

1st time - my story

Posted by jack - 10 Sep 2008 21:12

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this is my 1st time posting, but i've been in contact with eyeguard and elya k already. so, here goes...

when i was 11, i had my first orgasmic experience. i am now 49. since that time, i've been unable to stop with that activity. the pleasure involved was so intense, that i was hooked. i did it every chance i could get. there were no other people involved, just myself. my friend and neighbor had all this stuff- movies, books, etc. i was not brought up in a religious home, and even my father had stuff. when i became 18, i attended the x-rated movies. for the past 38 years, i've been unable to stop. somewhere around when i was 18, i became religious - but i couldn't give this up - it had become an addiction. 2 weeks ago, i was looking at theyeshivaworld.com & found the popup for this site. i went in and found the most unbelievable thing i've ever seen - religious Jews talking about their sexual addiction. i couldn't believe my eyes. i wrote to [eyes.guard](#) & he wrote to me to post my story. i didn't want to at first, but i agreed to finally post it. i called the phone line last week, and spoke to elya k. i have since called him privately. if anyone thinks they can kick this addiction by just reading the shulchan oruch, you are mistaken. it is too powerful an addiction. you need support from caring people, who will not judge or criticize. you need people who understand your situation and are willing to help. these are the people i found on guardyreyes.com. if you are reading this, chances are you have a sexual addiction. if you do, you must heal! it is very important to get rid of this addiction, forgetting about halacha for a second. addictions are harmful, which may very well be the reason why halacha does indeed forbid it. halacha is for our protection - it is out for our good. but we won't listen to halacha if we have an addiction. i am amazed at what lengths the people go. more later jack.

i don't have internet at home, so i do this from the library and i only have half an hour at a time. and i wouldn't write this from work, where they might monitor what i write. so last week i was on the phone conference and the counselor on the line said that if someone goes for 90 days without a slip - this creates new neurons (right word?) in the brain. so, i believe her, and i'm shooting for the 90 day period of abstention. i am on the 8th day without a slip. i talk to [elya k](#), who is a lifesaver, without him, i couldn't do it - it is much too difficult. if i know that i am going to speak to him that night when i get a chance, i can wait, and i put off my acting out. if he wasn't there, i would not be able to hold it in. thanks elya k, and thanks eyeguard for starting this. caring for fellow Jews is what we're all about - and these people take this obligation very seriously. imagine saying al chayt shechatanu lifanecha bevidas znus, and knowing full well in your heart that you're not going to stop, not because you don't want to, because we all want to do the right thing. the reason we can't stop is because it's an addiction. and the only way to stop is by knowing there are people that care. and so far, this has been what has kept me for 8 days, after 38 straight years of succumbing to temptation. i am shooting for 90 - maybe she's right.

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Re: 1st time - my story

Posted by battleworn - 23 Nov 2008 15:15

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Jack, You add so much simcha to my life, you are absolutely GREAT!!!! :o

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Re: 1st time - my story

Posted by jack - 24 Nov 2008 16:28

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today is day #83 straight no z'l. thanks everybody, from the bottom of my heart. jack

by the way, you can never be 99.999999 percent sure of anything - except that G-d is the creator and that He's perfect. for us humans, how can we be sure of anything?

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Re: 1st time - my story

Posted by Chasdei Avos - 24 Nov 2008 17:12

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keep it up buddy. I am very excited.

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Re: 1st time - my story

Posted by battleworn - 24 Nov 2008 17:16

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Jack, this is really exciting! By the way, 83 is a very significant number. It is known that fasting 83 fasts, has a special power of tikun. Kal Vachomer what you have been doing, which of course is worth infinitely more than fasting.

I think it's already time to start dancing, in preparation for the great simcha! Could someone please start a good nigun.

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Re: 1st time - my story

Posted by the.guard - 24 Nov 2008 17:34

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Jack is Back!

It gets lonely on the forum without Jack, from Friday - Monday :-)

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Re: 1st time - my story

Posted by jack - 24 Nov 2008 18:29

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i have no internet at home, only at work or the library.i will not get internet at home, no matter how many people tell me that i'm backwards! jack

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Re: 1st time - my story

Posted by the.guard - 24 Nov 2008 19:02

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You won't find anyone in the world that respects that more than us here on this forum!!

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Re: 1st time - my story

Posted by jack - 24 Nov 2008 19:19

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i know, believe me i know - i've been called many names, some i can repeat and some i cant. for example, backwards, doesn't keep up with the times, old-fashioned, etc.. actually, i think i DO keep up with the times - just read Rabbi bender's letter - or any principal that wants to teach his talmidim the right derech, or any issue of yated neeman where all the gedolim speak against it. jack

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Re: 1st time - my story

Posted by the.guard - 24 Nov 2008 21:46

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I truly find it amazing that someone who was adicted to this for so many years, still insisted to listen to the Rabbanim in this respect. Who knows if it isn't this Zechus, this Emunah Peshutah, that is helping you beat this now?

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Re: 1st time - my story

Posted by jack - 24 Nov 2008 21:54

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i wouldn't call it emunah pshuta - i would call it yedia vadois - a definite knowledge that it's bad.i want to protect my kids, and i know that if i had it, i'd fail, too.anyway, the internet was never my problem - it was those stores you see almost everywhere you go that i disguised myself and snuck into - there were men there dressed as women who tried to pick me up, how degrading!!here i am a guy who learns torah on a regular basis hanging around in some of the most darkest places on the planet. - boy if my friends knew---

jack

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Re: 1st time - my story

Posted by Chasdei Avos - 24 Nov 2008 22:45

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I tip my hat ten times to anyone who does not have internet in their home. I am B"H zoche not to have it and so many people think I am crazy. Although I may say its for my kids safety, it is equally for the safety of this war we are fighting. At one point my wife baught me a trio, thats a phone with easy internet on it. A year later I traded it in for a regular phone, because it was killing me. They thought I too was backwards. Everyone is upgrading and I was down grading. Its like a bad nightmare that just doesnt let you run away. even my regular phone has access, which I blocked. BUT, I can still get bad pics if I wanted. Its not normal.....

I guess I just had to vent there.

stay strong

chasdei avos

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Re: 1st time - my story

Posted by the.guard - 24 Nov 2008 23:41

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It's a crazy world. This is the test of the generation and it just runs after you everywhere today.

Here in Israel, most frum serious people have the "Kosher" phones. It's coming out now too in the U.S I heard. Can you get that?

If you get info on that for me, I'll put it up on my site and help others with this too.

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Re: 1st time - my story

Posted by WeWillNotBeForsaken - 26 Nov 2008 14:17

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Wow Jack. I just read today's chizuk email and I now have even more respect for you. To have gone through so much and then after so many years to try to break this addiction - its simply unbelievable. My daily chizuk is complete. Thanks - cant wait till 90!

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Re: 1st time - my story

Posted by jack - 26 Nov 2008 14:29

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dear wewillnotbeforsaken, thanks for that post.i have indeed been through a lot - i do not mean for you to have sympathy for me - sympathy really doesn't help.what's important is that 22 years ago i started the journey to healing, and this is the latest stage in that process.

i will not be at work thursday or friday so i will 'speak' to you again on monday - which is day 90!!  
jack

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