

Deep breath....im opening up....

Posted by helpme! - 07 Dec 2011 12:42

Hi all

the other times i posted on this website i was rushed for time, etc and didnt really have the time to sit down and write all about myself. Today, however, i was left alone in the house to do some errands and was about to leave to give a shiur and BANG. i looked at the computer. the computer looked at me.

'lets just go on for 5 minutes' i thought to myself.

i let out a little cry 'hashem! please help me!'

'come on, nu, just 5 minutes and then you can leave. i mean, there is no way i can really stay for any longer than 5 minutes because i have to teach a shiur!'

'yeah, but im already late i have to leave now!'

'well, if im already late another 5 minutes wont hurt'

'hashem please help me!'

boom. i sat on the computer, opened up the special browser which does not store information and whish. well, you see i do have K9 (and the filter gabbai has the password) but, with some time, i know how to get around it (ie getting sites that k9 doesnt detect). it does take some time, though, so after 5 minutes i barely had what i had come for. every thing i looked for i told myself 'this and thats it'. then looked for something else. all the meanwhile the clock is ticking, ticking. i hadnt yet benched after what i had eaten so i told myd myself 'you see, you have to bench so dont worry well be finished in time for you to bench'. Slowely but surely, that time passed as well. i had some crumbs from what i had eaten and every now and then would eat some, telling myself 'its OK, you can bench in another 70 minutes'. more images and trying to get video. trying, failing, clock ticking as i work my way through so many internet sites, this one blocked, ok but this one open and no video allowed, etc etc. just kept on going, going, going. after two hours i realise that i have to call my wife. but no i kept on looking, etc. after 3 hours of looking i had a 'good' zera levatala r'l and finally i'm free. so now i have even more extra time as my whole day is messed up. the whole time i felt like i was in a prison. couldnt get out. and it seems that at those moments the only way to get out is zera levatala. because, anyway its going to happen. so lets make it happen after 10 minutes and be free rather than 3 hours. any thoughts on that?

And what happend today? Learnt and davened well. did errands around the house. it was

a really good day. about to leave for a shiur and...

This reminds me of my yeshiva days. i would be in the middle of a sugia and need the toilet. in the toilet before i knew it i was masturbating. out of the blue.

I do feel, however, a feeling of mmmmm, that i dont usually feel which means because i tried to stop myself from hotzos hazera when it finally came out after 3 hours it was more pleasureable

I am reading so much about knowing when your yetzer gets you, etc but with me it seems like ANY DAY ANY TIME! After a good day lying in bed thinking mishnayos or tanya bal peh and BOOM!

Anyway, knowing myself i would think that if the filter gabbai blocks out all websites except for the ones i need i would be a lot better. i cant avoid being at home alone. its too difficult. there is too much to do.

OK...sorry for the scattered thoughts. lets get down to business:

heres goes. i have been doing some deep thinking about what it says in a few places on the internet about figuring out the reason we are doing zera levatala. And pondering about my own childhood. i have revealed that, despite my parents being warm loving and nuturing, they did not really know how to raise a child. the one big problem is that they never really made any effort to see how i feel in anything. especially as i am now working in chinuch and have a very good marriage bh i am learning (from profesionales) what it means to understand/connect to the other person. I have never had anyone do that for me. If i did something wrong i was shouted at. even if it was a mistake. for example, i once dropped a Coke bottle on the floor and it exploded. i was shouted at and sent to my room by my mother. i was 8 years old. it was an accident. i was always walking on a tight-rope. one minute everything was OK. i was eating for example. the next minute i was eating too much and im going to be fat. one minute i was playing nicely on the playstation (i am a baal teshuva) and the next minute my parents shout at me becasue i am being too loud. I never really had that 'safe haven' where whatever i do is OK and i am loved, etc. I was also bullied at school and was embarassed to tell my parents. They would ask me 'how was school today, good?' 'did everyone play nicely with you?' and i would obviously answer 'yes mum'. i remember that there was a time when i told them everything but as i grew up i began hiding it from my parents. my parents expected me to be normal so i tried acting like it. When i got older i wouldnt bring certain friends home because i was embarassed that my parents would see my 'nerdy' friends. I had nowhere to run to. not school (i was ill-behaved and got bad marks). not my parents. not my friends. i couldnt play sports properly. so at the beginning i found creating fantasies where i am a famous baseball player, or singer (i even wrote songs), TV programer etc. I was, however, noticing that my father's reaction to all this was negative. for example, my father once found a piece of paper of mine with my own TV schedule (i must hav been 6 or 7) written '600 telethon 900 telethon 1200 telethon etc' becasue i had seen it written in the TV guide. i would study the TV guide and make up my own TV guide and

play out the characters. My father shouted at me and told me to stop living in fantasies. So i had to stop that. i still continued, however, in secret. then i found that if i play sport in the backyard and write down my own scores my father didnt mind as much.

shortly thereafter, however, i felt that i was disapointing my parents because i wasnt 'normal'.

In that time i found pornography. A freind showed my a website when i was about 9 and i really liked it. Once, i was in my father's office and saw on the history porn sites! That got me hooked because here is something i like and my father approves of! My father called me to the computer room when i was about 12 or 13 and showed me how to delete history off the computer and that he doesnt want to see any smut on the history. So that was that. My solution. my friend. a place where i belong. a place without limitation. where everyone likes me. home.....or so i thought.

OK...to be continued. i have to go now. i will continue the story, imyh

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Re: Deep breath....im opening up....

Posted by gibbor120 - 01 Jan 2012 16:43

The only think i will add is that I don't think that learning and working on your emunah **without** opening up to another person will do the trick. We can be krum in our own heads. Get out of your own head and open up to another person about the nature of your problem.

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Re: Deep breath....im opening up....

