

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 doingtshuva - 04 Apr 2019 01:30

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[faithful wrote on 03 Apr 2019 15:59:](#)

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.

now I understand why I'm still stuck on this forum for years.

I need to take the **steps**, the lift is out of order.

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