

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,rebbees,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.

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Re: my story

Posted by snax - 30 Oct 2008 14:23

It's a very bad feeling when you're been clean for a while and then you fall back. I remember when I was clean for 6 months and then fell thorough, I felt like 2 cents. Sometimes you just need that Yerida Letzorach Aliya. B"H I've passed the 6 month point already and working my way up Bezras Hashem.

As Chasdie Avos (hope he's fine) wrote -

Please Please remember: Even if chas vishalom anyone is nichshall and falls at some point, Hashem will still be proud of each of us. In every battle, there are casualties, but the war can still be won. Don't get down if it happens, rather remember from where you are coming, and how far you have gone. Hashem just needs to see that you are trying to become a better yid and moving toward Him. That is what builds your relationship with Him.

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Re: my story
Posted by the.guard - 30 Oct 2008 15:48

Wow snax, 6 months!! Did you ever send us your story? I want to put it up on the Recovery Page to inspire others!

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Re: my story
Posted by snax - 30 Oct 2008 16:54

I don't really have a major story.

My problem was masturbating which I have been doing from when I was 12. I have no idea what triggered it because until I was about 15 I had no idea what I was doing. It was just a pleasurable bad habit. When I was 15 I learnt Yesod Veshoresh Havoda on chodesh elul, where he mentions about zera levatala. It was then that I connected my bad habit to the isur of zera levatala. I felt terrible. But the damage was done.

From then on I had ups and downs. Stopped, fell through. Stopped again, fell through again.

When I got a little older I started to speak about it to other people as my Rabbi and a good friend. It may have gotten easier but since I didn't update them and they didn't follow up with me

it just died down and I fell through.

The pattern was usually when I was in a good mood I was able to control myself. This could've been for a few weeks straight. Then one day the Yetzer Horah would come to me and put me down - sometimes with a reason and many times with no explanation at all, I could just wake up feeling down. Those days were the hardest.

As I got older it bothered me to no ends. I knew I'm doing something wrong but couldn't quit. I made new resolutions. In previous years if I fell through I would just get Meyuash and do it again out of frustration. That stopped. If I ever fell through I would start right then another clean cycle. This way I started going clean for days going to weeks and then months and Bezras Hashem years.

B"H I haven't had any relationships other than my wife. In fact I didn't know anything about relationships until I got engaged. I had no idea what marriage is - never thought about it. I had no idea what zera is just that it's not allowed to be spilled. For this reason my nisyonos got harder after I got married. Then the real Yiztra D'Arouyus started. I wouldn't put my story in the recovery page as I feel I'm still far from recovery. I still have a hard time talking to women and I feel like I blush every time I have to face one.

What I do know is that I've come a long way and the help of this forum I'm able to climb further up. I'm happy to be a part of it. Hashem should help us all.

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Re: my story
Posted by the.guard - 30 Oct 2008 17:41

I think 6 months is worthy of the recovery page, although once you are on that page - you an Achrayus never to fall back again! (We have someone who just reached 90 days and we put him on the recovery page).

The fact that you have trouble dealing with women is unfortunately something that may never go away. Anyone who was once addicted to these things may be easily triggered for many years. It's a disease. But we learn to control it. Kind of like someone has a thyroid disease. It

never goes away, but as long as he takes the pill each day, he's fine. With the help of the site, forum and sometimes even therapy, we learn to control it and it becomes 100 times easier to deal with. However, it may never fully go away. This is what we were given by Hashem. And actually, it's a gift. Because once we learn the techniques and are able to turn away from bad every day, we never stop growing closer to Hashem. If it would just "go away" the game would be over. But Hashem has too much Nachas Ruach from the love we show him each time we turn away from bad. That's why he doesn't just "take it away", even after we've made great progress.

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Re: my story
Posted by me - 30 Oct 2008 20:45

This reminds me of the Avos, and Imaos.

Why did Hashem make Sarah, Rivkah, and Rachel barren women. Not to punish them, they were great Tzdkanios. NO, he loved their teffilos.....

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Re: my story
Posted by battleworn - 20 Nov 2008 17:32

Has anybody been in contact with niceguy. I hope he realizes how much we need him. He's an indispensable member of the team, no one can replace him. So if you see this, niceguy, please be nice to us and check in. Let us know what's doing, regardless of what the matzav is. We love you much more than you can imagine.

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Re: my story
Posted by Chasdei Avos - 21 Nov 2008 15:33

wow. you guys are amazing. I just wanted to share that I have been relatively clean, bli ayin Horah, since rosh chodesh elul. I get chills just saying that. Thank You Hashem so much. The reason I say relatively is because on occassion it happens that the yetzer horah gets to me and something slightly is emitted without me even doing anything. For that I am far from proud. I must be shomer my einayim much better. But I am incredibly proud that I have not touched

myself since r"chodesh elul.

I must say, my shalom bayis, including both emotional and physical continues to get much much better the longer I am nizhar in this area.

Singles: Just imagine, the more you are nizhar and careful now, the much more amazing your relationship, both emotional and PHYSICAL will be.

Small vort: We all know that frum jews are a tiny tiny portion of jews in general. Further, frum jews who are pro actively fighting this war are a very small portion of frum jews. Although Hashem loves every single Yid more than any love we could ever imagine, the more we strive to do Hashem's will, the more we open the channels to receive and appreciate His endless love. EACH OF US are not only loved endlessly by Hashem, but we are unclogging the pipeline through which we connect to Hashem's love. By Hashem, there is no such thing as time. THEREFORE: Every second that you fight this war (forget about the long term for a moment) is a second that Hashem's love flows through a sparkling clean pipe with no junk clogging its path, directly into our system. Perhaps thats why I have heard that at the very moment that one is nisgaber (wins) over his evil inclination, it is a very opportune time to ask hashem for anything you need from Him.

Sorry for the rambling but I feel like I can talk to you guys and I appreciate every single post from each of you.

I said it before, but I am addicted to this web sight. Any time I sit by a computer, this is the first place I run. Thanks.

Battleworn: I loved your mashel from the chernavitzer, thanks.

Chasdei Avos

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