

A journey to Hashem

Posted by zvi - 20 Mar 2013 23:54

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I am a teenager, aged 16 years old. Since I was 12, I have had lust-related problems. As I have got older, the problems have got worse. It started off with the odd thing, here and there- I was only 12, so I didn't really know what I was doing. I vaguely knew I shouldn't be doing what I was, but it didn't interfere with my life much. As I got older, and I started to find out what I was doing, and the severity of the Aveiros, my 'little problem' developed into an addiction. For the past 2 1/2 years, I have been acting out on a regular basis (at least once a week). Then, finally, I had a clean streak. A proper clean streak. For 66 days. But then it came back. I didn't even see it coming. All I knew was that I was on the computer, doing some school work, and then suddenly I was looking at images that I shouldn't be looking at, and before I could stop myself, I had been motzei zera levatala. Again. That was two months ago. After that, I lasted 14 days, but then it was over. I was doing the aveiros again, but on a much greater level than before. As it stands now, I'm only keeping myself clean for between 1-3 days at a time. Two nights ago, I acted out twice. I was depressed, angry with myself, and- unfortunately- angry with Hashem. How could He do this to me? Didn't he see that I wanted to stop? That I wanted to be close to Him? Anyway, the next day (i.e yesterday), I joined GYE. I'm currently on my second day clean, B'chasdei Hashem. But it's not going to be easy...

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Re: A journey to Hashem

Posted by zvi - 06 May 2013 01:06

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Nearly 22 days clean, on the sefira of yesod sheb'yesod! B'H!

Question for the oylam, which I've been thinking about for a while. A couple of times on the forum, I've seen the idea that you're either addicted, or your not. There's no in between. But why not? Why can't someone be addicted to a lesser extent than someone else? Probably everyone on here is addicted to a certain extent- that's why we can't stop. However, not everyone on here needs the 12 steps. So why can't you have a 'mild addiction'?

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Re: A journey to Hashem

Posted by gibbor120 - 07 May 2013 01:18

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I also think there are levels of addiction, but you are right, there are some who don't.

Eventually, I got to a point where it didn't matter. The only question that matters is "is it working or not"? If what you are doing is working to keep you sober, sane, and happy - great! If not, maybe you need a different approach.

Stressing over "am I an addict or not?" can just be a distraction.

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Re: A journey to Hashem

Posted by broadlife - 07 May 2013 03:19

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I agree with Gibbor.

I would say that there are different levels of **lust compulsion**. Compulsive because its hard to control it.

Let me ask you a question like this: Do you ever get angry? Have you ever gone a year without getting angry? Imagine you spent an entire year never getting even a little angry even once. That would be an amazing accomplishment no! Yet we don't look at doing that in the same light as 'overcoming our yetzer hara'. I bet there are some sober people on this web site who can stay clean from 'sex addiction' over a year, but can't say that they were angry-free for an entire year.

Its cause we view lust (as an aveirah, appropriately) as a deficiency that cuts to the core of us questioning our existence. While anger doesn't have as much of a self-pitying effect. Some people don't even feel bad for lusting. Seems like you're in the crowd of those who does, at least while your not acting out.

So, yes, i think there are different levels of lust compulsion and this can be aggravated by human symptoms like depression, self-pity, need for comfort/soothing; to add to all that there's a lot of forum information on the chemical stimulation resulting from porning/masturbating.

But I do think there is another breed altogether which is the **addict**. I am not one but there are enough people posting that they are addicts so i believe they exist. And Dov has mentioned that

true addicts are far and few between and I could believe that too.

I think all men lust for women in different levels. Some its barely if not an issue at all, and some its somewhat an issue in the teenage years, and some it remains a big issue for life. And its pure lust, not addiction. And when we try to stop, well we can all admit that in the middle of the act we want it so bad. So it is more compulsive than addiction. that doesn't mean that its not challenging and requires tremendous strength and trust in hashem to deal with and live realistically with.

If men didn't have lust why would they want to have sex with their wives (aside from the mitzvah of having children, which is not the only basis for having sex) They would just sit in yeshiva and )

Honestly, going back to the anger example, focusing too much on wether your an addict is more detrimental than helpful. I know that firsthand because after being clean for almost 3 months at one point, i tried to **convince** myself I wasn't an addict. More like I tried to prove it to myself.

