

My StoryPosted by helplessjewboy - 22 May 2011 03:33

I am posting my story as a way of expression and as a plea for help.

If anybody has any ideas regarding what I can and should do, it would be highly appreciated.

It all started when I was thirteen years old. I didn't even know what masturbation was, but I did it anyway. I wasn't even old enough to release anything yet, and by the time I was, I had masturbated countless times. I was in a yeshivah where the kids were very open with each other, and would touch each other a lot, especially in private areas. I believe that is what prompted me to start masturbating. I did it anywhere I could, and I almost got caught in class once or twice. I finally realized at fourteen years old that I was doing something wrong, but it didn't feel wrong, so I continued. But something must be inherently wrong in the act, because I myself felt ashamed to do it in public. At fifteen years old, I finally tried stopping myself, and trying to make sure that I wouldn't fail. That ended in complete and utter failure. My first full week of sobriety was done on vacation, where I was fully and completely cut off from the internet, and was able to control myself to a certain extent. I realize now that I was deluding myself that I could continue it back at home, with full access to the internet. The worst part in all these falls was that they all dealt with not only porn, but gay porn. I had and have successfully deluded myself into thinking that I am attracted to men. At seventeen years old, I finally opened up to a close friend and found that he struggled from similar issues. I didn't tell him everything, but I told him a lot. I later found guardyoureyes, while searching for it for my cousin (who opened up to me about it), and signed up. I recently opened to a very close Rabbi of mine, who recommended guardyoureyes to me. I recently had my birthday and I am now a struggling eighteen year old amidst enormous problems.

I am now struggling to keep clean. Today is my second clean day, only kept that way because I have been in my family's and friends' companies the whole day. I have tried so much and it all seems to fail. I have enacted filters upon filters, and yet there is always one more way to access the bad sites. The problem is exacerbated by the fact that all the bachurim in my yeshivah are lovely guys who are so caring. I love each and every one of them, but sometimes I delude myself into thinking bad thoughts about them. But I know that I could never go that far in real life. I wouldn't allow myself to, because I am NOT gay. I believe the only reason I believe that is because I want to be able to look at women without feeling guilty about making an aveirah.

I plan on enacting the TaPhSiC method by making myself swear to open up to my Rabbi each time I act out.

My only issue now is that I need chizuk, guidance, motivation, and wake-up call (preferably someone to slap me across the face and yell at me).

Please help!!!

Helpless Jew Boy

P.S. By the way, yes, I am Sephardic.

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Re: My Story

Posted by helplessjewboy - 27 May 2011 21:38

I am sorry, TheJester.

I still haven't grasped the true meaning of Ba'al Teshuvah.

As for me, I just fell, and I absolutely hate it. I don't have money to spend on accountability software, and so I cannot stop myself from looking stuff up. I feel horrible and don't know what to do. The Rav that writes "Dear Bachur" said to occupy yourself with work.

Someone please tell me what to do.

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Re: My Story

Posted by Eye.nonymous - 28 May 2011 18:57

Dear jewboy,

You're definitely on the right track--opening up to people, looking for guidance, and joining this forum.

I think, for your own sanity, it might help to look at it like this--you've gotten caught up in something, for whatever reason. You need help to get out of it. But there's nothing wrong with you and nothing to feel guilty about or ashamed of. You're actually in good company.

--Eye.

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Re: My Story

Posted by TheJester - 29 May 2011 10:32

[helplessjewboy wrote on 27 May 2011 21:38:](#)

I am sorry, TheJester.

I still haven't grasped the true meaning of Ba'al Teshuvah.

As for me, I just fell, and I absolutely hate it. I don't have money to spend on accountability

software, and so I cannot stop myself from looking stuff up. I feel horrible and don't know what to do. The Rav that writes "Dear Bachur" said to occupy yourself with work.

Someone please tell me what to do.

Two quick questions:

(1) Have you installed the **free** filtering software, K9 [\(CLICK HERE FOR FREE WEB PROTECTION SOFTWARE\)](#) yet?

(2) Are you getting **enough** real-life support, which is responsive and relevant to you?

On the falling aspect - if you have a genuine desire to change for the better, and you can keep yourself striving and not getting into a depressed rut, then you *will* get there in the end. Really.

If you PM me about how you manage to get around any filters that you are using, I might have an idea or two for you, on a technical level.

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Re: My Story

Posted by helplessjewboy - 29 May 2011 14:11

TheJester,

Thank you. I do appreciate the humor. It helps in tough times.

I have installed the K-9 filter from six months ago. It doesn't block everything because there are certain things that come from me. I need only slightly obscene things in order to prompt me to act out. That is my real issue. It's mostly me.

I just need something to monitor my websites and send them to a friend who has full internet access and that can call me when he starts to see the website ease towards the bad ones.

Do you know if there is anything like that?

Jew Boy

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Re: My Story

Posted by TheJester - 29 May 2011 14:37

If I understand you correctly, you are saying that no filter will recognize your triggers, and therefore you need a human to "oversee" everything you do. If that is indeed the case, I would suggest it is impossible, and you need to consider alternatives. It is impossible, because it would probably take a full-time team to pursue and investigate everywhere you go, and whether it poses a risk.

I **just** need...

I would also suggest that you need to have an honest think about how **you** see your own problem. Something many of **us** (I specifically include myself here) is we say "the problem is out of my control - if only I had [money/time/friends/different parents/etc.] then it would be OK. What can I do?!". Are you really taking responsibility, or are you saying that you are helpless? Either conclusion is a good one, as long as it is honest.

