

**My Story**Posted by helplessjewboy - 22 May 2011 03:33

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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 alexeliezer - 11 Aug 2011 16:52

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30 push ups

15 chin ups

75 sit ups

before and after

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Re: My Story

Posted by Gevura Shebyesod - 11 Aug 2011 17:24

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YOU are all MY role models....

Gevura!

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Re: My Story

Posted by helplessjewboy - 12 Aug 2011 12:43

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AlexEliezer, Great idea. I've been meaning to work out, and lose some weight (I'm just a little bit overweight).

That makes a lot of sense. But chin-ups are still unattainable. However, I will come up with something soon. I just need to brainstorm.

Gevura, I hate to ask you this, but I just need to know two things: 1. What is your ta'avah?

Is it for muscular teenage guys, or just guys that look good?

For me, it is mainly muscular guys my age or a bit older.

2. Do you think that, as a teenager looking at yourself from an objective standpoint, would you have had a ta'avah for yourself? Did you fit the profile for guys that you lusted after?

I have a theory, but I don't want to say anything until I've confirmed or disproved it.

Thanks for all your help.

You have no obligation to answer; it would just put me a bit more at ease. But please, if it hurts or bothers you to say something, please don't. I don't want to harm or hurt anyone.

Jew Boy

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Re: My Story

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Posted by Gevura Shebyesod - 12 Aug 2011 14:20

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hi JB,

sorry i need to make this quick.

basically it's not what i looked like, rather i think its what i wished i looked like.

i hope that helps you. maybe next week we can discuss it further.

good shabbos and KOT.

Gevura!

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Re: My Story

Posted by alexeliezer - 12 Aug 2011 15:16

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[helplessjewboy wrote on 12 Aug 2011 12:43:](#)

But chin-ups are still unattainable.

Put a bar (broomstick) between two chairs, lay down on your back with your chest under the bar, reach up, grab the bar palms facing away from you, and pull your torso off the floor, chest to the bar.

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Re: My Story

Posted by helplessjewboy - 12 Aug 2011 16:59

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Great idea, alexeliezer.

Gevura ShebYesod, it answers my question perfectly.

I will post more on my theory later on, be'ezrat hashem.

Shabbat Shalom to all.

Jew Boy

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Re: My Story

Posted by helplessjewboy - 15 Aug 2011 01:26

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I know how much dov doesn't like it when I theorize, (as proven from needyirasshamayim's post), but I do feel the need to only because it helps me get things off my chest.

My theory is that my yesser hara's temptation is twofold. Not only is it to lust after guys, but after guys who are either unattainable (not every guy is muscular and hot like I lust after, only the guy who wouldn't be caught near me) or a person who I dream of being. I believe that the yesser hara makes me lust after these people specifically to put me down. I know that I can't get close to these guys, so I despair and fall down even deeper. It's a vicious cycle and I've had enough.

That is why, be'ezrat Hashem, I am implementing the double taphsic method. For the next two weeks, I am bound, b'neder,, if I lust and get the urge, to do 100 push ups and sit ups if I don't wait 15 minutes after I get hit with the urge and I lust, and do not call out to Hashem at least twice. If I do follow all the steps, then I am only obligated to do 75 push ups and sit ups. I will be

obligated to do this every single time that I act out, by the end of the day. This is my neder for the next two weeks. Starting from Sunday, August 14th, 2011 at 9:30 PM, going to Sunday, August 28th, 2011 at 9:30 PM.

Thank you very much to all those who helped out with the creative process.

We shall see where this gets me.

Jew Boy

P.S. If anybody wants to help out, they can just pm me a reminder about my neder, just to make sure that I don't forget.

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Re: My Story

Posted by Dov - 15 Aug 2011 01:47

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Well, it may be sullied by a bit of useless thinking, but after all...you are taking some kind of real action, no?

Well, **actually**, if this 'taphsic' method is all and only about punishing yourself when you mess around (translate into reality: try your best to help yourself out by using what you really trust - (unfortunately) lust), I gotta ask you - **is there any reward for doing anything good?**

And by 'doing something good' I do not mean just 'staying clean' - cuz we all know that staying clean is not really "doing good" - it's just '*not doing bad*'. I mean is there a reward for *doing* anything good?

