

**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 helplessjewboy - 11 Oct 2011 02:12

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Sorry for the delay in posting. I have had so much to do that this took a back seat to everything else.

Baruch Hashem, I am now one day clean. I will, as gevurashebyesod says, keep on trucking. Today was an amazing day.

I need more help and if anybody can send me chizuk when possible it would be extremely appreciated. I thank anybody and everybody for helping out.

I saw the rabbi that I mentioned in the first post today. It's been a while since I've seen him. I could not look at him straight. It was too hard. Be'ezrat hashem, the next time I see him, I will be at least a month clean. That is the goal for today.

Anybody who can, please push me. I need some help and I have a new friend who will help out, but I don't know if it will be enough. Even if you could pray for me, anything would be highly appreciated.

I hope we all here have the power to overcome the yesser hara. I hope everybody here is sealed for a prosperous and successful year, Amen.

May we merit to see the coming of Mashiach, amen.

Jew Boy

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Re: My Story

Posted by Gevura Shebyesod - 11 Oct 2011 15:49

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Hi JB, nice to hear from you again. I have you in mind often when I daven.

Hang in there and KOMT!!!

Gevura!

P.S. a disclaimer, the holy Bardichev is the one who says KOT, I just like to repeat it. I will however take credit for the monster part. :D

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Re: My Story

Posted by alexeliezer - 11 Oct 2011 18:05

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JB,

Welcom back! Yeah, we'll keep sending chizuk your way, all the way to sobriety. We'll keep doing our part.

But you sound very passive about the whole thing.

Make a decision to do what it takes to give up lusting, avoid lustful images and especially thoughts. The Y"H is a formidable opponent. Stand up. Show him some respect.

It has to come from you. Only you can do this.

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Re: My Story

Posted by helplessjewboy - 29 Dec 2011 18:27

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Hey Everyone,

It's been so long since I last posted that it would be wise for me to read up on everybody else's stuff first, because I am the newbie on this site once again.

Unfortunately, everything isn't great. Unfortunately, I have not gotten better, as many of you might have been hoping for. And as my Rabbi says, when it comes to torah and the neshama, if you don't get better, you are actively becoming worse. In the past few months I have fallen countless times, done countless aveirot, watching countless hours of (to borrow from ashkenazi vernacular and for lack of a better word) shmutz, and I feel terrible. It has only gotten worse and I don't see the door to the escape route where I can finally get back on track, that long arduous track to overcoming this terrible sin. Unfortunately, I have been looking on sites to meet up with people, but baruch hashem, I have been lazy and too protected (by my parents, the ones on earth and the one in shamayim) to either get an invite to partake in this "pleasure" or to go to the ones who did.

It's been a long semester, and, baruch hashem, I got good grades even though I've been blatantly disobeying him. My only hope now is to beg for help. So I ask all of you, those who know me and those who don't, please help me out, whether it be some chizuk, or being a role model, or praying for me, I ask that anybody who can help please do.

This is my call-out for help.

Thank you,

Helpless Jew Boy

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Re: My Story

Posted by alexeliezer - 29 Dec 2011 19:50

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Welcome back my long lost friend!

I agree that you need live help and hope someone here from Brooklyn can step up to the plate.

But if that doesn't happen, you ~~may~~ will need to get into counseling.

You know this won't get better without real live help.

You're toying with real, life-altering danger.

Have you hit bottom yet? Are you ready to do whatever it takes?

With love,

Alex

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Re: My Story

Posted by Dov - 30 Dec 2011 02:58

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Asking for help is a great thing to do. But it is unlikely that anyone can expect help if they are calling out *from behind the safe walls of their impenetrable castle*.

