

Chazak Amenu's climb

Posted by Chazak Amenu - 28 Feb 2010 02:09

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I am an orthodox 14(turn 15 march 30) years old who home schools, i have come to the conclusion myself that homeschooling has nothing to do with my addiction because I don't have time to view porn during school hours do to homework. I first saw porn when I was nearing the end of 6th grade. I saw it accidentally while doing a book report for class. The character in the book was also the name of the porn star and pictures of her popped up. The first time i saw it I immediately closed down but i was curious and had just hit puberty so i opened it up again and looked. I did not know what s-x was at the time and only looked at nude pictures for a while but then I began looking for videos and could not find any for a while. I contented myself with opening multiple tabs at time viewing hundreds of non clothed females. One day I downloaded a virus thereby forcing my dad to buy a new computer. While at the store he bought me a laptop which until recently I never used because I did not want to betray my parents trust further. I found out the filters password and used it. I recently changed the password so I don't know it but no one knows it so hopefully that does not become a problem. There are still two other computers without filters. No one knows about my addiction not even my twin brother. I don't feel clean and I feel like I need to go to the Mikvah but I don't know how to go by asking without people becoming suspicious. I feel really bad because I have a slight break before learning Gemmara and a few times I have watched porn right before learning. I hope I can stop the addiction early in my life and continue to become a good Jew!

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Re: Just beggining young

Posted by Chazak Amenu - 03 Mar 2010 03:06

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Thank Hashem i am not alone anymore! this forum has helped me more than i can express it has lifted a huge weight off of my shoulders i listening to all the tips people are giving me and so far i have not even thought about watching p\*\*n i am also receiving the daily chizuk email and that helps too!

thank you for replying to my post! i aspire to have ten years like you do!!! i look at you're status as somewhere i want to be! thank you a Billion! everyone! i also realize that i need to continue to be careful and never let my guard down or have my heads in the sky. because this also about keeping things real and i in fact do have an addiction/compulsive shmutz watching mind set and i hope to get rid of it!

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Re: Just beggining young

Posted by silentbattle - 03 Mar 2010 16:44

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Your enthusiasm about being kadosh v'tahor is incredible!

You are a valuable warrior in this battle, and we're lucky to have someone as holy as you here!

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Re: Just beggining young

Posted by the.guard - 03 Mar 2010 20:49

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Without disagreeing with Dov at all (wow, what a beautiful post!), I still will say that if someone makes a Kaballa to go to the mikva if/when he falls, and he knows it's hard for him to go, he may find that he starts to fall a lot less often. And this can help him learn to stop compulsively using the addiction as an escape, which is a cornerstone of recovery.

In other words, not to use the Mikva as a tool to feel "I'm getting better" or "doing something real" (which it isn't), but rather, using it as a healthy deterrent. (Perhaps that is what the Sefarim mean when they say that Mikva in these areas is a big segulah for staying pure - as a deterrent).

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Re: Just beggining young

Posted by Dov - 03 Mar 2010 23:04

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While in the shower this morning I was thinking about the mikvah thing, and admitted that if going to the mikkie would help someone feel cleaner and less guilty, and recognize that they are not disgusting but still Hashem's beloved sweet yingeleh, and thereby motivate them with **hope** to actually *do* the work to actually get *better*, it could be a great thing.

Giving up on ourselves is the greatest poison of all, and leads only downward. "Hitting bottom", or finally "giving up" **can't** mean giving up on **ourselves**. For those very things are *precisely* what saved my life! Rather, they mean utterly giving up on *doing it our way*. And letting go of ourselves - cuz we failed miserably at the task of caring for ourselves - and letting a more qualified Driver into the seat, for real. Usually the first "trial by fire" for *that* is finally/actually *getting* the help we really need, come what may.

The other thought I had was that 14 is awfully young to be doing everything on your own and that it may really be important to find a mentor. Heck, I needed one at age 32!

That's all.

Ciao.

