

1st time - my story

Posted by jack - 10 Sep 2008 21:12

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 jack - 01 Dec 2008 21:15

one more thing for today - if i was really THAT strong - i would have been able to do it myself, right? how come for all those years i couldn't grab the bull by the horns and do it myself? i know that mevakesh decided on his own to make the break - now that's strength!

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Re: 1st time - my story

Posted by Elya K - 02 Dec 2008 02:48

It is the power of the group that binds us together. Someone who will listen to us and for the first time in our lives not criticize us, but understand where we are coming from, our intense pain and low self esteem.

When we are able to let go of our shame we begin to heal, other's stories show us we are not alone. That in times of despair we have a family to fall back on and ask for guidance. And we have a G-d who runs the world, so we don't have to, no matter how hard we try.

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Re: 1st time - my story

Posted by jack - 02 Dec 2008 14:14

bing!bing!bing! elya hit the proverbial nail on its proverbial head! how can one move on when one is being criticized??? if only certain rebbes and parents know what terrible effects they have on kids when they beat them down verbally because they're not on par with other kids.how do you expect him to progress? you think you'll make him better by berating him/her? you remember debbiesteinerwins? how she was stifled? so what you're not kollel material - read the aruch hashulchan in hilchos talmud torah - not everyone is cut out for that.are you trying to it a square peg into a round hole? well, that square peg has pain when someone tries to squeeze it into a round hole!

one can only begin to forget the past when he/she is accepted, like they do on this forum. why do you think i took off so fast? because i finally, for the 1st time in 49 years, found someone who wasn't critical of me.isn't that sad?????

al elah ani bochiya - in 49 years i didn't have someone who accepted me?

when you find REAL friends who accept you, DONT LET THEM GO!!!!

jack

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Re: 1st time - my story

Posted by jack - 02 Dec 2008 14:34

isn't that oxymoronical?? the only way we can get past our faults is to accept them??
yes,yes,yes.isn't one of the 12 steps to ADMIT we are powerless?ADMIT it! admit it and move
on!and others will accept you, too.

what would have happened if adam harishon instead of blaming it on his wife (dont we all do
that?) would have accepted guilt? maybe Hashem would have been happier with that and
forgiven him right away instead of making us work for a living.maybe that's one of the lessons
the torah wants to teach us there.

jack

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Re: 1st time - my story

Posted by eme - 02 Dec 2008 17:59

Mazel Tov! You are an inspiration to me.

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Re: 1st time - my story

Posted by the.guard - 02 Dec 2008 20:50

Jack, I bought today a bottle of whiskey and two types of cakes in my shul. Everybody made a
lechayim in your honor. I just told them it was a simch shel mitzva!!

Jack, when we end one journey in life, we begin the next. Your next goal is Level 8 - Half a Year!

Ahron, who also hit 90 days not long ago, recently wrote me that he is struggling to build himself up. He writes "my biggest challenge continues to be "filling the void", whether it's boredom at work or motivating myself to engage in meaningful and fulfilling activities, be they learning and ruchniyus related or otherwise, during non-work hours."

I want to share with you what I answered him, since it applies to you now too.

The "building yourself up" that you are working on now is fundamentally different in nature from the other challenge that you have been doing so well at. Although it wasn't easy for you to give up the addiction, you were able to take the steps necessary and do it. However "building up ones self" is not the same. It is not something you can "accomplish" in 90 days, by stopping one behavior or another. This is a LIFE-TIME job, and that is what we are here for. And lucky for that, or you'd be done and ready to go "home" :-) So relish this new challenge. For that is what gives our life meaning. The progress you have made in conquering the addiction now **frees you to deal with the REAL work**. Until now you couldn't even think of building yourself up properly. So as long as you keep seeking, you will find. Never stop seeking Hashem. Never be afraid to take on new challenges, new Mitzvos, new sedarim. To set new goals, to be kinder to those around you, and to live each day as if it was your last. (I am laughing at how easy it is for me to tell this to someone else).