If I hide behind a *username* - that's one stone wall;

If I use no other person to tell the full and actual *details of what I am doing*, to - that's another stone wall;

Thinking I can get away with just saying "*I looked at porn*" - that's another stone wall;

Conveniently isolating by *not staying in regular communication* with other safe people who share the same problem I have - that's another wall;

Engaging my brain in lots and lots of deep, *personal "teshuvah avodah"* - that is another impenetrable stone wall...for it builds a giant edifice of self-centered isolation - a romance with my "neshoma". Gevalt. That is not yiddishkeit. It's actually more like Buddhism...perfection for the sake of achieving perfection. Hashem asks not for us to be kedoshim, at all - but rather, to be *kedoshim leylokeichem*. (see Sfas Emes on that pasuk) And guilt and fear of punishment may have worked to make good Jews in the time of the Shaloh haKodosh, but not today. Not with any guy who can look at movies of naked people. Sorry, it doesn't work that way. Enough with the ruchniyusdikeh roller-coaster...from rosho muschas one minute to Tzaddik Yesod Olam the next....*that's* not real Yiddishkeit, either. It's all a game in the head, till it's over.

It's over.

Alexeliezer is so right. So how about looking for *actions* to take instead of wishing or even begging for help? Ein hadovor tolui ella bee.

Sadly, or luckily, I cannot keep myself clean. I am an addict, and **cannot** stay clean. My G-d must keep me clean or I will lose everything. This is not just a game or 'religious-sounding' talk. The *ein hadovor tolui ella bee* means that **I** need to let Him in - and **only I** can do that...nobody can do it for me - *even Hashem Himself!* He does not do that.

It is quite possible that you are not an addict, and that you really do not need G-d to give you a daily reprieve from your obsessions, as I do. But you *are* failing, sir, and need more than just 'asking others to save you', now

Take healthy, real *actions* today. And I hope you do not give thought to trying to stay clean for a week, a month, or the rest of your life...just today. And that's not a little mind-game, either.

You are really trying, really reaching out. You are one of the lucky ones, chaver.

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Re: My Story

Posted by helplessjewboy - 02 Jan 2012 16:55

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So I met someone on Craigslist who was obviously sent from Hashem: A jew trying to put himself at ease by acting out with others. He was conveniently located very near me, and we met up and talked about how hard this yesser hara is. This guy really helped me identify key issues in my personality. I'm surprised I've existed for this long without even realizing it.

He's now a very good friend to me, and I'm happy to say that with his help, I can probably go for years on end without thinking of this ridiculous disease.

Be'ezrat Hashem, today is day one of the end of this disease.

JB

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Re: My Story

Posted by alexeliezer - 02 Jan 2012 17:14

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JB,

I'm happy for you and I hope you're right about your new friend.

But I'm also concerned he may be trying to make a good first impression and gain your trust, learn what makes you tick, make you dependent on his friendship, then when you are in a weaker moment, take advantage of you.

Don't let it be just you and him. I'm not referring to "yichud." I mean don't let the two of you get isolated from the world together. Meet his family and friends. Meet his Rav if he has one. Have him meet yours. Keep it real.

Alex

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Re: My Story

Posted by helplessjewboy - 02 Jan 2012 17:23

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How loved I feel right now! Baruch Hashem!!!

Alex,

I'm sorry for not clarifying this, but I should have said that this was a nice Jewish boy from my community, and I was familiar with most of his family. He did not know much of me, but he saw my posts on GYE and met me a second time through GYE, which is hilarious. He, just like



myself, is struggling to find some way of overcoming this disease, but he suffers from SA and SSA (he is bi). He gave me a lot of advice and is an amazing friend. He was a role model for all of my friends who went to Israel to learn for a year, and he has learned in Israel for three years, and his Rabbanim are there as well. He struggles just as much, if not more than I do, but is a well spring of good advice.

JB

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Re: My Story

Posted by alexeliezer - 02 Jan 2012 17:45

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That does sound much better. Actually sounds like what you need.

I hope you will use the momentum of this new beginning to launch into real recovery and growth.

Be strong in your commitment. Use the skills you learned here together with your new friendship to break free. And keep us updated!

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Re: My Story

Posted by emunah17 - 15 Jan 2012 04:28

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stay strong jb

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Re: My Story

Posted by helplessjewboy - 16 Jan 2012 23:37

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Thank you all for all your support.

I really do appreciate it.

I am going to post only because I feel I owe it to many of you, and because some of you haven't heard from me for a very long time. I am sorry but today's post is a long one. Don't try to tackle unless you've set aside time for it.

Here is the latest in my life, in order to allay your concerns and to give you guys hope that I may be rescuable yet.

