

Fallen

Posted by willnevergiveup - 04 Apr 2011 18:21

Hi,

Boruch hashem I have kept internet use under control with Webchaver which is a fantastic tool.

My post here is to put forward the discussion how webchaver and any filter will not work unless one increases Yirei shomayim drastically. Filters and forums are good for when we have them but they are not the ultimate answer.

I am still discovering this day by day. When I go on business trips I have my laptop with Webchaver and it is a very useful tool BH.

But what about Strip bars, dance clubs etc etc. If you are in a foreign country without a Jew for 2000 miles the temptation is so great because no other Jew in the world will walk in on you, premium channels television, KTV lounges, the list just goes on.

Being a holy Jew is so much more than internet filters nowadays. As a traveling Jewish Businessman the temptation is around every corner.

The reason I am writing this and found this site, is I have had a recent business trip and during a business meeting I was introduced to the suppliers sister, over a couple of drinks things happened and she ended up spending the night in my room and more

I can hear you all shouting how can you, you're a sick vile individual. I know I am, but I just did not feel at the time I was doing anything wrong. My wife (don't disown me yet) is the most special individual in my life and we BH have an exceptional marriage, but the problem was I just did not feel it being disloyal. It felt like I had a yeridah and looked up something bad on the internet. She is still the only one I love in my life and have and will not have any feelings to this shiksah. I didn't even enjoy it much.

I have now come back to the USA and I feel like I am meeting Hashem again, and I can't face him, I can't look at myself in the mirror.

The question is what now..

Have I thrown my life down the drain. (I don't feel I have, maybe I should feel like that?)

Have I been thrown out of the Jewish nation till I have done Teshuva (how and what)

To me I feel this is a huge learning opportunity and to prepare myself adequately for any future similar challenges. But I think this is part of the problem. This is a shocking most disgusting thing I have done. I can't just carry on life. I have to make a massive change in my life!! I can't just carry on as normal./ I am desperate this does not affect my marriage in even the tiniest way. But why should Hashem be this kind to me. Thanks for listening.

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Re: Fallen

Posted by pinokio - 10 Apr 2011 11:21

willy,

u can pm me, but i mamesh have nothing extraordinary to share. How did i overcome what? doing serious things with a live person? im still overcoming it now, working on myself in middos and 12 steps.

what does it mean to be too honest? im not sure if that's a compliment or what.

but i'll say one thing.

by often admitting my faults and gaining truckloads of self awareness, it has helped me survive till now.

one time, when i came dangerously close to doing this with another person, i kept contact with her and always was interested in her welfare. It killed me. I had to just put it behind and move forward.....

btw, i just posted my "does God hate me" kuntress, i know God doesnt hate u or me.

Hashem just wants us to serve him sincerely, all the time.

Tshuva undoes everything. Part of tshuva is changing our entire lives to do God's will for once, see famous mishna in ta'anis.

will u change ur whole life?

are u afraid to do that?

do you know what you need to change?

much success, avi/tz90

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Re: Fallen

Posted by Eye.nonymous - 10 Apr 2011 15:10

[willnevergiveup wrote on 05 Apr 2011 16:42:](#)

Thank you Rage, I never new this was an Issur.

Interesting thing about those Rage posts, you often can't find them!

Anyways, just checking in. How are you doing Will?

--Eye.

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Re: Fallen

Posted by willnevergiveup - 10 Apr 2011 23:00

Hi Everyone,

Thank you for all the posts. I do want to answer your post UAJ, just have not got physical strength at the moment. But I will come back to it, as I still do not agree with you.

Been really not so well since I got back, especially very strong pains in the penis area. It has worried the hell out of me. Went to get tested to a private clinic paid a fortune, and the doctor said many items will not show up on the test as it is too close to the incident.

Besides for that got a parking ticket as I came 5 mins late for my prepaid ticket.

