hadeyos.

Moving along, better than last time because I have last time to help me this time, which will hopefully be the last time... :D

For this new count, I will keep a new log.

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Re: Will not be my secret secrets anymore
Posted by backto613 - 18 Apr 2012 13:53

The Rambam (Hilchos Teshuva) states that for aveiros bein adam lamakom it is better not to publicize your acts (I assume that means as long as it is not necessary for you to improve). So I would like to say that BH it has been over three days that I have not done or viewed things related to this site.

In the past I had often forgotten about this problem and would one day start thinking about it -- think that I used to do it, start to count to figure out how long it has been, when I will reach a certain threshold, and then find myself in the throws. I would remind myself that if I am not to be proud of doing what I was created to do, then even more so for not doing what I'm not supposed to be doing. This doesn't always help. I think gayva is a necessary in life, when used for good. For example, I should remind myself that I am actually too good for this kind of activity.

I often think that I am more embarrassed about the acts themselves, eg what I would look like to others, rather than embarrassed about the fact that I was being over. On this again, whatever works at whatever time. So if I find myself thinking, "oh boy what if someone saw me," then even if that's not the best way of thinking -- hey whatever works.

I have mentioned this before. I hesitate to call my specific issue an addiction, especially since it doesn't overtly interfere with anything else in my life. So then why do I have these episodes? I haven't read enough to come to a conclusion, but I do have a hypothesis. I think that for most (or all) people, the yetzer harah is a pervasive parasite. It has an independent process that is allowed to influence yourself internally, but it cannot actually act. Note the difference between a power of influence, which can be quite strong, as opposed to the power of control. There could be several reasons for this. It may be that if you didn't have the internal influence to do wrong then there would be little or no nisayon if it only came from the outside -- your inside would always reject an external inciter.

You can see this played out in many regards. One is that Adam had to ingest the yetzer hara. Another is that the yetzer harah, which works so hard to get you to do bad, will then come with

you to shamayim and testify about all your misdeeds. This could explain why I may be working on myself and yet still have thoughts of acting, which can sometimes come out of nowhere. Its all part of the nisayon. This is also the epitome of nisyonos. It is so pervasive that it is even used as the mashal for other nisyonos (for an example of this, see mishlei "Isha Zarah").

Since this is the result of a foreign entity that becomes entrenched, this could mean an interesting approach to the issue. In my first thoughts, I should call a foul and say "Foreign Objects!" Remind myself that these influencing thoughts are not me, and I would be wise not to listen to them and let them develop. I can also give myself a five yard penalty -- preferably add more time to learning. (For me punishment is usually counterproductive, perhaps because it acknowledges a commonality with the foreign entity rather than disassociation.)

If I find myself going further, then remind myself -- This foreign entity has the power to influence me, but if I act, if I do anything, that will be completely my decision. Not only will I not have him as an excuse, and he will not back me up, he will actually be there pointing out the failings. Blaming Hashem won't help either -- that's why you were created. Man was created to honor hashem, including the fight against the yetzer harah. If there was no yetzer harah, or if he was so weak that my win would be obvious, then what's the point?! my own enjoyments in life?! to get mitzvos without a battle? -- that would be delusional.

--- Once again. This usually works for me, even if you do not agree with everything. However, please let me know what you think.

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Re: Will not be my secret secrets anymore
Posted by ImGonnaWin - 19 Apr 2012 01:00

I think gayva is a necessary in life, when used for good. For example, I should remind myself that I am actually too good for this kind of activity.

Isn't that davka the approach in Slobodka, the idea of gadlus haadam? It seems to me that you're in good company with your feeling here.

Your description of the yetzer hara resonates with me. It actually reminded me of a book I read a few years ago, *The Screwtape Letters* by C.S. Lewis. I don't know what you're feelings are about reading a book written by a Christian theologian (if it means anything, I did have a Rav who highly recommended it...), but you might find it interesting and/or powerful.

I have a sense that your method of combating your desires may be helpful for me. Please do

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not mind if/when I steal the idea