Today, I stand, bli ayin hara, 7 full days clean! (This is an achievement because I've never went for more than 6 days ever!!) I chose to stop Monday night of last week, and Monday night was the last time I was motzi zera levatalah.

I'll start by telling everyone that on Monday night, I hit rock-bottom, at least in my eyes. I am considered to be a smart, considerate, well-mannered, mature, and obviously, very religious Jewish man. People take my advice seriously. I am a hazan at a local shul for shabbat musaf which I love. Everyone in my high school looks at me and thinks the highest of me. So to tell anyone that I suffer from gay ta'avot would be a complete disaster for me. Everyone's thoughts of me would crumble, and I would hate that. I would lose the respect of my parents and my family name would be tarnished. Not to mention the fact that I am my parents' only son. It would kill them. And if they would find out that I found, not one or two, but ten separate guys who would drop everything in a second to do with me anything, and that out of those ten, I found two of those attractive enough to reciprocate those desires, they would be so ashamed. And I thought long and hard about my actions, and what I could possibly end up as. And I hated every option. That night, right after Arbit, I resolved to tell a close Rav of mine, who knows my whole family extremely well, everything. I had already told my Rabbi from High School (by the way, both of them are ashkenaz, so I feel very comfortable speaking here) about my problem, as stated previously in my first post. He had been so busy recently that I hated to disturb him, but I felt that I should two Wednesdays past, when I had made plans to meet up with one of these two attractive men. He warned me not to go, and so, came the day of the event, that Sunday, and I didn't end up going. The next day I resolved to speak to my family Rav because I had such strong urges to disobey my Rabbi. And so, that Monday night, I approached the Rav and asked him if we could talk. He told me to visit his house Wednesday, and from Monday night to Wednesday night I did not do a single action, nor did I look anywhere on the web for an outlet to release any tension. Wednesday night came, and I spilled the beans to my Rav, who gave me such amazing advice. He told me to change my passwords, which he did right then and there, so that I wouldn't have access on my own to my email which contained the contact information of the two attractive men. He told me to dip in the mikveh (off-peak hours, of course) and told

me to walk outside, rub my forehead and while doing that say the passuk "Lev tahor bera li elokim, veruach nachon chadesh bekirbi" ten times, and then say, without rubbing my forehead, the passuk "Or Zarua Latzaddik, ulyishrei lev simcha" seventeen times, and then say these ten pirkei tehillim (writing it down for both your sakes and mine: 16, 32, 41, 42, 59, 77, 90, 105, 137, 150. He then told me that I would have to purchase a beged and tzitzit stings and we would start making a new pair of tzitzit that day. And he told me a few other personal things of myself to change. I did everything he told me and now we are halfway done with my tzitzit (his trick with tzitzit is to go over the 613 mitzvot while tying the knots so that when you look at them, you can fulfill the mitzvah of ureetem oto uzchartem et kol mitzvot hashem (chiddush, no?). Since that Wednesday night, I have suffered very few ta'avot, if any at all. It's actually been quite easy to rid myself of the terrible thoughts. My Rav also advised me to rub my forehead whenever I lust and to say "Esh Tamid tukkad alhamizbeach, lo tichbeh" as many times as necessary with the intent to destroy the thoughts. What helps with me is imagining them burning up like paper would burn and finally leaving my mind. It is seemingly very easy. My only worry is that this is not the hard part.

So that's the whole explanation. Again, I'm sorry if I wasted your time and I'm sorry it's such a long post.

I will obviously be back when the going gets rough, but until then, as Gevura very fondly puts it, KEEP ON TRUCKING!

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Re: My Story

Posted by Gevura Shebyesod - 17 Jan 2012 00:15

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Wow! Amazing! Wonderful!

GEVALDIGGGGGGGG!!!!!!!!!!!!!!

KEEP ON MONSTUH TRUCKIN'!!!!!!!!!!!!!!!!!!!!!!

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Re: My Story

Posted by emunah17 - 17 Jan 2012 23:46

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Hi JB we are so so so proud and take pride in you ,you are the shining example of one who wants to recover.You told someone you SPILLED THE BEANS on yourself which is the first step anyone has to take It shows a maturity to deal with the situation and is admitting to yourself that YOU CANT DO IT ALONE great job stay strong.

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