All in all, it has been a horrible week. Racked with guilt every time I look at my wife, and generally not being able to think about anything else but IT. It literally has not left my mind for more than a few seconds and it is absolutely driving me nuts, I have no inner peace at all at the moment, and I can't even relax as I am too uptight.

Now I understand Vchatasi Negdi Tamid.

The reason why I am telling you this is not for sympathy. Just to try and drum it into myself how much I have lost, for what? For about 30 seconds of pleasure. (I am not referring to all the other Issurim) But on the other hand if she would not have forced herself on me and had the intercourse, I don't think I would be sitting here now writing anything. I probably would have put all the other Issurim behind me and forgotten all about it and not changed at all. Very likely I would have repeated my silly mistakes again and done the same thing on my next business trip.

Now I have had this shock to my system, I really want to (as Tzaddik90 says) make a life change that even the mistakes that led me to the Aveiros I committed will not happen.

The story is fresh in my mind and I remember during those few days when I was with the girl, thinking, is this it? Is this what it is like to be with another woman? I would give anything to be with my wife, she is so much more than this petty pleasure. I remember hardly even enjoying it (not because of guilt) because it really was not that exciting!!

Yet now I have not got it, I am replaying in my mind all the scenes and actions again and again as if it was something so wonderful. But it really was not! It is amazing the lies of the Yetzer Hara how he creates a reality that was simply not there.

What I am coming to is, in the beginning of my posts I said it can't and will not happen again. As someone aptly pointed out I was being naive. Now I realise how true that is. There is no way I can trust myself again!! All I can say is BH she is a million miles away and not round the corner.

Therefore, I need to change, I am not going away for a long time so there is time to improve and make some changes. When I do go away this forum will BEH be my support while I am away.

I am not sure where to start.

I hope the good people on this forum can help me and point me in the right direction.

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Re: Fallen

Posted by Me3 - 10 Apr 2011 23:35

Most of us can relate to to falling for the illusion that the YH conjures for us. That the next video we watch will be the one that will satisfy us and then we will stop. He is a master artist. But all taiva is an illusion that will never fulfill us.

While I feel bad about the discomfort you are feeling i'm glad to see your mindset is much more on the path to proper teshuva.

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Re: Fallen

Posted by ur-a-jew - 11 Apr 2011 00:12

"I'm not sure where to start". See my earlier post above. Also start talking to Hashem during the course of your day. He's listening.

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Re: Fallen

Posted by Dov - 11 Apr 2011 03:21

See a freaking Rov already.

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Re: Fallen

Posted by ben durdayah - 11 Apr 2011 06:59

[dov wrote on 11 Apr 2011 03:21:](#)

See a freaking Rov already.

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yikes!

You mean a **safe** Rov dov, don't you?

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Re: Fallen

Posted by Eye.nonymous - 11 Apr 2011 11:37

I think you should just shelf this whole thing for a while. It sounds like you're driving yourself crazy.

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Re: Fallen

Posted by willnevergiveup - 11 Apr 2011 13:07

Are you talking to me EYE?

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Re: Fallen

Posted by Kedusha - 11 Apr 2011 14:38

Dear WNGU,

When I was about 19 years old, my Rosh Yeshiva told me something that gave me a lot of chizuk and which I never forgot - "You're gonna make it!" I say the same thing to you now - B'Ezras Hashem, you're gonna make it!

You have an important task ahead of you - too important to allow yourself to wallow in self-pity. Unfortunately, we live in a generation where infidelity is even on the radar screen, where it can even be considered a Hava Amina. Where people, who are otherwise frum, often resent the Torah's restrictions which, they assume, deprive them of unending pleasure. Therefore, people like you are very much needed to get the word out (in a way that won't compromise your anonymity, such as through GYE) what the reality is. To burst people's bubble and let them know the truth - how a moment of pleasure can cause a lifetime of regret.

By using your experience as a springboard to help others, you will give meaning to what happened, and will, b'Ezras Hashem, be Zoche to Teshuva Mei'ahava.