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Re: Just beggining young  
Posted by levite - 12 Mar 2010 10:00

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i dont usually post, but seeing your post on the daily e.mail i thought id add a few words that come from our great leaders regarding mikveh,

1. reb nachman writes in the hakdamah to his tikkun haklali, that the **first** thing one should do after this pgam, if he can, is go to mikveh.
2. reb nosson writes, im yesh mikveh yesh tikva, as long as one goes to mikveh there is hope,

keep up the good work

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Re: Just beggining young  
Posted by Dov - 14 Mar 2010 17:15

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Dear Chazak Amenu,

Not knowing whether you are still here or will read this thread, it still seems right to post something that touches on the above. It's from P' Pkudei:

The midrash Tanchuma (11) relates how the yidden tried to put the mishkan together after making all it's parts. They were not doing this on their own - the mistake of Nadav and Avihu - rather, they were doing *what Hashem had commanded them to do*. Nevertheless, it kept falling down.

As would be expected, they did not try only once, but many times. They even went to Betzalel. He couldn't do it, either, and it kept falling! "Ba'alei hashkofa" among them likely said - let's keep trying! It **has** to work, because Hashem *commanded* us to do it - He would not have given us a

command that we couldn't *succeed at*, right?! Nevertheless, they eventually saw it was just not going....

They finally brought it all to Moshe Rabeinu. **He** tried to put it up himself...and it still just fell each time.

Here comes the recovery concept:

Tanchuma reports that Moshe rabeinu then cried out: "Master of the World, ***I do not know how to stand this Mishkan up!***"

Hashem replied: "Just use your hands to go through the motions of standing the Mishkan up. ***I*** will make it stand. It will now look as though *you* are being successful, and I will even give you credit for it as if *you* had accomplished the task!" Ad Kahn.

I ask you: What happened here? Why did Hashem make it so, that they'd fail utterly at what they knew He *wanted* them to do? Then the only one who succeeded at it was Moshe Rabeinu. But why let *him* succeed? Was it all a grand manipulation to get *Moshe Rabeinu* to be the one to actually make the Mishkan? If so, then why make *him* initially fail, too?

It seems to me that the simple answer is that standing up a Mishkan is not something any human being can do - period. It's inherently impossible.

The only way is for Hashem to do it. But He wants to do it through *us*.

It turned out that among all those great tzadikim, the only yid who finally gave up and said, "I can't do this, at all. Hashem - *You* want this to be done, so *You'll have to* do it. I don't even expect to have a part in it, because I now know that I can't do it at all!"

Only Moshe Rabeinu - the *onov mikol odom*. Only *he* "made it" through to the other side of the wall of the human ego - that *michitzas barzel mafsekes* - and gave up completely. **But he didn't just give up and walk away!** He knew that a mishkan must be built! He also knew that he is (and *we* are) Hashem's agent on earth! But for the first time here, he gave it all to Hashem. As in '*Tofsu umanus avosam*' by the yam suf - he cried out to Hashem and gave his avodah all up to Him. "I am Yours. Our Mishkan is Yours! Make it work so that Your Will may be done!"

And look what happened! He not only succeeded, but was even promoted to "Mishkan-Builder" - a job he had failed miserably at before. His credentials were not very good. But he did not *need* good credentials - Hashem was going to be the One to do it, all the way through to the end! Moshe was only asked to *go through the motions*. It would work - but only as long as he

would **retain** the admission - hoda'ah - that *Moshe* was not building it, **Hashem was**. And Moshe Rabeinu would get s'char as though *he* built it, as well.

This post is long enough already, but I'll spell out what's dearest to me here and leave the rest to you if you choose to think it through some more.

I am a lust addict. I am powerless over lust. I proved that to myself again and again, fooling myself for many years that I was "fighting the good fight and *had* to succeed with Hashem on my side!". I was puzzled, disillusioned; almost lost Hashem; my neshama; my life. Back in the midbar, *I* would have been that one really 'frum' and 'spiritual guy' who would have never, *ever* given up, while the Mishkan was falling all around me and *on* me, busting up the k'rashim - and me! They would have had to drag me away, I guess. In this life, I had to be *forced* to surrender on beating lust **my way**.

And now I say I am powerless over lust - cuz *I am* - and give the battle to Him. *Hashem* Ish milchamah - not us. And for Him there *is* really no battle, of course. He apparently just wants me to let go of *my* battle and go to Him instead. So I try to run from any battles with lust (it's deadly fire for me!), and try to give the struggles that I somehow end up entangled in, to Him as quickly as possible. But the point is that it's **not me** winning - it's Him. Always.