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Re: 1st time - my story

Posted by levite - 01 Nov 2009 18:40

to jack! id love to know how you are doing, after reading through you whole past all i can say is wow! its guys like you who will bring moshiach

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Re: 1st time - my story

Posted by bardichev - 01 Nov 2009 18:52

JACK I WANT YOU TO KNOW I LISTEN TO JACKS NIGGUN ALMOST EVERYDAY
SOMETIMES MANY TIMES A DAY!!!!

<http://www.guardureyes.com/GUE/Music/mus/JackSimcha.mp3>

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Re: 1st time - my story
Posted by the.guard - 02 Nov 2009 21:56

to jack! id love to know how you are doing, after reading through you whole past all i can say is
wow! its guys like you who will bring moshiach

Jack doesn't have access to the forum, but I sent him your post and here is his reply:

please tell him the following: i am clean for more than a year with 2 only slips (because of
tremendous anxiety and depression). the slips were approximately 6 1/2 months apart. When I
fell, I did not repeat the activity. I didn't let it take me down.

Compared to my past, wouldn't you say this is an improvement? and this is only my first year!

Maybe for my second year i can go even longer!

But what's important, really important, is **that initial 90 day period**. that is what helps me stay
clean for such a long period of time. It HAS to be 90 day straight, with not even one slip, for it to
accomplish anything. i am ready to go vayter, and pushing for more success! twice in 6 months i
would not call "a return to addictive behavior".

my thinking, however, is a different story. Duvid chaim talks about the QUALITY of sobriety as
opposed to QUANTITY. For him, quantity doesn't mean as much as how we are dealing with
sobriety. I guess he would agree with rabbi twerski's definition of a 'dry drunk'.

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Re: 1st time - my story

Posted by levite - 03 Nov 2009 07:17

my holy brother! keep up your good work! its guys like you which help us all believe that we can do it too!

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Re: 1st time - my story

Posted by the.guard - 04 Nov 2009 16:49

Jack asked me to post this:

Some insights after one year in 'the struggle':

1) we have to learn to live with the anxiety of withdrawal.this anxiety is our energy given to us by the Creator. dont forget, it says 'shichvas zera koach haguf' - we just have to learn how to channel it properly - not an easy task for an addict, but do-able.

2) when i lived in an apartment building, they wanted to convert to a co-op.they gave the landlord a certain amount of time to gather votes from the tenants.if he got 15 percent of the tenants to vote in favor of conversion, the plan would go through.guess how much time the landlord had? that's right - 90 DAYS!

3) always, always, always, an addict needs the group.what do you think kol yisrael areivim zeh lazeh means? it's group support!! that's right, no-one can do anything productive by him/herself. now, doing something DEstructive, well, that's easy, i did it for 38 years, or more, that is before i was able to motze zera i was also looking at and reading this shmutzy stuff.but something positive needs outside help.

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Re: 1st time - my story

Posted by jack - 30 Jul 2010 14:17

hello all my wonderful family,

here are some thoughts after almost 2 years clean:

i am not perfect, after all i had a 38 year addiction.however, the good news is i am no longer pulled like i used to be.i'm out of that viscous cycle of going to those bad places, feeling guilty, disguising myself, going again, etc.i'm out of that.the need to act out is fading into the background.with more time, it fades more.wishing you all success, jack.

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Re: 1st time - my story

Posted by destructive cycle - 30 Jul 2010 14:27

Hey Jack the tzaddik!

You are my hero.

Thanks for joining in on us.

I want to thank you again for your email to me. You mamash saved me from future hell.

Keep on trucking, man.

All the best,

DC

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Re: 1st time - my story

Posted by jack - 30 Jul 2010 17:21

i saved you from future hell without even talking to each other? wow! can you imagine what chizuk we (yes we) would have got from talking? because i need chizuk from you, too.and you just gave me a big shot of chizuk, right in the veins!

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