But, all in good time. I'll reiterate what's been said above - speak to a Rav with whom you can share everything, what Dov calls a "safe Rav." Before you are ready to help others, you need guidance and Chizuk yourself.

Hatzlacha!

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Re: Fallen

Posted by workingmyprogram - 11 Apr 2011 21:07

Will,

I have a lot that to share with you which will probably help you but I can't post it on this public forum due to lack of privacy. Email me at workingmyprogram@gmail.com and we can set up a time to talk.

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Re: Fallen

Posted by Eye.nonymous - 12 Apr 2011 06:36

[willnevergiveup wrote on 11 Apr 2011 13:07:](#)

Are you talking to me EYE?

Yes.

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Re: Fallen

Posted by pinokio - 12 Apr 2011 15:53

dear williard esq. ,

regarding the q u asked me in a pm, i thought it is appropriate to paste a letter i wrote

i wld like to post it here and not pm it, so that the other cowboys here can be choleik if need be and guide you to the right spot if i am off

i have come to see u r a good man, you will make it like kedusha said, and like eye said, shelving it sounds good too, but in my opinion it is to be shelved with the following program:

Dear friend,

1) Step one is that we cannot tell our wife anything about what happened. She cannot understand. The gemara says in megillah that the most threatening destructive force that one can lash onto a woman is the thought of jealousy that her husband has been with someone else. Telling her anything, ever, will cause destruction. Not only that, but she may then secretly go and cheat on her husband in return. This can be for two reasons:

one, because she is crushed, irrepairably, and now needs something big to fill her emotional gap. Since she got hurt in the area of sex, she will want sex elsewhere to fill it up. When a woman has sex, it is in order to feel loved. When infidelity strikes, she needs to fill that love from somewhere else-since she thinks her husband no longer loves her. And medrash pirkei direbbo eliezer says that this need for love through sex is so powerful that a woman, even a good tzaddeikess, will sin with any man in the world in order to get it.

two, now that she feels her husband was not honest with her, she will no longer feel she has to be with him. Plus, its possible that out of jealousy she will sin with some one else to show him that she is in control of her own partners, and no one can take that from her; and that she will no longer be used by her husband, rather she will take that part of her life into her own hands.

Her trait of tznius, or love for you will never, ever be able to compete with the feeling of hatred and betrayal that she feels. We know from chazal that "ain miratzin ess ha'adam bisha'as ka'aso." When someones angry, the seichel leaves and all barriers come down. tznius and virtues fly instantly out the window. "A person that is angry is as if he does avodah zara"-this is

because an angry person will do WHATEVER THEY PLEASE as if God does not exist.

2) Amongst the 12 step program that is saving my life, there is a point where we make amends with whom we harmed. I claim no understanding of this. However, i would like to believe that this idea of making amends with those wronged is only when the victim is aware of your harm to them. Otherwise, the old dictum says, "what you dont know cant hurt you." The Pele Yoetz seems to hold this way, see erech ish/isha.

In hilchos lashon harah there was a machlokes between poskim, Chofetz Chaim and R' yisrael Salanter, if we tell the person that we spoke about what we said about them. If i recall correctly from sefer mishpatei hashalom, (eyin sham) we paskin that we do NOT tell the victim what we said, because they will be hurt EVEN THOUGH WE REALLY MEAN RIGHT NOW TO MAKE UP, and it will cause distruction, literally.

3)So now, we cannot tell her. We feel an urge to tell, so should we tell somebody?

Yes and no. We cannot tell anybody that can cause us harm with this information. In addition, telling a painting of Washinton crossing the Delaware will help, but not much. if we know who to tell to receive the maximum benefit, then that is the address we must go to. Telling a Rav sounds nice, and it may be. I think telling a person who is a sexaholic or who has done something of a similar nature is what is necessary.

I will tell you why you must tell a live person.

In order to grow from this experience the way God intended, you must squeeze out all of which you need from this story. To just do the three steps of tshuva and come to shacharis earlier and learn more each day, i do not believe that this is why God had you fly across the world to do a sin that is worthy of kannaim pogin bo or kares . If God just wanted you to do tshuva, he could have made you do another sin in your own home, like embarass somebody publicly at the shabbos table.

