

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 jack - 07 Sep 2011 20:35

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dear yossi - i believe for a person to change, they have to have a REASON to change.and for an addict like me, it's gotta be a very strong reason.and there has to be the realization that i am doing something wrong (very hard). and there has to be the opportunity for change. and once you get through all that, and you have decided to change, then comes the pain of withdrawal. to put it mildly, we addicts have a tough road ahead of us.i hope our Creator is merciful to us.

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Re: 1st time - my story

Posted by Yossi.L. - 07 Sep 2011 20:38

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These people i know dont feel like they have a strong reason to change although their lives are in shambles. They dont believe that release from the addiction will give them a better life. Is there any way to help these people through an action that i do, or can they only come to to recovery on their own?

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Re: 1st time - my story

Posted by jack - 08 Sep 2011 12:31

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yossi - you will have more than one answer to this question - use whichever one works.everyone is different based on his/her upbringing and therefore needs to be treated in a different way.

my answer - they MIGHT realize one day that they want to change, but chances are they won't. a person doesn't release himself from jail.and they are most likely in denial, big time.dov is right - they have to make a decision on their own - but if you're a friend, you have to get them to want to make the change on their own.they won't listen to YOU, just because you're a friend.how to do this? gently, very gently.these people are probably in pain, and to yell or scream just aint gonna work.do it with love, show them you care.that is the whole basis for ALL 12 step meetings.ever go to one? everyone there loves you, and is rooting for you, without expecting anything in return.as the beatles once said, 'all you need is love' wel, they were partly right, you do need more than just love.but it's a good starting point.the caring that people showed me here on GYE was THE ingredient, above all else, that got me going on the road to recovery.

hatzlacha!

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Re: 1st time - my story

Posted by Dov - 08 Sep 2011 14:38

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[Yossi.L. wrote on 07 Sep 2011 20:38:](#)

These people i know dont feel like they have a strong reason to change although their lives are in shambles. They dont believe that release from the addiction will give them a better life. Is there any way to help these people through an action that i do, or can they only come to to recovery on their own?

OK, so I am getting into a conversation that's not mine again, but...

Personally, I find this kind of talk toxic. Before labeling anybody else 'an addict' or wondering about how unmanageable their lives are, I suggest you only look at *yourself* , and do something about your own mess. My wife and I have noticed that we have a natural tendency to talk about the troubles of other couples when we are not really getting along that well....hmmm...

If you are not really in trouble yourself, Yossi, then you will never really relate to them, anyway - and if you *are* in trouble (an addict), then you will never be able to be any real help to them until *your* side of the street is cleaned up. It's not mainly about giving people information or inspiration - but about sharing real experience, strength, and hope in our good recovery with each other. When we see that it really works, then we use it. But just being shown that something is right or true, does very little if anything at all. I have never, ever seen anyone make real, long-lasting change because of getting "inspired" by another person.

So, "obviously you cannot transmit something *you* haven't got." (end of the book, AA).

Being so imperfect myself, all I have for you is a suggestion to focus 100% on getting fixed.

Love,

Dov

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Re: 1st time - my story

Posted by Yossi.L. - 08 Sep 2011 20:59

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Dov,

In all honesty.....when I read what you said initially my defense mechanism when up and I was looking for something wrong in your words so as to show you were wrong. But I didn't find it. After calming down and reading what you said for the 4th time Your words penetrated into my heart very deeply. Thinking about what you just said I realized that I to have the tendency to dwell on other people's problems so as not to deal with my own issues all the time. It's very helpful that you interjected in to this conversation. Thank you.

Yossi

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Re: 1st time - my story

Posted by Dov - 08 Sep 2011 21:30

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Hatzlocha with moving on in the best direction for you now. Getting better may be simple, but it sure is not easy, as you are discovering, yourself.

As far as thanking me for wanting to help, it's easy for me! I love every person who is an addict (or really having bad lust problems and wants to get out from under them). We are like a weird bunch of brothers.

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Re: 1st time - my story

Posted by jack - 09 Sep 2011 14:18

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quote by dov : 'I have never, ever seen anyone make real, long-lasting change because of getting "inspired" by another person.'

i dont know how to do a quote yet.

dov - you know i am the person who always does the things that you never saw.so, i will tell you that i was inspired by the following people in my quest for refuah (in no particular order) : my friend in memphis, you, r' guard for what he is doing here, and anybody and everybody on this forum who even does one little bit of recovery.they all inspire me.and that's what r' guard wants - he wants others to be inspired by the work that people do here.

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Re: 1st time - my story

Posted by gibbor120 - 09 Sep 2011 14:29

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[jack wrote on 09 Sep 2011 14:18:](#)

i dont know how to do a quote yet.

Just click qote next to the persons post.

or type something new, highlight it, and click the "insert quote" button.

Anyway, I don't think Dov meant that someone else can't be the *catalyst* for you to change. Only that ultimately, the desire to change must come from within AND you have to do the work. Being inspired doesn't do anything per se. It's what you do yourself that brings the change. We all hear nice mussar shmuzen and are nisorrer. Being moved, even crying, does nothing, if we do nothing about it.

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Re: 1st time - my story  
Posted by jack - 09 Sep 2011 15:40

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i think then we are all saying the same thing.the work was definitely mine - my friend in memphis is not the one who had wild fits of withdrawal symptoms, he just listened on the phone while i cried, screamed and tore my hair out from the pain of withdrawal after 38 years of acting out and suddenly stopping.but without him on the other end of that phone, without that soothing southern accent of his, i could have NEVER, NEVER have done it. makes sense?

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Re: 1st time - my story  
Posted by gibbor120 - 09 Sep 2011 16:39

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Perfect sense jack, KOT and have a good shabbos!

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Re: 1st time - my story  
Posted by jack - 09 Sep 2011 17:12

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call me melodramatic if you want, or sentimental, or just mental, but when you said that to me - 'KOT and have a good shabbos,'

it will give me strenght for the rest of the day.tomorrow? i'll need another dose.when will it end?  
when will i no longer need another dose, and another dose, etc.? i'll let you know when and if it  
happens!

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Re: 1st time - my story

Posted by gibbor120 - 09 Sep 2011 17:17

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Life is not for the faint of heart ~author unknown (out of zemmy's playbook). It's hard work.  
"adam leamal yulad" We keep working til we are 120 or else we die (even if we are still  
technically walking around). Just don't look too far down the road. It's foggy and raning. Just  
look at the road right in front of you.

Be well my friend!

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Re: 1st time - my story

Posted by jack - 09 Sep 2011 17:28

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thank you.and one more thing - listen to dov - er vays vot er redt.

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Re: 1st time - my story

Posted by gibbor120 - 09 Sep 2011 19:23

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I found this in a chizuk email quoting dov

I firmly maintain that no one is able to tell anyone else if they are an addict or not: the entire  
meaning of the 1st step is that a person comes to that conclusion themselves, without any

outside assistance. That is the only way they know it's really the truth and that they will never be able to run from it. If the facts are to make any difference at all for change in living, they need to really be known by the person. That only happens in the heart (which is also why "Rachmono liba bo'l"). Thankfully, GYE leaves the truth about us, up to us.

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