Posted by helpme! - 22 Jan 2012 19:54

Finally...SUCCESS!

Every time that i fall this is pretty much what happens.... i feel a tremendous pull towards lust that simply cannot break away from. since joining GYE i have learnt to ask HASHEM to help me just today, just for five minutes let me LIIVE! And eventually i fall because i feel that this urge is ME. it is what I want. Who cares about what hashem wants? IIII want it. (before GYE i would try mevatel myself by saying who cares about what i, a mere nivra, wants what about what hashem wants? but, of course, it was just like music in the background). So, i would fall.

Today, i had the same feeling and was about to fall..... but first i did a bit of a chipus in myself. is

this REALLY what i want? YES YES YES!! and slowl but surely i got into touch with a deeper side of me that in pnimyus, even at a time of a nefila my true I wants to do what Hashem wants. and from my pnimyus i begged of hashem to help me just for today take away my lust. beforehand it felt to me that the lust was my pnimyus and my prayer (or attempt to mevatel my ratzon before GYE) was chitzoni. memale, at the end of the day i will do what my 'pnimyus' wants, right? today, for the first time since i can remember i felt that i touched a point where i sensed my true pnimius, the cry of my inner soul who cried out to hashem to get rid of the lust.

And, i was clean. just today. just 1 day at a time

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Re: Deep breath....im opening up....
Posted by Dov - 22 Jan 2012 22:15

Now your'e talking!!

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Re: Deep breath....im opening up....
Posted by jack - 23 Jan 2012 18:27

helpme - call me if you want. jack

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Re: Deep breath....im opening up....
Posted by kidushashem - 27 Jan 2012 04:02

helpme, you're on the train! just keep training or trucking or whatever...

Keep posting and sharing...

And ONE DAY AT A TIME! That is so important. Live in the PRESENT moment. Your life is always taking place NOW, it's never taking place in the past or future. So if you're thinking about past/future, you're not LIVING.

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Re: Deep breath....im opening up....

Posted by helpme! - 01 Feb 2012 19:54

I finally managed to speak to someone over the phone. It really gave me a sense of the reality of the problem, and not just digital help on the computer. It was a real life person who had been through the same problem in a much more extreme way than myself and it really gave me a boost.

At the time, I was home alone for an hour and really felt like.... and thought that for sure after we hang up i will immediately go on the computer and... but, we made a deal that i wouldn't give in for just an hour, for him. at first, i didnt think i was shayach to such a thing when home alone. i even made the taina that its unfair to hold back for such a long time because then my wife will come home and the time wouldve gone by and I wouldve missed my opportunity to see my virtual friends on the computer. So, we decided for 10 minutes not to give in. I called my mother and spoke to her for 20 minutes. Havent done that for a while. Now, i am doing chumash and shortly my wife is coming home and i can now greet her feeling like a true husband...ive just realised that i havent been able to do that for a while.. it seems that every time i have been home alone i have had a nefila. This is the first in a while. Finally, my wife will come home, i will smile at her, look her in the eyes and let her know that i love her!!!!

PS...i dont know if the person who i spoke to lets me publicise who it is, ill have to find out soon. but thankyou!

And i know it hasnt stopped there. there is a lot more days to go from here...!!!

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Re: Deep breath....im opening up....

Posted by obormottel - 01 Feb 2012 20:03

Keep up the good going one hour at a time.

Mottel

P.S. Call me if you want, too.

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Re: Deep breath....im opening up....

Posted by Gevura Shebyesod - 01 Feb 2012 20:20

Wow that's great! KUTGW!!!

Gevura!

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Re: Deep breath....im opening up....

Posted by jack - 01 Feb 2012 20:32

it doesn't mstter who it is, but on that question, maybe our fearless leader can answer if it should be publicized or not.i guess it depends on if it will help anyone - that's the way it should be handled - that's what's really important.

the main thing is that you were able to exert a little effort and showed yourself that you can do it! dont drop the ball - keep going, a LITTLE at a time. you have started on the road to recovery - dont look back.

jack

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Re: Deep breath....im opening up....

Posted by navysealforhashem - 01 Feb 2012 22:50

HelpMe,

My heart is full of happiness for you!!!

good job!

keep on!

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Re: Deep breath....im opening up....

Posted by Dov - 02 Feb 2012 13:56

You are discovering something now, not just an idea, but putting it into practice. You are right, it doesn't stop here - it *begins* here. Yyasher kochacho!

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Re: Deep breath....im opening up....

Posted by helpme! - 07 Feb 2012 16:55

ah.....not surrendering.....ah.....living life.....ah.....awaiting my next conversation on Wednesday. day by day. hour by hour. minute by minute. Just telling the yetzer horo another 5 minutes. The funny thing is that I've heard mashpiim farbreng about this, etc. and never actually done it. ive tried but it just hasnt worked! I figured that it is a matter of trust. A mashpia who is telling me to do it might have never been in my position. How can I trust him that it works? By speaking to someone who has been there. and practiced this. and it worked. him i can trust. if it worked for him, it can work for me.

This website has to be advertised all over the world! No Jew should be left without this website! We have to tell all mechanchim, rabonim, etc!

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Re: Deep breath....im opening up....

Posted by jack - 07 Feb 2012 17:03

dear helpme: it is on its way to be known throughout the world.this great fellow who is doing this is making sure of that.there are dinners, brochures sent to yeshivas, parlor meetings, trips

around the world, etc.our leader is moser nefesh for the klal - and he should be helped by anyone who can, in any way possible! and he has haskomos from gedolim, too!

jack

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Re: Deep breath....im opening up....
Posted by helpme! - 07 Feb 2012 17:12

Maybe only in America. Here in Israel it is pretty silent. How does one go about distributing flyers in his area without people suspecting you?...

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