

My not so faithful story..

Posted by faithful - 05 Jun 2015 05:08

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Hi Everyone,

I'll try to be short with my story so as not to scare people away for reading it. It started when I was probably 7 or 8 I recall acting out before even reaching puberty, I somehow just came across it. Obviously nothing would come out, but it still gave me some sensation. Then at about 13 I reached puberty and it wasn't as simple to act out..it involved wetting my underwear. That was strange for me. At around that time I began going online and finding pictures of nude women and more or less have been hooked ever since. Without wanting to get too graphic, the content I'm drawn to is not what you would call 'hardcore' that stuff I still can't get myself to watch (thank g-d). My habit (addiction?) has always been 'soft porn' just images and videos of naked women without any intercourse.

I have gone through many stages in the best 10 years, there has been a time in Yeshiva where I abstained for over 6 months and there have been other periods where I did rather well. I found that being involved in my learning has helped me distance myself from this. But overall, this has been something I have carried with me since a very young age and something I have always been struggling with. I have no illusions I know everyone here has the same struggles, I'm just sharing my story.

A few months ago I got married, for better or worse I didn't tell my wife about any of this. The main reason being since I spoke to someone who 'evaluated' me to be a non-addict so I felt that a bad habit is something very common and I spoke with others who felt it's not something I need to discuss.

I never thought that marriage would 'solve all my problems' and I was aware that it's something that I would need to still work on. However, lately not only has it not been controlled, its actually gotten much worse and more often. Married life is great and my wife is wonderful. I don't believe it's coming from a void there. It's just my head always thinking lustful thoughts. Finally, after today having acting out I decided that I need to do something and reach out for help. I can't start the 90-day program since it appears that in order to start you need to be 2 days clean? someone correct me if I'm wrong but it seems like you need to have at least one clean day to start so I guess I'll need to wait until after Shabbos.

Another dilemma I have is my wife's laptop, which has no password and is my go-to place when

I'm lusting. As for my own smartphone and laptop, I have installed filters and accountability software which B"H had been working great, the problem is my wife's laptop - how do I tell her to set a password without letting her in on this. I'm sure some of you will say 'it's about time you fill in your wife about your struggles' but I, for obvious reasons am very hesitant and not at a point where I'm willing to 'come clean' with her, especially since we're newly wed. I'll have to come up with some reason for her to set a password, maybe for security.

Anyway this is the beginning of my journey and I hope and pray that it will be a successful one, thus my username,

Faithful

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Re: My not so faithful story..  
Posted by faithful - 09 Jun 2015 04:13

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Thanks for the responses everyone.

Just to update my thread, the past few days I haven't been feeling too well, so no falls b"h but I can't contribute my 'streak' to any strength on my part either. This journey will really start once I feel better, for now I'm just getting a head start.

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Re: My not so faithful story..  
Posted by serenity - 09 Jun 2015 13:07

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I don't attribute any part of my recovery to any strength on my part either. Every day that I don't obsess about sex is a gift from Hashem.

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Re: My not so faithful story..

Posted by faithful - 10 Jun 2015 18:13

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[serenity wrote:](#)

I don't attribute any part of my recovery to any strength on my part either. Every day that I don't obsess about sex is a gift from Hashem.

That's true. I can thank Hashem for making my first few days on this journey easy for me. I'm feeling a little better now and with that comes my normal self with all its packaging.

I would like to implement the tophsic method, anyone have any ideas or versions that worked for you that you can recommend?

I think the trick to to plan one step ahead of myself.

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Re: My not so faithful story..

Posted by faithful - 12 Jun 2015 03:21

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Just had my first fall since joining GYE.

As opposed to those who are filled with guilt after each fall, I think I may have the opposite issue. I know it's ok I will continue to try and it's not healthy to be overcome with guilt. I know that I was tested and I did not stand up to the test, but I also know that the guilt that follows can be sometimes worse than the act itself. So I don't allow that to eat me up. I find it to be a delicate and difficult balance between being over consumed with self guilt and becoming depressed or remaining indifferent about the act one just did.

I once heard an interesting vort which always stuck with me and I will share it here. We say everyday in Mariv that Hashem should take away the Satan from in front of us and from behind us. What is the implication? In front of us is the Satan who comes and says 'Eh, just to it, don't

think too much, it's not such a big deal, You'll still be a good jew' and once the Satan is successful and getting the person be ovier, he says "Ow, look what you did! It's terrible, and you think your a good yid?! You just did the worst aveira you can possibly commit! your living a double live! your full of it \*\*..."

So thats how he works, when the averia is in front of you he down plays it. Once you did it, he enlarges it gives you the guilt that comes along with it, which is also bad and from the Satan. So thats why we ask Hashem to protect us from the Satan before and after.

The idea I'm trying to show from that vort, is that the feelings of self remorse that come immediately after acting out, are not necessarily coming from a positive place.

In any event, I will be taking the following steps to prevent another fall:

I will further restrict my phone by adding Google Now to the list of blocked apps on Smart App Protector, since that is actually how I fell.

