

**Ur-a-jew's Thread**Posted by ur-a-jew - 22 Jun 2010 17:29

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My name is Yitzchok and I'm a lust addict.

I first started masturbating in the shower probably when I was around 10 years old. At the time I had no clue that I was even doing something wrong. While I may have occasionally seen naked images as a kid and young teen my interest was I believe no different than any other teen. I think masturbation was common for me during high school. At some point someone taught me the halachos but at that point it was too late. It was some time in my mid-teens that I started actively pursuing lust. For example, my mother liked to read novels and I would read the books she had just to find the sex part. Eventually, I knew which authors were more descriptive and I would go to the used book store and buy other books by that author. While I wouldn't buy a playboy or the like I would look in Vogue or GQ for a naked image that I typically could find. At the same time we had a VCR and my parents were often not home so I would rent Rated R movies and just fast forward to the sex scene. I remember that the video store had on the regular display a video with a note not rentable to under 17. One day I decided to rent it. I came home watched about 10-15 minutes felt too guilty and ran back to the store to return it claiming much to the ire of the proprietor that I had mistakenly picked up the wrong video. When the local supermarket also started renting videos I started renting there and a couple of times took out x-rated videos. While I would at times watch the whole movie I would typically first just forward to the sex or nudity scene. Any opportunity to watch I would grab. When one summer I had my brother's empty apartment which had cable I would go to his house until the early morning hours trying to get in whatever I could. When we went away for Yom Tov and were staying in an empty house, I figured out that if I flipped the channels back and forth between scrambled channels enough times I could unscramble it for several minutes.

When I was turning 20 the age when you're accountable for misa b'yedei shomyim, I resolved to change. I don't how long it took me to get started again but it obviously did. I got married at a relatively young age.

After marriage masturbation stopped, but the lust was still there. I believe there was always some issue in the bedroom that I wanted sex more than my wife. I probably pressured her too much, we were young she wanted to make me happy and the result of it is that now I believe she has an underlying resentment when I get overly in the mood (which one can say is always) which can cause her to shut down completely. My wife has always been complaining to me that sex is always on my mind and she is right.

A lot of my addiction is a blur to me. I know that the advent of the DVD and the internet were

further pitfalls for me. For example, my wife would go up to the country and the times when I was home alone I would rent movies and go back to my bad habits. The Internet didn't help especially when I was in the office. For the most part I have been able to keep my problematic internet out of my house. Moreover, I guess you can say fortunately for me, either because I didn't have the money or because I was worried that it would be easier for me to be caught (other than renting movies) I have never spent money to fuel the addiction. So I never did the phone-sex or have gone to XXX establishments. Unfortunately, with the internet paying for pornography is not necessary there is so much available for free. When I get into my binges and would feel guilty looking at porn I would then look for erotic stories. Even when guilt overcame and I resolved to stop, in the back of my mind I would think to myself: if I would have done this or that I could have probably found something else.

Another problem for me is that I don't need the internet, at some point in my career since I am very computer saavy I had to for my job examine computer hard drives relating to cases I was working on. Generally the first thing I would do is examine the drive for pornographic images. When I had to go away for business it would be back to the same movie habits. Staying up practically all night long just to get in another movie and perhaps another glimpse.

I don't thing a Yom Kippur has passed in the past 20 years where I have not made some sort of resolution to stop looking at ma'aros assurios. Yet I also don't think there was a year that has passed that I not in some way broken that kabbalah. Some times have been worse than others. When I was younger, I would often stay late in my office, browse the internet or watch late night cable television sex shows. The guilt was many-fold the watching itself, the not working when I was supposedly working and the coming home too late and therefore not being there to help. For the past five years at least, I have been able to control myself enough to avoid the staying in the office too late problem. But that would just mean that I did what I needed to during the day.

Prior to last Rosh Hashana, the situation with my wife was getting very frustrating and I realized that this was crazy. When I was a teenager I had a chasidische rebbi I used to learn with during the summer. Two things that he had told me that had always stuck with me. First, that it was a chesoron in emunah to watch a Rated R movie and second that he was involved in the preparation of shabbos food packages which required him to drive a truck to the city. He said he never drove alone since the temptation of a hooker was too much for him. I always felt guilty about the former statement since Rated R would generally be good compared to what I was watching. At the same time I could never believe that he would actually be tempted to go to a hooker. This past year I finally realized that if there is someone that I could talk to it was him. I told my wife that I was going to speak to him about the lust issue but the real reason was to finally admit to someone that I had a problem with porn and to get an eitzah. Just revealing the problem to someone was such a relief. He told me that how he also had temptations but his wife was his masgiach and he (with her help) planned his life in ways to avoid temptation. Since that time I don't think that I have sunken as low as I have in the past. The addiction has not

stopped. For example, my facebook account under an anonymous name has all sorts of unbecoming "friends." While there is generally no outright nudity they are pretty close to it and I'm always on the look for it.

Then I found GYE. I found tools and friends and a system. And while it has only been some two weeks (since I discovered the site) my life is changing. I am not embarrassed to work through the program. I have a forum where I could just speak out my feelings and desires and get encouragement. Everything that I do has GYE in my conscience to try and evaluate whether I am doing the right thing. I am forever grateful to everyone who started this site and to Hashem because for once in my life I actually feel there is hope.

While I sometimes question whether I am addicted or maybe just normal, after all I have never done, and I am not tempted to do some of the things that others here have done. What makes me sure that I am an addict, is the inability to stop despite the fact that I know the damage that it causes to me. I may be a smaller-time addict, but I am an addict nonetheless and I realize that I can't go on living like this.

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Re: Ur-a-jew's Thread

Posted by Nuta K - 04 Jan 2012 21:03

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This is a precious, precious thread.

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Re: Ur-a-jew's Thread

Posted by Yosef Hatzadik - 15 Feb 2012 07:33

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[Nuta K wrote on 04 Jan 2012 21:03:](#)

This is a precious, precious thread.

.....as is its author!!!!

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