

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 profesionals) 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 droped 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 Eye.nonymous - 19 Mar 2012 15:26

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[helpme! wrote on 18 Mar 2012 10:51:](#)

I wanted to adress something that really hit me hard this Purim. I realised that throughout my entire life i have been mainly self-centred.

THAT is what fuels the addiction! Self-centeredness. I've got a huge EGO. Then, when things don't go my way, I get all restless, irritable, and discontent (RID)--in particular, full of fear and resentment. THEN I'm in a lot of pain and I want to feel better, so I act out to medicate myself.

If I work on my EGO, being more humble and more tolerant, less things in life disturb me, and then I feel less compelled to act out.

--Elyah

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Re: Deep breath....im opening up....  
Posted by chaimyakov - 20 Mar 2012 14:01

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Thanks for the share. Also the son of addicts as well as a sibling of addicts. I pray daily that i should not become the parent of an addict, but if that is THE PLAN than at least i will be in a position to help and guide them when they are ready.

How did the phone conference go?

Hatzlacha in all things GOOD.

chaimyakov

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Re: Deep breath....im opening up....  
Posted by helpme! - 21 Mar 2012 12:03

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Day 49 - 7 weeks. tomorrow is my shavuot, i guess? Well...i better stay on day 49 and not jump

Thankyou for all your responses - it is really mechazek me

I didnt manage to do the phone conference - there were things that were beyond my control. you know, things happen that you couldve stopped, but some things you just cant do anything about, thats the way it is. I suppose its just an obstacle for me to ignore and 'lechatchila areber' - jump over the obstacles! Next week, **imyh** ill be in the phone conference.

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Re: Deep breath....im opening up....  
Posted by Adamah - 22 Mar 2012 01:33

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Hey,

I've read a couple of your posts. Happy to see that you're doing well.

I just wanted to comment about how great I think it is that you're on your path to teshuvah and are fighting this yetzer harah. You mentioned that parents had issues of their own and of a similar nature. As their child, you can perhaps be m'takken their shortcomings.

Anyways, I wish you much success and hatzlachah rabbah!

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Re: Deep breath....im opening up....  
Posted by helpme! - 22 Mar 2012 10:56

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## DAY 50 CHAG HASHAVUOS

It says that the yidden were in 49 shaarei tumah/klipah when Hashem took them out of Egypt. The kelpiah was so strong that only Hashem could save them. Chumash Shmos says how Hashem heard their cry, sent Moshe and took the yidden out. In Chasidus it explains what we say in the hagada 'Hashem took us out, not through a malach, not through a shaliach, but only Melech Malchei Hamlachim Hakadosh Baruch Hu', because if a malach or shaliach tried to take the yidden out of Mizrayim they would have been 'caught' by the klipa of Mizrayim. Therefore only Hashem Himself - not a king, not a king of kings but only The King, King of Kings, Hakadosh Baruch Hu, that for Him the kelpia does not tofes makom (has no significance) and therefore Hashem took the yidden out Himself. It took 49 days, however, to get the yidden ready for matan Torah, they had to work on themselves, ridding themselves of the 49 shaarei tumah, middah by middah until they came to the nun shaarei binah, which is on Shavuos. This consolidated everything that happened on by yitzias mitrayim.

yesh lomar lefi anias daate....Our sickness is like the nun shaarei tumah, that no malach or shliach, or any madrega, not olam haba, not even gan eden haelyon, not even atzilus, not even or ain sof shelifne hatzimtzum can get us out. Only Hashem Himself. And 'who is like Our G-d, to Whom we can always call out?' (Mi CeHashem Elokeinu, Becol Kareinu Alav....a little difficult to translate) we can call out to the very Essence of Hashem, to Atmuso uMahuso, and He will

answer us, like He answered the yidden by Mitzrayim, and take us out of our personal golus. But after that, we have to work on ourselves, albeit with Hashem's help, and slowly, slowly, one day at a time, we reach Shavuot, when the yidden and Hashem become married (or betrothed is more appropriate - it says that marriage happens when Moshiach comes, very speedily in our days amen cen yehi ratzon) and have a yichud amiti.

But let's not forget, after having a geulah pratiis (private redemption) we need a geula clalilis (general redemption) for all clal yisroel, and we need to shout out to Hashem: 'Enough with the golus! we can't stand it! We can't deal with it ourselves! Only YOU alone can save us! Take us out of exile and bring Moshiach NOW, like you took me out of my own exile and like you took the yidden out of Mitzrayim! The yidden can't continue suffering like this!' just like we screamed out to Hashem and demanded from Him to save us from our addiction!

As the Baal ha Tanya veShulchan Aruch says 'I don't want your olam haba. I don't want your gan eden hatachton. I don't want your gan eden haelyon. All I want is You Alone'.

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Re: Deep breath....im opening up....  
Posted by helpme! - 22 Mar 2012 10:59

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As Dov always reminds us, if we take a look at our past we are quickly reminded that we are still addicts, we still have lust (i still feel it all the time and ask Hashem to help me every day) and we can't forget the first step - I can't do this alone. I am helpless. I need Hashem's help! So after 15 years of me m\*\*\* and watching p\*\*\* with a 40-50 day break here and there, but still looking at g\*\*\*s, 50 days of shmiras haeynayim, no p\*\*\*, no m\*\*\*\*\*, only 1 small slipup on the way, we must still go day by day, asking Hashem for help.