Hashem arranged this sin to happen. See tzidkas hatzaddik 40 and the long post Gaurd sent you earlier on.

So what did God want from this? just to say sorry?

I think he wanted from you what i felt he wanted from me-to figure out how to change my entire life. Not to become a chassid. I dont mean that (but its okay as long as it does not distract from the actual changes God wanted you to make).

I mean, and i quote hasefer hagadol, page 27 "to me these occurences are phenomena. They appear to be in the nature of huge emotional displacements and rearrangements. Ideas, emotions, and attitudes that were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them."

This has very much to do with why we must tell a live person, and not just use cute screennames and websites. We must STARE THE UGLY FILTHY TRUTH IN THE FACE and

fully feel, running through every single cell in our bodies I DID THIS ACT. I DID IT. VERY FEW JEWS IN THE WORLD DO THIS, BIT I DID. I REACHED THAT LEVEL. CALL IT A ONE TIME THING OR NOT, I DID WHAT IS NO DIFFERENT THAN A ONE TIME GOING TO CHURCH, KISSING A CROSS, AND GETTING BAPTISED. IT WAS ONLY ONE TIME, BUT THAT IS WHAT I DID.

Only by feeling this force of truth rush through your veins will you stand any chance of being motivated to make these changes. Otherwise, it will not happen. I told you in a previous post, when the bochur in the story in the ben ish chai's sefer slept with a zonah two times, he tried to commit suicide, not out of depression, but due to a sincere desire to make a change. He did not know how to make that change, so he wanted to show his real earnestness and sincerity by killing himself. And God appreciated it very very much, as the end of the story relates.

I too did this type of sin. By wearing the truth like a shirt, like Dov once said, and not just running through the 3 steps of tshuva and not making a change.

The mishna in taanis i mentioned in a post says that the elder of the town must tell the city who is fasting and repenting, that the posuk says that tore their hearts in tshuva, not their clothing. And THAT is what effects a real change.

To do this you must tell a live person. There is no other way. I told a live person too. I told a man who acted out with men. By telling him, i am reminded of what i have reached, and with the awareness i get from that, i live with it gently reminding me and pushing me forward to change ALL my ways of life, all day, to become a real person, till the last day of mine on earth.

This answers your original question, because when we are REALLY WILLING to REALLY change EVERYTHING, then THAT is how i deal with what i did wrong. By living my entire life, and day, and every moment to correct who i was, and to affect that REAL CHAnGE that God wanted me to get from this sin that I did.

I feel good. My wife doesnt know what she shouldnt. And i am benefitting her life and making amends this way by living a real new life of change. She benefits, and i feel satisfied that i am involved in what is asked of me by God, my wife, and most important, myself.

I am more important to myself than God, because if i do not care about my own self, to become a REAL PERSON, then i cannot possibly really care about my relationship and duties to God and my wife.

Most people make a mediocre change at best. They start to use a generator on shabbos and for two weeks they learn chovos halvavos. That will not effect a real change in anyone. The words that i quoted from the sefer hagadol page 27, are ingeniously precise, insightful, and guiding:

"to me these occurences are phenomena. They appear to be in the nature of huge emotional displacements and rearrangements. Ideas, emotions, and attitudes that were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them."

There is no bigger ba'al tashchis then to waste an aveirah of this magnitude. Please, i beg of you, live by this sin all the moments of the rest of your life, and God will-ing you will achieve that complete change that you were really supposed to, to benefit yourself, your family, and most importantly, to fulfill your duty to your creator.

I speak from experience. I am in no way fully successful yet of this real change, but i have many pieces in place and an earnest desire.

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Re: Fallen

Posted by willnevergiveup - 12 Apr 2011 17:31

Tzaddik90, thank you, you are absolutely wonderful and what you said is fantastic and hit home. We will be in touch soon.

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