

my story

Posted by niceguy - 22 Aug 2008 14:54

i grew up completely non- religious. i was exposed to pornograghy by ,believe it or not, my parents. they had piles of mags and i found them one day when they were out.i don't remember how old i was maybe 10 . but i memorized those things . the masturbation began as soon as i could get it going and went full speed through my teens. i did it any time i could anywhere i could.i went to israel and became frum but this was the only real thing i could never kick .once i was frum i began to feel guilt and regret for doing it but i couldn't stop in any real way .i controlled so many things, kicked so many habits,i gave up so much and it was hard but i did it. i thought i could do this too .i cried and dovened and vowed and swore and continued masturbating.that started at 18.i'm now 34,i have 6 children,a good wife,a job teaching in a cheder in israel and i can't stop masturbating. i think it has gotten better as far as frequency but it never stopped .not for more than a few weeks at a time. i didnt have access to porn for a long time b/c i was in yeshiva and i was mortified to be seen getting it but that didnt stop me. i drew my own.i would sit for hours at night ,in bathrooms sketching porn scenes for myself. :(i think now it was a way of fooling myself that i'm not so bad b/c i'm not making a chillul H' by buying it .but it was just as bad .maybe worse.i put so much time into getting what i wanted w/out embarrassing myself or hurting my image.it was vital that noone should know.i would destroy what i drew almost after every time so noone could find it . i'd rip it up and flush it .almost everytime promising never again.that went on for 18 yrs.i finally "grew up"&got the guts to buy porn in the store. i "disguised" myself so noone would recognise me . i died every time. threw out what ever i bought the same day .it was getting expensive and i couldnt continue. then came the computer .its been a battle ever since.you see i've always known the problem isnt the computer it just makes getting my fantasies so much cheaper and easier.thats why stopping my access isnt enough b/c i'll just find something else.i've never said these details to anyone before. only Hashem knows it all.i'm writing b/c i want to know where i stand in relation to the rest of you. am i crazy ?am i better ?worse?the same?whats bothering me is how much effort i put in to satisfying my fanasies.the obsession i had to see the porn.how hard i would work for it just to throw it away.where do i stand ?is there anyone of you who relates to the kind of all encompassing singleminded obsession for that fantasy scene movie clip etc.?i lied . i cheated my bosses,rebbe,wife of work,time,myself.i invaded privacy at my liesure. i respected only my obsession in private. noone but myself.if somebody relates to this and can name it and especially if they got out of it please let me know.

=====
=====

Re: my story

Posted by Mevakesh Hashem - 21 Sep 2008 13:33

me,

Of course we have "Yeridos hadoros", but that doesnt mean that every word of Chazal didn't have that Yeridah in mind. The Torah is timeless, the Divrei Chazal, which are an extension of the Torah are timeless, Klal Yisroel is timeless and of course Hashem Himself is timeless.

We must follow the guidance of the Rabbanim and Chachamim of each generation in knowing how to use the words of Chazal to apply them to our specific situation and our particular time period. But, Chas V'Shalom to say that any words of Chazal "Don't apply in today's days..." Chas V'Shalom!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Chazak V'Ematz!

=====
=====

Re: my story
Posted by niceguy - 22 Sep 2008 20:29

B'H i think its twelve strong days and going strong!i'm going w\ what you all said and counting anyway till 90. i'm feeling better but i still have this feeling in the back of my head that i could slip back any time.but B'H i am feeling good and i started helping others w/ this issue . i'm determined to break this into the open so people don't suffer in silence.we need to get people to open up, to share .the hiding is the most deadly part of it and once that is behind you a huge battle is already won.people need to know how many weresuffering like them but have beat it .i told someone and they didn't believe me!one more day clean.one day i'll be saying i haven't touched myself in an asur way in 8 yrs. 8 yrs !can you imagine the kedusha !i 've just started the road and i already feel big S'D in my life and learning !i want this to continue!

=====
=====

Re: my story
Posted by the.guard - 22 Sep 2008 21:48

Nice Guy! We love you! I was worried, we hadn't heard from you in a few days on the forum... You are doing great! If the Satan had any dark Gezeiros on Klal Yisrael planned Chas Veshalom for this year Rosh Hashana, between you - niceguy, Jack, battleworn, Mevakesh and Elya - **the Satan won't even be able to open his mouth this year!!**

=====
=====

Re: my story

Posted by battleworn - 24 Sep 2008 12:25

niceguy,

If you want it to continue it will continue. Please keep us posted because we all love you and care about you. I'm glad you're following jack's thread, because everything there goes for you too. Personally I'm very confident that you'll make your 90 day goal (7776000 seconds!!!). CHAZAK VEAMATZ, you're going to demolish the vicious malicious menuval and we're with you every step of the way. And more importantly Hashem is with you, speak to him all the time!!! Kesiva Vachsima Tova and please daven for all of us.

=====
=====

Re: my story

Posted by niceguy - 24 Sep 2008 20:26

i'm still going strong but feeling weak B'h nothing done, but if my internet wasn't blocked i'd be finished.sometimes i just check in the hopes that my wife forgot to lock it .(B'H she didn't).i feel dirty when i do that.were keeping it up in the hopes that even that drive will pass.

=====
=====

Re: my story

Posted by Elya K - 24 Sep 2008 21:06

The drive will pass. You can't expect to erase years of this with only a few days of sobriety. Also

when sharing with others, please be careful for your own sake. Love addiction is a much nicer way

to say it than, sex addiction, even though there are differences. I've told only a handful of people,

even my older kids that I "have a problem with the internet." That's it. They get the message.

