

My story: The end of a nightmare

Posted by simontechouva - 10 Nov 2013 09:35

---

Dear friends

I discovered the site in July . I live in Europe, I am 35 years old and live in a place where there is no 12-step group . Let me tell you my story.

For a long time I realized that I was addicted . However, I could not find a way to get out , and frankly , I think I do not want to. Probably because I felt that without my addiction , I will no longer support or assistance when I lived a difficult situation.

I am addict since childhood. I do not come from a religious background , and during adolescence did not feel not the problem of masturbation as a fault, at most, a weakness. I got married young , at age 22 , and tried to do teshuva . I thought marriage would fix everything . Big mistake . While so far, my addiction would just masturbation and media files, the time of my marriage, the birth of the Internet, was a catastrophe on this point.

After three weeks of marriage I returned to my addiction with tremendous guilt and more . It got worse as you go. My wife doubted more or less, and our relationship was not happy . To make matters worse , we had a lot of family problems and not always nice people around us so many reasons for me to bury myself in the addiction. I continued my studies, the difficulty still offered me an opportunity to justify my addiction.

I crossed several steps addiction daily , sometimes more , internet, film. Then bad bars. Then prostitutes. Nightmare.

I confessed everything to my wife, without arriving at stop. I looked shrinks . It was a weird time. I could make a change in attitude , become a better husband. But I sank more and more into addiction . Again, the provision so hard to have a better character with my wife offered my addiction the opportunity to take over .

=====

Re: My story: The end of a nightmare

Posted by simontechouva - 04 Dec 2013 01:18

---

thank you dAVID, A GOOD ARTICLE

Happy Hanouka!

=====

Re: My story: The end of a nightmare

Posted by simontechouva - 04 Dec 2013 01:23

---

The way keep on...

I'm happy; i don't make anymore a fixation on the 90 days; i take day after day; since the beginning, i live my 4th long period of sobriety; thanks to God...

What I can say to others, it 's that the feeling of lust decrease with the time; I am very serious of the Chemriath Enayim: no movie, no tv (except football...), i am prudent in the street, and even in intimacy I try to be careful. There are good consequences; oh, i m not crazy and I don't think I am saved; but Hashem is with me every time, and help me.

10 days..To be continued...

=====

Re: My story: The end of a nightmare

Posted by David26fr - 04 Dec 2013 14:10

---

You are on the good path, the secret is to take one moment after another, one hour after another, one day after another... Thus, instead of having an Everest of 90 days to climb, it just full of small hills to climb, which is much easier.

Every moment of sobriety is a gift from Hashem and a great merit ! Hashem sees your efforts and will help be to stay sober again and again.

It's a good thing to be serious with all that you know that can lead you to a fall. Above all : remain serious like this, and stay careful and vigilant all the time...

Keep up, Hashem will help you a lot

And Happy Hanuka too !

=====

====

Re: My story: The end of a nightmare  
Posted by Pidaini - 04 Dec 2013 16:46

---

KUTGW!!!

KOMT!!!!

=====

Re: My story: The end of a nightmare  
Posted by chesky - 04 Dec 2013 17:41

---

Thank you David and Simon for all your posting and sharing.

Just something which i learnt about the idea of "one day at a time" (Thanks Dov).

The point is not holding off one day at a time, or a minute at a time etc. Breaking time into increments may help for some, and may help people overcome challenges rather than seeing the challenge as a huge mountain, but for someone who is addicted to lust or anything else, it will not work long-term. Eventually my body and my mind will scream to me that I must have it otherwise i will die. And no amount of Shemiras Einayim and/or avoiding triggers will help ultimately by itself, although it is critical. (I speak from my own experience only).

"One day at a time" is to LIVE my life today. Not to wallow in the disappointments and regrets of yesterday, nor in the fantasies or hopes of tomorrow. "One day at a time" is to accept and live the harsh, cold, boring reality! (that is how it looks to us, compared to exciting, and effortless acting - out).

And to do this i have to give up give up lusting and TODAY give my life and will to His care, and ask Him to guide and direct me to do his Will.

May He grant us a day of sobriety and sanity.

=====

=====

Re: My story: The end of a nightmare

Posted by cordnoy - 04 Dec 2013 17:59

---

Chesky...you put it again in an eloquent style, for really what you are saying is "Step # 1," albeit from a slightly different angle.

