

I am (NOT) such a failure!

Posted by dmaot - 08 Oct 2009 17:27

I am a 'good jewish boy' - married, learn every day, am makpid about davening, halachah etc. etc. except I sometimes look at porn on the net. I have prayed to HaShem many many times to help me overcome this - but i still feel totally helpless. YK was just last week and I have fallen many times since then. I can even see how HaShem is pulling out all the stops to help me (tonight, my computer just turned itself off for no reason just as I was opening up a sight!). But Ok, I have a problem and i'm finally admitting it. I'm so upset and I just don't know what to do any more. I'm so scared that HaShem will punish my family and any children that I may have IYH Chas VeShalom and I desperately want to live a holy life...

I try not to look at women on the street - don't go to beaches/pools etc. but it's hopeless - at home and on my own I just can't be trusted! I have now organised an internet filter on our internet but i feel that i'm not doing teshuva gemurah this way. Also I still think it wont stop me

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Re: I am such a failure!

Posted by Kedusha - 09 Oct 2009 19:59

still I turn it back on and fall..

[dmaot wrote on 09 Oct 2009 06:47:](#)

Thank you to everyone for the Chizuk - I can already see that Be'ezrat HaShem - and with all your help - my road to recovery will lead to success.

I'm sorry for posting such a negative title - was feeling like I hit rock bottom at the time. I'm going to start climbing out. Can't wait until I have 3 clean days so that I can post my status on the 90 day chart!

(i'll just log on to neighbors etc.) Please help me..

Hitting rock bottom has its advantages (not that I recommend doing it l'chatchila). It provides tremendous motivation to change course. So, hitting rock bottom may well be the beginning of your success!

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Re: I am such a failure!
Posted by dmaot - 11 Oct 2009 21:02

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Re: I am (NOT) such a failure!
Posted by the.guard - 11 Oct 2009 21:51

Just follow the handbooks... If the tools you have been using until now are not enough, go on to the next tools! It's not easy to beat an addiction, but Hashem trusted you with this job, so obviously you have it in you. Don't let the fall get you down. That's the Yetzer hara's number one trick!

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Re: I am (NOT) such a failure!
Posted by Holy Yid - 12 Oct 2009 02:44
Although I just failed again!

[dmaot wrote on 11 Oct 2009 21:02:](#)

Now you are not failing. You are now learning things about yourself. Why did you fall? Learn something about where you are powerless and then read the handbooks and come back here.

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Re: I am such a failure!
Posted by 7yipol - 12 Oct 2009 07:03

[dmaot wrote on 11 Oct 2009 21:02:](#)

"Failed" and "fell" are worlds apart.

The only time you 'fail' after 'falling' *is if you dont try to get up again*

"7yipol tzaddik V'KUM"

And "v'kum' is so much easier when you have a whole GYE family lifting you up!

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Re: I am (NOT) such a failure!
Although I just failed again!
Posted by jerusalemsexaddict - 12 Oct 2009 09:06

You "failed" maybe cause your goals at this point are a little out of your reach.

Have a more realistic goal like:one day without mas*** and take it from there

With all the love in the world for a fellow tear-shedder

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Re: I am such a failure!
Posted by Dov - 12 Oct 2009 23:00

[dmaot wrote on 11 Oct 2009 21:02:](#)

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patience shveetheart, patience....

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Re: I am (NOT) such a failure!
Posted by HashemYeracheim - 13 Oct 2009 00:51

Welcome d'maot. As someone new to this myself, I am not sure whether its chutzpadik for me to put in my 2 cents, so apologies to everyone.

It seems to me that the most important thing is, as the Holy Yid said, is to try and understand what went wrong.

If I may be so bold as to share some of my story, as an illustration.

I started this when I was young. I wasn't frum at the time and indeed porn and mb were, if not actually encouraged, a normal part of life and certainly to be expected. I expect that in the course of time it will come out that my addiction started then, since I used to, ahem indulge a lot. It stopped when I became frum, and when I got married things were good. Over time we had our problems. Financial difficulties, infertility, clinical depression (my wife's), changing jobs, moving home.

I am coming to believe that when things got too much for me, when I became overwhelmed, stressed beyond my ability to cope, I responded by reverting to my old activities.

Anyway, to cut a long story short. I find that coming to this understanding gives me a way of understanding and therefore controlling my emotions and consequently my actions. The other thing is - if you can see danger up ahead, it is a darn sight easier to avoid. It also helps to identify triggers (those things, words situations which can lead you into harm's way) again, this should help to avoid them.

Ultimately, you can be assured that you are not alone and that we are here to help. You only have to want it.

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Re: I am (NOT) such a failure!
Posted by Holy Yid - 13 Oct 2009 01:33

May I add that you need to learn to deal with negative emotions. There is much self help literature on this subject. Once you learn how to approach anxiety you will crash allot less.

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