Please be careful about spilling out all the details to unsafe people.

=====
=====

Re: my story
Posted by the.guard - 24 Sep 2008 21:17

Elya, to what are you refering about niceguy calling it "sex addiction"? He didn't say anything too open now, at least not on this thread of the forum... Did you mean maybe on the phone last night? Speaking of which, niceguy, are you on the line each week? I hope you take advantage of this, even though it means getting up 4 AM once a week. It is better than having to join a non-religious, mixed group in downtown Jerusalem...

Also Niceguy, "checking to make sure it's blocked" is typical of addictions. Make sure your wife understands how you appreciate her help, and make sure she understands that how important it is too you that she DOESN'T TRUST YOU - because you don't trust yourself! These urges will leave you after a while... you will start to feel much more free!

=====
=====

Re: my story
Posted by niceguy - 24 Sep 2008 21:53

i know you're right elya. i wasn't expecting it to dissapear over night . just gaining stength through sharing the feeling.i'm not sure what i said wrong yet but i can definitely imagine saying something wrong b/c for me the main healing is in my saying it out.when i express it it loses a lot of power over me . i feel a strong need to get the guilt off and be free of it.But i know i must be sensetive of others ,so how do i balance this?saying "i have a problem" just won't cut it for me.

=====
=====

Re: my story
Posted by battleworn - 25 Sep 2008 13:03

niceguy,

That's what we're all here for, so speak your heart. You know, the fact that you check is not a chidush. But the fact the you're waging war against such a powerful force, now that's a chidush. And you haven't given up even though you're feeling weak, that's a huge chidush. Don't forget to thank Hashem that your wife didn't forget, that itself is a powerful tool. The midrash says (shir hashirim 7, 1) that those who stand up and prevail over the despicable menuval, the whole generation depends on them.

CHAZAK VEAMATZ

=====
=====

Re: my story
Posted by niceguy - 28 Sep 2008 21:05

18 days and i lost it .it was stupid .i didnt even want it. i almost forced it on myself.theres a huge amount of pressure in my house right now for \$ reasons.B'h it passed today and i found out some new things about myself that are useful for me.my relationship has improved, but i find that when the crunch was on i wanted to escape.not financial pressure, emotional .no news there.tomorrow is day 1 of recovery.i need a frum group. i cant wake up at 4 and i cant take a whole day to goto a meeting .theres got to be a way.its becoming harder for me to spend time at the computer.still 18 days is longer than it ever was .i forgot to doven and let g-d run the the

=====
=====

Re: my story
Posted by BentleyJunkie - 28 Sep 2008 22:02

Nice Guy...we are all proud of you for how far you've gotten. 18 days is a long time! I have yet to go that long...but hopefully soon (i'm on 14 and counting! A new record for me!)

The best thing to do after failure is to step back and see if you can learn from it...and you did that! Congratulations!

I too notice that when I'm under a lot of pressure or when I feel down on myself...and cant help

but try to escape! But we need to face our problems head on!

I have a calendar on the wall near my computer where I "X" out the days as i go...its amazing how much that helps! I can see my progress right in front of my eyes...and when i want to give in, I take a look at this calendar to see how far I've gotten. This gives me so much strength...and I can tell myself: "Look how far I've gotten! Let me try to extend my streak one more day".

I wish you the best...and a shana tova!

Keep it up...see if you can break 18 days!

=====
=====

Re: my story

Posted by Mevakesh Hashem - 28 Sep 2008 22:08

wow. 18 days is a looong time! In the bad old days, I was lucky if I was able to go 18 hours!

This time you lost the battle after 18 days, but the war is not lost at all. Actually, the fact that you are upset at yourself, and are saying how silly it was is a step in the right direction.

In the old days, you wouldnt even have made a point of feeling bad!

Keep up the good work, and tell the yetzer hara that 5768 may have been a good year for him, but 5768 is YOUR year!!! and he is toast!

In this week's Parsha it says the words that are our battle cry: CHAZAK V'EMATZ!!!!

P.S. PLEASE NEVER FORGET TO DAVEN. HASHEM RUNS OUR LIVES, WHETHER WE

REMEMBER OR NOT.

=====
=====

Re: my story
Posted by battleworn - 05 Oct 2008 14:05

The "Beer Mayim Chayim" says that, in the army when they would want to test a great soldier to see if he's fit to be a general, they would put him on a wild horse that it's impossible to not be thrown off from. The whole test was to see how fast he can get back up after he was brutally thrown down and wounded. That, he says, is the way Hashem tests His "Special Force" soldiers.

So you did CHAI days, that's a bombastic accomplishment. Now you can do 5 times chai.

It's very good that you have it clear how the rotten, sadistic menuval got you this time. Now you can work on a plan to avoid that happening again. (Perhaps learning a good sefer on Bitachon.) Gemar Chasima Tova, please doven for all of us and keep us posted.

=====
=====

Re: my story
Posted by the.guard - 22 Oct 2008 22:32

Niceguy, we want to hear from you... I put up some of your nice posts on our site. [See here.](#)

I've had you in mind in all my teffilos by the Maras Hamachpela, Kever Rachel, Shmuel Hanavi, the Kosel and even on Yom-Kippur at Neilah. And I'm sure I'm not the only one!

=====
=====