Thank you

=====

=====

Re: My story: The end of a nightmare

Posted by simontechouva - 05 Dec 2013 03:38

---

Unfortunately , I dropped it no longer.

It is terrible to sleep well and wake up in the morning with a bad feeling that lasts all day, I struggled , struggled ... At least it was a fall without viewing porn ... I am comforted as I can.

When I took a very strong urge to intensity , I can neither pray nor read my long list of things to do TAPSHIC , as if , in my opinion, there was Dr Jekyll and Mr Hyde , Mr Hyde, when he takes over, told me to send all walk ... How to fight ?

I'm trying to make an honest introspection : I probably tie me enough to correct all my faults , I have a tendency to pride, to leave me overwhelmed by the stress, boredom ... Yet I am happy to have abandoned a remote life of the Torah , while this was not the case before , and I love studying ... But I know it is not a cure for me , Unfortunately ...

My problem is that I still do not know how to manage other than by flight a difficult situation that I have improved is to do everything to have less difficult situations . Anyway, the problem is that life is made of it .

I definitely need to silence Mr Hyde .

=====

====

Re: My story: The end of a nightmare  
Posted by Pidaini - 05 Dec 2013 13:46

---

Sorry to hear about your fall,

I have found that by myself, I can't silence Mr. Hyde, he's much stronger than me. He puts my brain to sleep, and there's nothing I can do.

The only thing is to have someone else with me. Have you opened up to anyone? is there anyone you can call at a time like that?

I've called one of my friends in the morning on such a day and asked him to come over to be with me. Maybe you can't do that, but at least call someone to ask him to keep in touch with you throughout the day.

The time to make that friend is before you need him, because mr. hyde doesn't let us make new friends easily. Same is with Hashem, be honest with Him *before* mr. Hyde shows up, mr. hyde doesn't like honesty either. So take the opportunity to do what you can while he is sleeping!!

KOT brother, no giving up, Hashem is waiting for you!!!

KOMT!!!

=====

====

Re: My story: The end of a nightmare  
Posted by simontechouva - 08 Dec 2013 13:19

---

thank you

i don't have this possibility unfortunately; i speak to my wife, but of course not too much not every time so i know it's not enough.

you think, that someone we don't know, but of whom we have the phone number by GYE, can really help ? I mean, if we don't meet, if we are not true friends, is it possible to have an help by someone who just has the same problem and want to help by GYE?

I have a doubt but I don't know.

=====  
=====

Re: My story: The end of a nightmare  
Posted by cordnoy - 08 Dec 2013 13:36

---

many of us had the same doubts and many of us have been helped

why don't you ask some of us who are closest friends are?

why don't you ask us who we confide in?

Why don't you ask us who it is we think about when we wake up, in the afternoon, or going to sleep?

you would be surprised at the answers that are given

so am I, but it's true

=====  
=====

Re: My story: The end of a nightmare  
Posted by chesky - 08 Dec 2013 21:29

---

In SA the point of sharing as is one of the purposes for going to meetings and sharing, is to get out of your own head (where the trouble began in the first place). What matters is not so much that you talked it over with someone you know, but **the fact that you took the action** (not just thinking) of surrender, saying that "I need help, I cannot do this on my own". It is not (just)to get chizuk.

Often, I pick up the phone when I need to, and the person I tried calling is unavailable, but the wave of lust still passes, as i take the action.

And BTW calling someone I am close to, is often less of an act of surrender than someone I am less comfortable with, because I am still in my cosy, comfortable world!

May HaShem grant us a sober and sane day.

=====  
=====

Re: My story: The end of a nightmare  
Posted by simontechouva - 12 Dec 2013 00:46

---

new fall this week end

difficult to be alone in this fight...

=====  
=====

Re: My story: The end of a nightmare  
Posted by Pidaini - 12 Dec 2013 03:00

---

Sorry to hear about the fall,

but, why are you alone in the fight?

=====

====

Re: My story: The end of a nightmare  
Posted by dd - 12 Dec 2013 07:21

---

hi! im sorry to hear about your fall but that doesnt mean your not on the right track this battle takes some time . and if your here on gye your not alone at all. keep on trying on the good work and you will win this battle . chazak is what does it. be'SIMCHA.

=====

====