This was very unhealthy, as i never tried to prove I was above anger. I accepted that I could sometimes get angry, but I dind't make a 90 day chart and post on online forums about my rare moments of anger. But i did make a big deal out of lust, possibly too big of a deal in an extremely unhealthy way.

The real idea beneath all of this is that real life is not about making charts and counting your days clean. You clearly don't do that for anger, jealousy, arrogance, and a host of other middot. learn toirah all day long. But we weren't made that way (clearly

So we do count our clean days for lust/addiciton/porning/masturbating. Its clearly different to us, but we cant make it too different to the point that it takes over our lives and removes us from reality.

Hope i said something helpful for myself and for you there.

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Re: A journey to Hashem  
Posted by zvi - 08 May 2013 21:59

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24 days clean, but today I reached another milestone as well- 50 days on GYE! Since I've joined, I've only fallen 3 times. That's it- 3 times! 51 days ago, I would never have believed it possible- I had fallen two times on the same night, I couldn't control myself, I had turned into an animal. But now, I feel like a human again. Yes, a human who has problems with lust, but a human nevertheless. And for that, I will thank Hashem, always, constantly. Onwards to 90 and beyond, and to the geula sheleima together with all of the choshuve yidden here on GYE. You're all tzaddikim, and Hashem loves each and every one of you! And of course, thank you so much to Guard and all those who run this heilige organisation. You have literally changed my life around.

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Re: A journey to Hashem  
Posted by Machshovo Tova - 08 May 2013 22:07

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Congratulations and thanx for being an inspiration to all of us.

Hatzlacha

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Re: A journey to Hashem  
Posted by Gevura Shebyesod - 08 May 2013 22:10

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Mazel Tov KUTGW!!!!

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Re: A journey to Hashem  
Posted by yehoshua - 09 May 2013 14:17

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Re: A journey to Hashem  
Posted by zvi - 10 May 2013 01:07

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Oh wow. Talk about complacency leading to the yetzer hara attacking you. I'm still clean B'H, not that I deserve to be. I slipped though, and I think it was because of two things:

Firstly, after 25 days clean, I got very complacent. It has been relatively easy for the last few weeks, and I forgot to take any safeguards, and I was relatively easy pickings for the Yetzer Hara. So, I have to learn from this, NEVER to be complacent. However long I'm clean for, 25 days, or (one day IYH) 25 years, I have to remember that intrinsically speaking I am a luster, and I always have to be careful as such. I think I should put some sort of reminder up on my bedroom wall reminding me of that.

Secondly, I've been stuck inside revising for my exams. I'm quite a restless person naturally, and sitting still for long periods of time doing something I don't particularly enjoy means that a lot of energy builds up inside me. For the first couple of days of the week, I was revising in my garden, and that was enough to get my energy out- fresh air helps. Then the weather turned ). So I had to go inside.

Then this happened. So unless the weather improves I'm going have to go and revise somewhere else, be it in school or in the library.

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Re: A journey to Hashem  
Posted by inastruggle - 11 May 2013 01:29

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im a little late but congrats on everything

and how about putting up a poster of reb guard on the wall? or shimshon haggibor...

but seriously maybe put a gadol picture up and that can remind you about this without anyone knowing.

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Re: A journey to Hashem  
Posted by zvi - 12 May 2013 20:34

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Not a bad idea... I've already got a picture of Rav Scheinberg up, but it's quite small and it's been there so long I can't imagine it'll have much effect. I think at the next opportunity I'll put up  
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Re: A journey to Hashem  
Posted by MBJ - 12 May 2013 23:53

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Shimshon Hagibbor was not shomer his eynayim so he lost them. Lets hope we don't have to  
a nice big picture of Rav Nosson Zvi (it's probably Tzvi, but i'm biased  
go so far.

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Re: A journey to Hashem  
Posted by zvi - 13 May 2013 00:22

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Nothing much to report- still clean Boruch Hashem! There was a bit of time on Shabbos when I felt weak, but it had passed by Motzei Shabbos. Today has been relatively uneventful. So still going...

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Re: A journey to Hashem  
Posted by zvi - 14 May 2013 21:52

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can't really think of a better way to go into Shavuous, to be honest... |

Have an amazing kabbolas hatorah everyone! IYH this should inspire us all to even greater heights.

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Re: A journey to Hashem

Posted by gibbor120 - 14 May 2013 22:34

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Mazal Tov KOC - Keep on Climbing!

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