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Re: Deep breath....im opening up....  
Posted by ontheedgeman - 22 Mar 2012 12:26

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very cool post helpme!! shkoach. Would have liked to print it off for my seder but then I thought... lol... I'll keep that one for me. ;-)

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Re: Deep breath....im opening up....  
Posted by helpme! - 24 Mar 2012 19:54

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Or leday 53

Just heard a nice vort and thought i should share it with everyone...

When Moshe asked Pharoh for freedom to the yidden all he asked for is 3 days journey to make sacrifices. Why didnt he tell him the truth, that they wanted eternal freedom? Some explain that if Moshe hadve said that they are going forever, Pharoh would not have agreed, so Moshe said 3 days. But, the question still stands because Pharoh's heart was in the hand of Hashem, as it says 'and I will strengthen the heart of Pharoh'. Why didnt Hashem just force Pharoh to let the yidden go forever, and Moshe wouldnt have had to lie about the 3 days?

Ela may....The Torah is coming to teach us an important lesson: When we are dealing with a rasha like Pharoh, or with a yetzer horo that acts like Pharoh, if we tell him we are 'leaving Egypt to serve Hashem' forever, its just not going to work. Thats the way Hashem made it. We have to tell the YH that we are going to make sacrifices for just 3 days, and we will return. Under these conditions, Pharoh/YH will let us go, and 'the people fled' - we must just run and run away.

Thats the end of what I heard. I think that relates to each and every one of us. Our addiction is Pharoh, melech Mitzrayim that wont let us go to serve Hashem and get the Torah, go into Eretz Yisroel and build the Beis Hamikdash. He has us doing avoidas parech, with no meaning to our lives. If we try, like many of us have been tryng for quite some time before GYE, to leave the YH forever, the YH wont let us. We will remain trapped. No matter how many 'plagues' of limud hatorah and mitzvos we try and 'infect' the YH with if he knows that we are trying to escape to eternal freedom, Hashem will strengthen his heart and wont let us go. What we have to do is play a game with him. Tell him 'just a few minutes, Im going to make sacrifices to Hashem, ill be back dont you worry'. Then he will let us go. And every time he asks us 'nu, what's happening? When you coming back'. Well tell him 'were on our way, just a few more minutes' 8)

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Re: Deep breath....im opening up....  
Posted by helpme! - 24 Mar 2012 20:09

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Just read through the thread quickly which was really mechazek me....it reminded me just how far ive come (and just how far I have to go). I recomend it to anyone, its a real big chizukto have an overlook at your own thread from time to time...some things i see and i ask myself 'did i really

write this?'

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Re: Deep breath....im opening up....  
Posted by helpme! - 26 Mar 2012 07:49

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Day 54

Tough stuff. We had to borrow a computer from a friend because both me and my wife need a computer for the next week, and i didnt even think about the fact that it has no K9 and i cant go and start installing filters on someone else's computer! I unfortunately know how to do things on a computer without anyone knowing about it. Today I felt the very strong urge, I felt that helplessness that an addict feels. I felt that little voice inside of me that wants to do what Hashem wants slowly vanish (even though its always there, but it gets concealed) and I started to say Tehillim. I started to cry, I was saying tehillim with tears in my eyes, begging Hashem to just give me 5 minutes of freedom... by hashgocho protis I was reading psalm 22, and came up to the words 'hatzila mecherev nafshi' save my soul from the sword, 'mipi celev yechidasi' save my ?yecheda? from the mouth of a dog, 'hoshieni mipi aryeh' save me from the mouth of a lion etc and my covono was that Hashem should save me from the addiction. Because I cant do it myself. I need Hashem with me.

And please keep posting, even something small, it is mechazek me

from

'helpme!', lust addict for 15 years (around 5500 days). sober for 54 days

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Re: Deep breath....im opening up....  
Posted by jack - 26 Mar 2012 15:56

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54 days already?! i dont have to tell you that that is great!!but i will anyway - THAT IS GREAT!  
you give me chizuk, you know.i know it's difficult, but the rewards are worth it! work now, get reward later.that's the way life works.

jack

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Re: Deep breath....im opening up....  
Posted by mifatfait - 28 Mar 2012 23:03

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Wow!

Tehillim 22 has always been very powerfull for me too. Maybe also try 51 where Dovid asks forgiveness after the story with Bas Sheva, I feel it's close to home because it's the same topic (not CH"V that he was addicted like us, but the general subject of properly directing our relationships with man and Hashem)

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Re: Deep breath....im opening up....  
Posted by helpme! - 17 Apr 2012 14:07

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Just when I begin to think that 'wow, 76 clean days. amazing. free from everything'. etc. On that same day I had some of the most difficult nisyonos i have had for a long time. I practically fell...but, i remembered I have to ask Hashem for a few minutes. all of our cochos come from the abeshter. Just a few minutes at a time.  
For various reasons I am yet to join a SA group. Still none in my area. Now that we are after Pesach, etc, I plan to imyh join the phone group in Israel next week.

Im feeling up and down in my relationships to people, but overall I feel that I am beginning to see the other person. Its avoda. Real avoda.

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Re: Deep breath....im opening up....  
Posted by jack - 17 Apr 2012 15:25

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76?? WOWY KAZOWY!!! it seems like just yesterday when you started!

Day 76. 2 weeks to go  
yes, it's real avoda alright. keep going. keep going. you are a model for ALL oF US!!

jack

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