

Post / Thread of the Year 5777

Posted by Markz - 09 Oct 2016 16:57

Ok guys the new year began and the posts keep rolling in

Please only put here outstanding original posts which have at least 2 "Thank You's"

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Re: Post / Thread of the Year 5777

Posted by MayanHamisgaber - 08 May 2017 04:20

[Shlomo24 wrote on 07 May 2017 20:54:](#)

I'm grateful to be celebrating six months of Shlomo sobriety. That means six months free from pornography, masturbation, phone sex, downloading ways to access lust and actually accessing that lust. But that's what I didn't do. I went to meetings (one a day for the past while), I did stepwork on a basically daily basis provided I had work to do, I called/checked in with my sponsor every day and I made at least 3 calls a day. Some intangible things I did were listening to everything my Sponsor said, actively seeking and listening to my Higher Power, being of service to others whether they were in the program or not, praying and surrendering. Recently, I have come to realize that lust addiction is just one area of my disease and I have been focusing on going to sleep and waking up on time, eating three meals a day, showering and getting dressed every day, getting exercise and cleaning my room. I also go to therapy weekly. My closest friends are in program and fellowship is a way of life for me. I don't consider them "SA (or AA or 12-step) friends." I consider them friends. I also have friends outside program and I try to live by spiritual principles with them also.

This is not about me. I don't want to share this. This is about carrying the message to all of the guys (and general people who read the forums) here. "It works if you work it" and I'm proud to be working it.

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Re: Post / Thread of the Year 5777

Posted by Markz - 18 Jul 2017 03:42

[dms1234 wrote on 19 Jun 2017 01:43:](#)

I would like to thank God. Sobriety is a gift, and i am very grateful. And yet i am still powerless. I must realize this or else i will fall and fall and fall and then the end is near. Even on a joyous day like this, my neighbour beside her pool, could cause me to lust and lust. Thank God for people to call, thank God for inventories and thank God for the ability to reach out and help people suffering from lust.

One day at time. Today is an ordinary day. Where i need to my step 10/11 in the morning, call my sponsor, meditate, pray, make my calls. No sobriety birthday can every change what i need to do for myself, my sobriety, my life. I have not beaten lust, nor will I ever. It hurts to say that but its true. I couldnt stop masturbating, couldnt stop looking at porn, couldnt stop fantasizing. I cant win. Its a lose, lose battle.

Instead, I need to lower my pride and my ego and let God take over the reigns. I dont run the world, He does. His will, not mine be done. I, right now, make a decision to drop lust, fear, resentment, my will and decide to welcome Him into my life. He is in charge. My life is unmanageable. I cant do it alone and I am tired of life sucking. I really am. And i think there is a better life out there. A happy one. In fact, I felt it over the past year, not always but that relief, that serenity, that deep breath sensation is so much better than a life filled with lust, anger, fear and misery.

One day at a time. What does God want from me at this moment? God I ask for the right thought or action, please help me.

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Re: Post / Thread of the Year 5777
Posted by Markz - 18 Jul 2017 03:44

[GYEBen wrote on 17 Jul 2017 06:53:](#)

Good morning to all my friends here on GYE,

I must start my day by posting something here, because I feel that this is one of the actions that keep me on the track.

Although I do not have an urge to go and surf on some sites I know too well, I have a strong feeling - just behind my head - that if I only release the tension and the attention I give to recovery slightly - I will fall back in no time.

The idea of 'allergy' to lust is helpful for me at this moment. I know that it is dangerous for me, no matter what the quantity or quality - so I must keep away from it. Just as I'd keep away from Nutella if I was allergic to nuts (God forbid!!! - I just love Nutella!)

Anyway, I have so much to tell about...

I had this life changing experience yesterday evening - I attended my first SA meeting.

I am still trying to analyze exactly how this makes me feel and how it will influence me.

This introspection by itself is a new experience for me. I see now that I am crippled.

I have a great difficulty to express my emotions even to myself, and feel almost incapable of exteriorizing anything, but negative energies.

Yeah, I can get quite expressive when I am mad at something or someone... But then I realize that this is just an expression of being mad at my own self.

OK, so let's stay focused for a second, SA meeting.

I met my sponsor (for the first time) a few minutes before the meeting and we had a very nice chat - I felt I could be completely open and speak about my addiction, what I did, everything... And somehow, I felt comfortable to share. That was a great introduction. And then I entered the room, slowly filling up with guys, normal guys, nice people, all smiling and apparently very happy to be here. You know, just some friends gathering for a common activity that they like, appreciating the time together.

Everyone smiled at me, welcomed me heartily, made me feel really comfortable and already part of the group.

Then we had the introductions. These nice guys spoke easily, without any decorum or pathos, about their past and present issues. And I realized that it is possible to speak about being a sexaholic. It is not that we are normalizing the thing.

