

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

Posted by helpme! - 07 Dec 2011 12:42

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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 profesional) 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 helpme! - 07 Feb 2012 17:18

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Another thing i am putting into practice...i know that if i look at something im not supposed to on the street **death** awaits me. Not to surrender to that taiva is a lot better than what comes next. and im praying to hashem to help me along the way.

On Shabbos, being a chabad'nik i learnt chasidus and davened at length. This is my usual seder on shabbos. This shabbos, however, my mind was clearer and I had a lot more hislahavus. I must admit that my avodas hatefillah has been pretty down lately. I dont think ive had such a davening since my yeshiva days, when i was clean for a couple of months

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Re: Deep breath....im opening up....  
Posted by Dov - 07 Feb 2012 17:31

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It's a slow process, chaver. You may get much better and continue to make progress for the next two years, but your davening and hislahavus may wane. This is not anything to be afraid of, but is normal for some people.

The shayloah boils down to why we are serving him: to have a geshmak and be cool tzaddikim...who when the going gets really tough just get down on our knees in the bathroom and masturbate after following women in the street and undressing our neighbors with our eyes? Or is avodas Hashem doing His Will and letting go of the goofy image of what a true eved Hashem looks like?

As kosher and kadosh as we may think it to be, the image we have been chasing has been one of the **main** factors driving our sick behavior like an engine.

Make sure you are putting gas into the right tank.

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Re: Deep breath....im opening up....  
Posted by tehillimzugger - 08 Feb 2012 17:43

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[helpme! wrote on 07 Feb 2012 17:12:](#)

How does one go about distributing flyers in his area without people suspecting you?...

[ZemirosShabbos wrote on 23 Aug 2011 16:21:](#)

maybe print out 500 GYE flyers, put a paper bag on your head and hang them up all over town?  
when your done you can do Bnei Brak, Ashdod, Arad, Chatzor, Kiryat Sefer, Tzfas, Emanuel,

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Re: Deep breath....im opening up....  
Posted by helpme! - 09 Feb 2012 21:44

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hmmm....and if i get arrested because police think im a terrorist...? ;D

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Re: Deep breath....im opening up....  
Posted by tehylimzugger - 10 Feb 2012 11:52

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You *really* think the police are going to figure out who's under the paper bag!?

The Israelis would *never* take a paper bag off someone's head.

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Re: Deep breath....im opening up....  
Posted by Dov - 10 Feb 2012 15:36

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[helpme! wrote on 09 Feb 2012 21:44:](#)

hmmm....and if i get arrested because police think im a terrorist...? ;D

Chaver, are you putting your gas into the right tank?

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Re: Deep breath....im opening up....  
Posted by helpme! - 13 Feb 2012 16:00

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hi all

just wanted to post what i sent to my sponsor via PM

Im still going strong it is really mechazek me having you as someone i can speak to. Sending a PM to you is completely different than posting on the forum. its more direct. i know who im typing to. its not just an electric world. I must say, that this time feels completely different than all the other times i stopped. Other times, it was like an hisorerus milimila that pushed me to stop with ease. this time ever since i sat there, without surrendering and just doing 'nothing', not fighting etc i now see myself on the street when a bad image comes in front of me i remind myself 'i will die if a look' which is true spiritually...and something i truly feel. i know for certain that if i take one sip of lust by looking on the street it will lead to.... my 50, 60 day streaks feel like nothing to what i have accomplished in the last 12 days. 12 days of being fully clean - even shmiras haeynyim. the only nisayon was being together with my wife, but i tried to focus on being with her and making it nice for her, etc. also at the time of the mitzvo i just thought about my wife and, towards the end i thought mishnayos baalpeh.

And...everything is different. Lately, I have been having trouble getting up in the morning. All of a sudden im getting up on time, davening like a mench (instead of in a hurry to give a gemorrah shiur), finding time to learn more, etc. not just that but im beginning to experience the joy of being a father. i bathed my 1 year old daughter last Thursday night and i spent time with her, giving her my full attention. its something i dont think ive really done properly before. im finding time for everything. even though usually i wouldnt visit porn sites and masturbate every day but the etzem taking a second look a hin and a her messed up my mind for that day. it stops me from being a father, husband, etc and turns me into a self-centred monster. literally. One of my tafkidim in the yeshiva i teach at is to assist troubled bochurim. For the first time, just this week, i am making contact with them in a way ive never done before!

Just one thing i would like to ask you about: Suddeny, me and my wife are discovering deep-seeded problems in our relationship that need attention payed to. What before our conversation was small arguments is being revealed to be a connected chain of events due to specific problems in our relationship that require resolving. BH that my wife is special and we have a very good Rov we speak our problems to and work together to solve them. The problems we are discovering now are etzem problems with the mahus of our relationship. imyh we will go to that Rov, but it looks like it will take some time to resolve these issues. Did you ever have anything like this when you made your road to discovery? I thought everything was OK and my shalom bayis was amazing but all of a sudden we are finding out that there are serious issues that need immediate attention. Perhaps it is because all this time I have been an animal and Hashem in His kindness has blocked my wife's eyes. Now, i am becoming a man (just for today, of course) and I am

**discovering what is wrong and Hashem has removed the veil off my wife so we can finally start a true, loving relationship. I can tell you that despite the recent problems, I do feel closer to my wife this week than last. Im feeling like a human. There are tears in my eyes. I cant describe it. Im alive.**

I did miss the call last time due to reasons beyond my control. It would be easier to have a sponsor in Israel, who i can call directly from my cellphone any time i want (american numbers i can only call from home) without having to worry about the time difference etc. anyone from israel who wants to be my sponsor can PM me.

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Re: Deep breath....im opening up....  
Posted by helpme! - 14 Feb 2012 16:29

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13 days and going strong...but w-w-w-w-w-w-where did everybody go...? :'(

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Re: Deep breath....im opening up....  
Posted by tehylimzugger - 14 Feb 2012 17:11

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[helpme! wrote on 14 Feb 2012 16:29:](#)

13 days and going strong...but w-w-w-w-w-w-where did everybody go...? :'(

[dov wrote on 10 Feb 2012 15:36:](#)

Chaver, are you putting your gas into the right tank?

We didn't go anywhere, we're just so confident that you're putting the gas in the right tank...

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

Posted by obormottel - 14 Feb 2012 21:10

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Stay sober, friend, one day at a time!

Mottel

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

Posted by Dov - 14 Feb 2012 21:41

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Just to be polite to my sweet friends here, this is to report that all is well but I am taking a break from the *forum* for a while to focus on my own recovery. I will be checking email for PMs, though. The forum is just too much time for me to handle. Maybe for a few weeks, maybe a few months...no way to know, cuz it really is one day at a time. Love you!

Till then,

Dov

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

Posted by helpme! - 20 Feb 2012 18:28

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19 days and going strong

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

Posted by obormottel - 20 Feb 2012 22:10

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

Posted by tehylimzugger - 21 Feb 2012 11:56

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**W!**

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