

Living with Hashem

Posted by Unknowngye - 01 Oct 2017 11:46

Hello,

I'd like to introduce myself as I've been here for quite a long time but only recently have I discovered the power of the GYE forum. My name is yehonatan, I grew up in what's called a modern Orthodox family, went to school with friends who knew too much, watched a certain movie that taught me how to degrade my body and had an obsession with Google images. I hated myself at first because I sort of knew it was wrong. I'm really not sure how I knew but it was a feeling. Right at the beginning, I must've been 11 or 12, I told my mother I was looking at improper images and that I felt disgusted. She consoled me and the matter was swept under the rug. Eventually things got worse to the point where I was touching women and wanted them to touch me.

eventually, I discovered it was assur, but it was too late to stop.

I believe it was after an intense "workout" with the computer that I searched the internet for some help and Baruch Hashem found GYE.

I got to go now but Be'ezras Hashem I'll continue at another time.

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Re: Living with Hashem

Posted by tzomah - 19 Oct 2017 13:01

what i try(obviously thats an understatement needs more than that and you gotta be emotionally ready)when i see ththose kind of "bodies" is to try to think of them from the perspective of the people who reaaly love them

like what does her mother think when she sees her

this is a person not a body she has a mother father sisters who really love her and don't really care what she looks like it has helped but its not always easy

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Re: Living with Hashem

Posted by Unknowngye - 20 Oct 2017 03:59

Hey I fell yesterday. Twice in about 12 hours. I was simply lazy, convinced myself I had to catch up on sleep and stayed in my dangerously comfortable bed. I even learned Gemara! But nope. I ran to sin.

The rest of the day was a nightmare. I barely ate as I had astonishing ache and at times wasn't able to even think. It's happened to after previous falls. I had these symptoms.

Something cool I discovered was that after my first fall, which took place sometime during or after playing a video game, I gave my word to never touch the console unless I'm with my younger brother. After the 2nd fall I wanted to calm down and play. But I remembered my promise and turned it off a few seconds after turning it on and realizing this. I realized that I have a decent time keeping my word but not my *tayvah* for *zerah levatala* and porn so I gave my word not to inappropriately touch my eiver ever (by consequence anything that may lead to that as well) and not to watch inappropriate videos willingly.

I spoke to my Rebbi for eitzos. He gave me the best one : just do it!

My Rebbi often quotes Rav Dovid Cohen shilite: I'd love to sin but I simply have no time!

Keeping ticking

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Thank you Hashem for entrusting me with my neshama even though my track record says I'm untrustworthy. Basically You are telling me that I CAN DO IT!

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Re: Living with Hashem

Posted by Hashem Help Me - 20 Oct 2017 11:17

It's great that you speak to your rebbi about it and post here. Being honest and forthcoming helps in breaking free. B'ezras Hashem you will get much guidance and be *matzliach*. As you wrote it is very helpful to put mechanisms into place to stop yourself at the pre-triggering stage, where you are still in control. If you can set up a system to not turn on the computer without another person present (as you wrote - your brother), you will *iyh* have reduced the *nisayon*. Pay attention to other pre-triggering situations and be *shtark* in avoiding them. Along with staying connected - honestly reporting what's happening, and utilizing the other GYE tools, and of course a heaping dose of *s'yatta d'shmaya*, you will *iyh* do well.

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Re: Living with Hashem

Posted by nefeshpashut - 21 Oct 2017 18:36

Yes, definitely replying in a general way to the thread, but hoping to share, again, generally, my early experience in Recovery, namely, committing to the 12 steps, which are totally kosher (as GYE can explain), will give you enormous comfort and relief.

I know very much this realization that I had some "new fight" in me before certain temptations. I had that same experience, where I acted out, but I had fought, I had almost cried through it, and I thought it must be progress...

Well, it's not a straight line. But for me, and for many addicts, I think, it has to be about GIVING UP THE FIGHT. I had a more powerful experience over the summer, where I sensed Hashem was in the room with me. It was a simple thing, but suddenly the abstraction was not an abstraction. I felt a presence, in a different way than I had ever in my life. And with that presence I felt love, and, the desire that I not hurt myself. And so I stopped in my tracks. I did not do it. Not because I was fighting with chizuk from Hashem! Because I could sense that Hashem was present in my life, I was "living inside G-d" as Dov says in one of his recorded calls posted here on GYE...

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Re: Living with Hashem

Posted by wellworthit - 21 Oct 2017 19:34

You should do whatever works for you but avoid being too tough on yourself. It can backfire.

i fully agree with that the sefroim hakdoshim write that the worst part of the averia is the yiuash afterwards

im sorry to hear that you fell but pick yourself up

if you keep going there will be a time when you will look back at it all and be able to help others

you give us all chizuk

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