The tone was not - "SO, I am a sexaholic, so what?! Sue me!!!", not at all.

It was entirely on the level of - I realize that I am sick and that I need help. We found out that being together, members of the fellowship is a great way to support the healing process. Many good people have gone through similar issues in the past and have designed a process that will help us overcome our illness and start living again as God intended us to live, as WE want to live. Let's learn from them, implement the process, support each other and learn how it is to be free.

No guilt, not (too much) self pitying, no judgment. Acceptance, openness, care and love. Of myself and of others.

I looked around and I told myself that, yes, I belong here. Although these guys are all different, certainly very different from me for the most of them. But we have in common a fundamental thing that is really part of what defines me as being me.

In another context, I would have been very judgmental of them. And realizing that makes me despise myself. How can I? On what base?! And then I realize that this is also part of the symptoms of my illness. I am in general very judgmental of others and that is a sure sign that I need help - help from all those that I just dismissed as being not enough this or too much that.

Well, the fact that I am able now to write these things here, and share them with the world (here it's safe... but I will share them also with my sponsor and IYH with my new friends, in the real world) is a sign of a starting recovery process, or so I want to believe.

So yes, I am sick - but I take care of myself! I am taking real very tangible steps in order to cure this illness and become a better person, an healthy member of the community, a good husband, a better father, son, brother, friend, employee...

A Ben Adam, finally.

I felt so much care and warmth in the welcome messages each one of the attendees addressed to me that I had to speak also. And I did just that. Hesitantly, searching for my words, I tried to convey a simple message: I am grateful to all of you guys for accepting me here among you.

The meeting went on and was over in no time. The hour passed so fast I found myself out of the door, chatting with the guys, exchanging phone numbers, and then... I was alone behind the wheel of my car, driving back home.

I am lucky because I have to drive a bit over an hour to get back home - and that was the perfect occasion to try and take all this in, digest the experience. Slowly realize that all this was for real. It was really me sitting there and speaking those words that never passed my lips before, speaking almost openly about what really bothers me in my life with fellow men that

understood me. I did not just witness an ethnologic experience or so a documentary about I don't know what. I am part of this - and this feels good because this feels real. I can connect, I can start breaking the walls I have built over the years, sealing my heart from the outside. Brick by brick, I shall dismantle all until my heart is free again, exposed to the bright sunlight, the running blue water and the green valleys. And then, only then, will it be able to expand and grow, receive and give love and tenderness. Then, I hope, I will be able - for the first time in my life - to really make love.

There is a lot of work ahead, but the goal is definitely worth it! And I intend to enjoy each step on the way!!!

Hazak Veematz!

Benjamin

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Re: Post / Thread of the Year 5777
Posted by Markz - 31 Jul 2017 23:26

[lomed wrote on 31 Jul 2017 16:47:](#)

Well know of many single members on this forum that have substantial length of sobriety. I also know many members in Sa that i know them personally, that are single or seperated or divorced, or even married but went on to abstinence from sex for more than a year and they are sober. i Am actually thinking of a friend in the program that is married and has a good relationship with his wife. But for some reason they are on total abstinence for 7 years, and he is sober for over 4 years straight. I also have a friend in program that is on abstinence for over a year and he is sober for over 2.5 years.

As a matter of a fact, the way i became sober was from this. When i came to this site, and i saw on the wall of Honnor, how many single guys are clean for 100 or 200 or even more days, it shook me up. I realized that if these single guys can stop their acting out, then i can for sure.

so it may take some time, but for me, I know that SEX is indeed optional.

that doesn't mean that i dont want or like or desire or need sex. But it is still optional. I can stay sober today regardless if I have sex in my life.

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Re: Post / Thread of the Year 5777
Posted by Markz - 01 Sep 2017 04:09

5777 is coming along very nicely ;-)

[Hashem Help Me wrote on 30 Aug 2017 05:13:](#)

So what does it feel like to pass 250 days clean? BH super. Its not a magical number of any sort and we all know that the correct approach has to be one day at a time, but it does feel good. Are there rough times? Yes. Are they similar in severity to the challenges of the past? No. Would I still look forward and enjoy that warm cozy escape from real life called masturbation? You bet it. Do I have the resolve to say NO! and stay in control? Yes. (I know some call this white knuckling and dont approve of it, but hey, it works for me.)

Recently I had to attend a simcha where I knew the tznius would be lacking and unfortunately people would be dressing in a highly provocative fashion. In general I avoid department stores and other locations where triggers are present. However, I had no choice but to attend albeit for a few minutes. I davened to Hashem to protect me and removed my glasses. The situation was worse than I expected - some were barely clothed. I did not focus on anything I unfortunately saw and just kept on moving. Of course I wish I would have seen nothing, but I think I can say I came out unscathed. And that is thanks to GYE and all of you.

