

My not so faithful story..

Posted by faithful - 05 Jun 2015 05:08

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 cordnoy - 08 Jul 2015 22:40

Thank you for the share.

Yes. ..you need to wait.

If you read your thread above you will probably see posters saying that you need to "do" something. Counting 90 days can be beneficial for some, but for others, it is simply counting till the day you fall again.

Bhatzlachah

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Re: My not so faithful story..
Posted by shlomo613 - 09 Jul 2015 19:16

Faithful, Thanks for the share. You're doing really well for being so on the ball with this business. Well done. Keep it up.

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Re: My not so faithful story..
Posted by i-man - 12 Jul 2015 21:43

Hi faithful

I gotta say your story literally mirrors mine!

I completely understand what you are going through,

I also had no interest in the 12 steps ,

what i found to be really helpful was the series of shiurim from rabbi shafier

on this inyan, its available for free download at the gye shiurim section,

im not so far in to the 90 days myself and im still looking for

more things to strengthen myself i WILL let you know if any thing works really well

HATLOCHA!!!

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Re: My not so faithful story..
Posted by faithful - 03 Nov 2015 02:10

Hi everyone,

This is my first time seriously logging in the last 4 months. I'm not sure what happened, but I basically realized that it's harder than I originally thought it would be. I started the 90 day chart and fell a few times started again and the same thing happened and then I just continued doing

my thing (which obviously only got worse) uninterrupted for the last 4 months.

Now that I'm back here, I really want to take my recovery to the next step and I think it's time I join the 12 step phone programs. I actually just joined my first call which the GYE calendar says is 8:30 which should have been updated to 9:30, since 8:30 is the time before they changed to EST. So while calling in I met another member from Australia who also made the same mistake. We had a nice chat and it was a good start.

I hope to join the real call tonight at 9:30pm EST. I have listened to Daniel UK's first step and I'm not sure if it would be beneficial to join the call even though they are probably in one of the later steps?

Just wanted to say Hi, and hopefully this time I'm back for the long haul.

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Re: My not so faithful story..
Posted by markz - 03 Nov 2015 02:15

Hi faithful, please try live upto your name with us for 30 days, and keep truckin with us. We need all hands on deck!!!

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Re: My not so faithful story..
Posted by serenity - 03 Nov 2015 03:17

Were you on the call?

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Re: My not so faithful story..
Posted by markz - 03 Nov 2015 03:29

Me???

How in the world do you know I was on? I'm serious!

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Re: My not so faithful story..
Posted by serenity - 03 Nov 2015 03:34

I was asking Faithful.

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Re: My not so faithful story..
Posted by serenity - 03 Nov 2015 03:34

And I didn't know. That's why I was asking. You're not making any sense.

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Re: My not so faithful story..
Posted by serenity - 03 Nov 2015 03:35

Were you on?

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Re: My not so faithful story..
Posted by Yesod - 03 Nov 2015 06:35

Hi Faithful,

Nice reading your story here.

Firstly, best of hatzlacha.

I identify with your story a bit, i was focused on filters and blocks on our devices (and no Internet in the house) yet i left my internal problem unchecked, so eventually it always found a feeding hole.

I also was not into porn for the most part, yet i could get quite obsessive looking for my fix of nudity, and this was usually after typical breaks of s month or more. Doesn't make a difference if you smoke reds or lights. A pack or two packs, of you are hooked you are hooked.

The way i started seeing real improvement came by connecting with people and bringing the monster to light.

You seem to be looking forward and open to trying new strategies, so you should be proud and gd willing you'll start setting the difference in a significant way.

Lastly, as they say, just wanting to improve is nice, but it can take some real hits (rock bottom) to really make some change happen.

See the article on the site titled "hitting rock bottom while still on top"

Best success, pal

Ps. There is a filter option in gmail that can have emails from a specific sender skip the inbox and get put in a designated folder. I have my gye emails do that, so it isnt visible to my wife when she sees my inbox, yet i can easily open the folder and persuse the gye emails anytime of day, which has helped quite a bit.

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Re: My not so faithful story..
Posted by markz - 03 Nov 2015 11:44

I created a "drafts2" and underneath that a new "trash" subfolder for my private stuff.

"One man's garbage is another's..."

GYE = guardyouemail / garbageyouemail

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Re: My not so faithful story..
Posted by faithful - 04 Nov 2015 14:58

[serenity wrote:](#)

Were you on the call?

Yes, that was me.

[Yesod wrote:](#)

Hi Faithful,

Nice reading your story here.

Firstly, best of hatzlacha.

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Hi Yesod, and thanks for your words on encouragement. I have started joining the call and I hope to continue to do so. Thanks for the idea you gave about having GYE stuff go directly to your folder while skipping the inbox.

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Re: My not so faithful story..

Posted by faithful - 03 Apr 2019 15:59

Somehow I chanced upon this site so I wanted to provide an update to my thread in case anyone comes across this.

Since my last post here, I've joined the regular in-person meetings since the phone meeting were not cutting it. It hasn't been a smooth ride, but I've had many ups and some downs. At the moment, I'm nearly 8 months sober by the grace of G-d, and I have many people in the program that I call on a regular basis which is something amazing.

I think once people join a 12-step program they never turn back to this site because it seems so inadequate compared with the 'real thing', but I need to remember that it was thanks to GYE and everyone that helped me here that I came to a point where I was ready to try the 12 steps.

I actually had a good time reading back at my thread since that way I see things today, the actions I took were so foolish (focusing on filters and passwords to the exclusion of everything else). Clearly, it has been a long journey for me and continues to be so.

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Re: My not so faithful story..

Posted by Gevura Shebyesod - 03 Apr 2019 16:30

Glad to hear you're doing well. Continued Hatzlacha.

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Welcome back!