If there is, then that seems to be 'taking action'. If not, then it's just putting off temptation. Nu - better than acting out! But it's treating the entire thing as just 'a bad habit'. And I believe that is

only a small portion of the truth.

Hatzlocha whatever you do, and I advise you to say "to heck with this dov character, he whines too much!"

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Re: My Story

Posted by helplessjewboy - 15 Aug 2011 12:18

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Dov, I've read and reread your post three times now, and I'm not understanding your point. Are you trying to say that I should implement a taphsic method with a reward process as well? Or I should make it so that it's not just waiting and praying, but actually doing a mitzvah?

Jew Boy

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Re: My Story

Posted by Dov - 15 Aug 2011 16:38

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My only point is that if you consider your particular lust problem simply a really, really horrible **habit** that you got yourself into, then negative reinforcement and/or punishments will be a great way of 'attacking' it. And that is what Taphsic sounds like to me. Correct me if there is more to it, OK?

But if you consider your own particular lust problem evidence of a *dependence* of some sort - in other words, that there is something 'broken' with you and that by trying to stay clean you are actually fighting your *nature* - then negative reinforcement and/or punishment may be missing the point entirely.

Every alcoholic that was ever born is as sober as ever, after just three days of not drinking. The alcohol is out of the system and the chemical craving and 'habit' is very weakened. But they *always* drink again because **a drinking habit** is not their problem. They have a **thinking**

*problem* and a **feeling** *problem*. They think wrong and they feel wrong. Until they deal with *that*, they are toast. They may be good, smart, even religious, maybe even on a truly high madreigah in many respects - but doomed to drink again. They need to.

So. Even if the stuff you do in Taphsic is punishment that is a mitvah and feels nice, I believe that in order to work it must be a direct and satisfying answer to your lust, for you. It must be a response that satisfies what you were lusting **for**.

I feel that **if** you are an addict, then the answer you find *must* (eventually) give you what you were really looking for hiding in the bathroom with your sweet porn, or else it is just a band-aid. A very nice and Torahdig band-aid, but still not your solution.

Maybe Taphsic can **lead** you *towards* find in G-d and healthy-living whatever comfort and meaning you are looking for in the schmutz. I do not know, cuz i never used it myself.

Hatzlocha whatever you do!!

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Re: My Story

Posted by Dov - 15 Aug 2011 16:46

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BTW, in favor of the Taphsic method, I want to direct you to a recent post on BlindBeggar's thread, whatever it is called. Check it out and maybe PM him and ask him how he uses it. It seems to be a tremendous help to him, even though he *is* an addict (and going to meetings).

Gotta be something there, no?

Again, Hatzlocha!!

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Re: My Story

Posted by helplessjewboy - 15 Aug 2011 18:02

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Dov, it's as if you know me better than I know myself. I literally JUST FELL. I feel terrible, but I realize that what you said rings true. I can set aside a thousand nedarim, but I will still have an issue. I need to fix myself first. However, I have this neder and I cannot cancel it. I just have to stick with it, no matter the repercussions.

Jew Boy

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Re: My Story

Posted by mechazek - 15 Aug 2011 18:31

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hi helpless hatzlochah rabeh with your neder initiative.i just want to share with something I have been using recently that has been very helpful and I am sure the sa guys can explain that theory ehind why it works,becuase I learnt it from them.

I have begun trying to look only in my immedate vicinity,meaning when i walk in the street I am thinking my thoughts looking towards me not looking around nonchalantly.When I notice any sort of lust object I immediately say a tefillah that whatever I am looking for in that person may I find with you.Like dov pointed out I am missing something and I am filling it with lust now i have more of filling that with Hashem.Our loving father.

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Re: My Story

Posted by helplessjewboy - 15 Aug 2011 23:33

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Mechazek, sounds interesting. I hope that Hashem should give me the strength I need to carry that out. I think Dov meant it in general for certain types of people, and I definitely believe that the same holds true for me. I am missing something, I have a flaw somewhere in my mind, and so I fill it with lust. In order to overcome this lust, I must fill that flaw and strengthen the filling, and then focus on the lust. Only then will I be able to tackle the lust that binds itself so close to me.

Thank you for that perspective.

Jew Boy

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