Tell me - what steps are you currently taking?

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Re: My Story

Posted by Eye.nonymous - 29 May 2011 20:10

[helplessjewboy wrote on 29 May 2011 14:11:](#)

That is my real issue. It's mostly me.

You've just struck gold. The problem isn't what's out THERE, it's what's INSIDE MY HEAD. I've got to straighten that out, and then what's OUT THERE won't grab me so much.

--Eye.

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Re: My Story

Posted by Dov - 30 May 2011 01:55

[TheJester wrote on 29 May 2011 14:37:](#)

Tell me - what steps are you currently taking?

That's the best shayloh for me to ask myself, too, every day! Thanks, Jester!

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Re: My Story

Posted by TheJester - 30 May 2011 09:15

[dov wrote on 30 May 2011 01:55:](#)

That's the best shayloh for me to ask myself, too, every day! Thanks, Jester!

My biggest challenge, in all respects, is turning the intellectual into something real and tangible. It's an important (no, crucial) question for me, too. It's the one I always try to avoid.

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Re: My Story

Posted by alexeliezer - 30 May 2011 14:28

[helplessjewboy wrote on 29 May 2011 14:11:](#)

....because there are certain things that come from me. I need only slightly obscene things in order to prompt me to act out. That is my real issue. It's mostly me.....

A large part of this disease for me was fantasizing. If I would allow myself to fantasize, this would lead to acting out. Pornography, if available, was just icing on the cake. Actually, I now know that fantasizing is itself acting out. Early in my recovery, everything was difficult, an energy-robbing battle. But the hardest thing to escape were the fantasies, because they came from within. Whenever they came, I would immediately call out to Hashem, verbally going

through the Steps and asking for assistance. In the beginning, I would have to do this 20 or 30 times a day (maybe much more, never really counted). Here's the personal tfila I used:

Ribono Shel Olam I am powerless over Lust and my life has become unmanageable.

Only You can restore me to sanity.

I turn my life and my lust over to Your care and ask You to please heal me from this illness.

I don't want to lust. I only want a relationship with You and Your torah.

I know you will triumph. Because you really want to.

Love,

Alex

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Re: My Story

Posted by Eye.nonymous - 30 May 2011 16:02

Then there's another question...

Why are you fantasizing? What is driving you to escape?

--Eye.

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Re: My Story

Posted by Serene smile - 31 May 2011 02:56

U never fantasize at all anymore?! "3 averos a person isn't saved from every day.. 1 of them is lustful thoughts" gemorra.

Not even for an extra 30 seconds or so on a stressful day!?! I aint acting out.. The stress however is huge right now and those thoughts do come. Wow, maybe if we had a thread just for checking in to keep the mind clean I'd get a 'clean thought boost'.. But indeed, I'd be VERY afraid to be 'to frum..' Some (or lots of) imperfection is always good to keep me grounded

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Re: My Story

Posted by TheJester - 31 May 2011 08:10

[Serene smile wrote on 31 May 2011 02:56:](#)

U never fantasize at all anymore?! "3 averos a person isn't saved from every day.. 1 of them is lustful thoughts" gemorra.

Not even for an extra 30 seconds or so on a stressful day!?! I aint acting out.. The stress however is huge right now and those thoughts do come.

I am not safe from the lustful thought entering my mind, just as I am not safe from the images that assail me wherever I go. Once I realize that they are there, I can choose not to dwell upon them, and push them out of my mind, and replace it with something else. Baruch Hashem I now have a small measure of success in this regard.

My very first post on this board was about how, as a teenager, I learnt to push thoughts away. Evidently, it emphatically does *not* mean recovery. But sometimes, the most important thing is preventing the symptoms, and then working on the cause.

I believe that some people refine themselves to the point where they do not even get the lustful thoughts. I wish I were there, but do not believe I ever will be.

TL;DR - We cannot stop the thoughts. We can choose how to deal with them, but it might be hard, hard work. What says *Tanya* on the matter?

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Re: My Story

Posted by Serene smile - 31 May 2011 13:07

"I am not safe from the lustful thought entering my mind, just as I am not safe from the images that assail me wherever I go. Once I realize that they are there, I can choose not to dwell upon them, and push them out of my mind, and replace it with something else." Is basically word for word Ch 12 and 13 in *Tanya*. :-)

"You don't think u'll ever be there".. Sounds realistic for me too.. I don't entertain them most of the time.. But ch 27 in *Tanya*, just the 1st 20 lines of the chapter, says one of the most realistic 'reality checks' 'normal guys' could ever hope to see: HALEVAI BENONI. That chapter is so geared for us.. "Perheps this very reason is why we were created in the 1st place; to struggle constantly w/the yetzer and slowly overcome it".. Working ONLY for clean thoughts would consist of such an internal paradigm shift, beyond the one I've BH already experienced..

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Re: My Story

Posted by Serene smile - 31 May 2011 15:27

Like even right now. Just taking the time to find this page on the b berry and type it, kept some 'harmless' MZ's from coming to me. (Obviously they're all harmful, just I have no plans at all on acting on these 'fresh' ones as I sit here @ work with a few 'free' moments.. So these 'harmless' ones often seem 'harmless' even though all of our seforim say they are very harmful. They don't/haven't led to acting out BH in a looooooong time... Does that make them 'ok'!?! I don't think so... But I aint no tzadik after all and at this point, life is stressful, but not 'unmanageable'....feedback please..

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