And that's also why I find no need to hate or despise lust. No "arrow in the eye of the YH!", for me, thank G-d. It's silly for me to make a stinking big deal about lust - if I '*get personal*' with lust, I will surely *take it on*, myself. I can't afford to. I'm not that stupid...any more. He's not *my* enemy any more, really. I just forward lust's whispers...to Hashem. He knows what to do with it, after all - He made it! All I need to do is get the help I need to give it up. He probably recycles it.....very environmentally sensitive, you know....

And the help I need is from my friends in recovery. I can't do this life by myself.

Hope this helps someone.

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Re: Just beggining young  
Posted by Eye.nonymous - 14 Mar 2010 18:26

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[Chazak Amenu wrote on 01 Mar 2010 17:27:](#)

and when i am challenged the idea that i can talk to someone on the I'm FALLING!! thread is a help

It's a life saver!

Good to see you here, Chazak Amenu. You're starting young. You have a long, bright future ahead of you!

Keep up the great work!

--Eye.

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Re: Just beggining young  
Posted by Chazak Amenu - 14 Mar 2010 21:30

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I am reading the posts constantly thank you very much i try not to insert my nose in too much because i want other people to get use out of this as well and if i keep replying every second it gets annoying especially when i don't have much to say i do post more other places where i might have something wirth while to say. anyway (now you see why i seldomly post i run on) thank you very much for replying. i listen to everything people to say and use it for strength and thought.

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Re: Just beggining young  
Posted by silentbattle - 15 Mar 2010 14:47

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It's perfectly fine if you ramble a bit while posting - it's your thread, you can do whatever you want! (well, pretty much)

And posting is really good for you - it helps you speak out what's on your mind, which means

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Re: Just beggining young

Posted by BruceWayne - 18 Mar 2010 03:43

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that you get to see what's on your mind

Hey kid,

you came the right place.

1. My problems started when I was even younger than you (I'm 23 now). If you can control it now, that would be golden.

2. Make sure you aren't confusing "addiction" with a natural curiosity that's a result of puberty. The difference is that one fades, the other tightens its grip and controls your life. Guess which is which? BTW, I am pretty amazed that you didn't know what sex was in 6th grade.....I guess it's a function of your upbringing.

3. I'm sorry but I just have to say this: I have a major problem with homeschooling. Admittedly, this is based on a friend of mine (one of my best) who turned out pretty messed up because of it. So, I can't make generalizations from a single case. I just hope you get out relatively frequently and you have a healthy social life outside of school. And that your parents aren't slightly insane (as my friend's sorta were).

Good luck on your journey.

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Re: Just beggining young  
Posted by Chazak Amenu - 18 Mar 2010 13:17

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don't worry they are not, i am joking they care deeply about me but some times they become obsessed with my education and because of stress they snap easily but they are most definatly not insane! i don't know home school has created good but i was doing a book report and probably would have done the same book for a different school with the same character who also shared a name with a p\*\*n star. i have wondered myself it is just curiosity, but as soon as i remember the countless times i just could not resist no matter how hard i tried or just one little slightly risque picture showed up i was on the computer for hours or how ever long i had till i m\*s\*u\*b\*t\*d. i don't know how many times this happened but way too many!

depends what you call slightly insane

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Re: Just beggining young  
Posted by Doy - 19 Mar 2010 00:11  
opportunities for me everything has it's down side even if it is a really bad downside

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Once you accept that you are in deep trouble, the question is no longer what happenned, nor *how* sick you are, but what help you need to get well. Hatzlocha.

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Re: Just beggining young  
Posted by Chazak Amenu - 23 Mar 2010 23:16

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I am beginning to have a more difficult time as i always do around the month clean mark. i hope i can stay clean till Pesach i have had some near misses. Pesach will be great! cant be on the computer during Yomtov or Shabbos!

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Re: Just beggining young  
Posted by silentbattle - 24 Mar 2010 02:22

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First of all, one day at a time. We keep saying that, but it's true! You can do it!

Second - remember that you haven't been depriving yourself for a whole month. Instead, for a whole month, you've been able to breathe clean, pure air. You've been able to feel good about yourself, and to truly connect with hashem.

See each day as an opportunity to be clean, which is something you want, rather than being forced to avoid a wonderful pleasure. And you know that the latter idea is a lie - you feel much happier and pleasure-filled when you stay strong, and don't give in!

KUTGW!!!

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