And two I will to a Topshic with the following: for the next week, I will give \$150 to tzedaka if I act out without first spending 40 minutes on GYE. If I act out after spending 40 minutes on GYE, I will give \$50 to tzedaka.

Moving along. I hope to make it further this round.

Sincerely, Faithful

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Re: My not so faithful story..  
Posted by hwhap@gmx.com - 12 Jun 2015 03:33

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I'm sorry that you're suffering.

The human intellect is pretty basic, we're pretty slow, even the smartest among us. There is no substitute for experience. When I choose to masturbate I always try to learn something from this choice. You can read all the literature and listen to the all experts who have been there before, but there is no knowledge like the knowledge you acquire yourself. And when you jump off the wagon you can learn a lot from that. What were the circumstances that led to it? Was there some change in my life that I underestimated? Did I have a sexual thought that I really didn't want to acknowledge and in the end I paid for it? Can the recovery method I have chosen really work? Am I just going through the motions or do I really understand the meaning of the method? Am I going through an especially trying time? Am I really depressed but I don't recognize it? Are the reasons why I wanted to stop masturbating still good reasons in my mind?

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Re: My not so faithful story..  
Posted by yiraishamaim - 12 Jun 2015 04:29

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Yeah I agree that analyzing the fall can be productive but even that should be done in moderation. We get to a point that we know what makes us tick.

Now connect with Hashem and give yourself over to him. Of course avoid the triggers.

Be confident that Hashem will help. You've made a decision(again) that you are never going back.Failure is simply not on the table.

Enjoy the bliss of sobriety.

It is hands down you're greatest gift!

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Re: My not so faithful story..  
Posted by faithful - 17 Jun 2015 21:46

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Just read the email that was sent to me a few days ago after my fall from GYE. It's an amazing email which was very well written. I have to say that the GYE team continues to impress me. It's just a shame that these emails don't get the proper attention from me (and I'm sure others as well) since they are sent to a basically GYE-only email account, which I don't check too often. These are the emails I need to get on my smartphone with notifications! These are the emails I really need when I'm on the go, not the work and promotional emails that I'm always getting carried away with. I'm just hesitant to have these emails go to my phone which is basically open to anyone who picks it up (my main concern being my wife).

I feel like I'm getting all my other garbage emails and WhatsApp messages, but the important stuff, is hiding in my secret email account that I only use from my computer when no one is around.

Aside from the above I'm hanging in strong. I set setup my tophsic which has been helpful and thwarted a potential fall, so I am thankful for that.

Looking forward to reaching 90 and beyond.

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Re: My not so faithful story..  
Posted by cordnoy - 18 Jun 2015 04:19

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[faithful wrote:](#)

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around.

Aside from the above I'm hanging in strong. I set setup my tophsic which has been helpful and thwarted a potential fall, so I am thankful for that.

Looking forward to reaching 90 and beyond.

Many ordinary people get gye emails on their regular email.

its a chizuk email.

many lust addicts also have their gye email connected to their phone as well.

Some get it confused at times, but that's also life.

b'hatzlachah

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Re: My not so faithful story..  
Posted by shlomo613 - 18 Jun 2015 12:44

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Why don't you tell your wife that shmiras einayim is a tough nisayon in this generation and you're trying to have kedusha in this area - an this site helps you. It's absolutely true. And your wife will love you for it and feel reassured that her husband doesn't want to look at things that aren't his.

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Re: My not so faithful story..  
Posted by faithful - 18 Jun 2015 20:41

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That a good idea, I think I will do this. I'm probably a little more paranoid about this than I should

be.

Otherwise I'm doing well, so far made it further than my first try on the 90 day chart so that is nice.

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Re: My not so faithful story..  
Posted by faithful - 19 Jun 2015 11:25

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I'm very glad and grateful to Hashem that I made it to day 7 on my streak!

Let's keep rollin'!

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Re: My not so faithful story..  
Posted by shlomo613 - 19 Jun 2015 15:02

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[faithful wrote:](#)

That a good idea, I think I will do this. I'm probably a little more paranoid about this than I should be.

I caution you however not to have a setup where your wife has a chance to open up to your own GYE page and discover your user name and posts.

Some GYE users have got into trouble that way..

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Re: My not so faithful story..

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Posted by faithful - 23 Jun 2015 15:48

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[shlomo613 wrote:](#)

I caution you however not to have a setup where your wife has a chance to open up to your own GYE page and discover your user name and posts.

Some GYE users have got into trouble that way..

Good point. That is not something I would like to run into.

Shlomo, Congrats on reaching 90 days I'm not sure if it's your first time or not, bur regardless hatzlocha!

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Re: My not so faithful story..  
Posted by shlomo613 - 23 Jun 2015 16:07

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Thanks Faithful,

I've reached 90 days before but very few times so this is a real achievement. The last time I got here was either 6 months ago or a year ago, I don't recall.

As you see in the past ice fallen after reaching it so I'm under no illusions that the challenges are over. As everyone says, it's an initial target, but then we need to continue living life well.

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Re: My not so faithful story..  
Posted by serenity - 23 Jun 2015 19:48

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. No point in her suffering even more.

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I wouldn't want my wife to run into it