Of course what works for one does not necessarily work for others, but I will share what has BH so far been helpful for me. Top of the list - Speaking to people I have met from GYE. What used to be a high anxiety secret of being a hypocritical rasha and loser living a double life, is now a challenge that I see is shared by a lot of wonderful normal yidden who are trying so hard to be erlich. I finally met in person the chaver from GYE who I speak to almost daily and that really cemented that concept. As an aside, I have spoken and chatted with so many normal people that it almost appears that there are two groups of people in our communities - GYE chevra on

one side and masturbators/pornography viewers on the other. Of course I know this is not true and there are many many people who are BH clean from all this - its just the feeling you get from reading all the new posts etc. The reality unfortunately is, that whatever the numbers and percents are or are not, too many fine people are suffering immensely from this inyan. Back to the point - I have who to share my struggles with, receive chizuk and advice - and I don't want to disappoint them. Through GYE I have BH been able to help others get up and onto the road to success, and I most definitely don't want to disappoint them.

Next on the list is the constant chizuk emails GYE sends out. There is always something to read and learn. Along with that are the forums and chatrooms, also full of new ideas and opinions. They also connect me with many fellow chevra. Next is the constant updating of the 90 day chart - it keeps me focused. Taphsic helps remind me to "not even get started" and avoid all triggers as much as possible in the first place.

We daven every day "V'lo liyedei nisayon" Anyone who can should switch to a simple "not smart phone". More and more people here at GYE are saying that is their best tool for avoidance. And of course, heeding the directive of Gedolei Yisroel, all computers should have the strongest filters possible. Whitelisting is the safest for those who can do that. BH I am able to have a "not smart phone" and have a white listed computer. Is it inconvenient? Sometimes, but it is well worth it. And the Gedolei Yisroel assure us of more brocho in our homes for listening, and that is definitely worth the sacrifice (for those who can).

Personally I have not spent much time on the 12 steps, but through the forum and conversations I have definitely noshed some of the concepts for better living that 12 steps provides.

I have had the opportunity to speak with The Guard and with Dov and listen in/participate in some phone conferences. Also very helpful.

Basically I have benefitted from all of the GYE programs. As I have written in previous entries, I cannot imagine the gan eden reserved for the founder and financial backers of this organization. It is incredible that all those tools I listed above are completely free for anyone and everyone who needs.

I wish everyone out there to feel the peace of mind 250 days brings. Do I know for sure that I wont fall chas v'sholom? Definitely not. But these 250 days will always remain mine and iyh

there will be many more. May Hashem give everyone hatzlocha and may He blow a ruach tahara across the world and help us all reach the levels of kedusha that our Nation of bnei melochim aspire to.

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Re: Post / Thread of the Year 5777
Posted by Markz - 17 Sep 2017 03:09

[Markz wrote on 06 Aug 2017 21:56:](#)

IMHO there's a fallacy that is portrayed with things like Taphsic which is open to transgression (according to its rules) and 90 day chart which includes an invitation to fall on day 91. As Dov says, these are only tricks to help someone start.

Whats the fallacy?

That partial "teshuva" is available.

When in fact, GYE offers tools to 100% sobriety. Relapse can happen, but the first thing a newcomer needs to sign to is

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Re: Post / Thread of the Year 5777
Posted by Markz - 17 Sep 2017 03:12

[YidFromMonsey wrote on 20 Oct 2016 06:05:](#)

Not even sure why I'm writing this, but I guess that hopefully sometime somewhere someone will get chizuk from this.

I grew up chasidish and went through the entire system and got married like all other's in the system, but at some point I started feeling uncomfortable amongst my old yeshiva friends who were all still learning in kolel, I got close to new friends who had a bad influence on me (actually, I started playing with myself and m... at 14 but I never took it to the next level till then) and I slowly started drifting away, starting with r-rated movies, leading to porn, lusting, and eventually meeting people and doing stuff no one ever should.....

When all of this was about to explode and I would've lost my wife, children, friends and family - hashem had mercy on me and sent someone to hook me up with the right people who put my life and marriage back together. (I never joined 12 steps because I wasn't in the shmutz out of addiction but rather out of looking for fulfillment of my dark desires, the person worked with me on rebuilding my relationship and on me physically getting back into yiddishkiet by doing things that have an impact on the ruchnius of a person like tzitzis and brochos with covono and that in a chain reaction helped me overcome my nisyones.)

All of this took place almost 4 years ago and currently life and marriage is beautiful B"H. The reason I now came to GYE is 1) although I was totally clean for over a year almost 3 years ago, unfortunately I did start slipping again here and there, not with meeting up but with porn and acting out by myself, and 2) I'm still struggling with shmiras einayim like crazy, in Manhattan where I work, the struggle of looking at half naked women is only half of what it is my struggle in Monsey on shabbos or yom tov, I'm blessed with an imagination that works on overdrive and I find chasidish women and girls very attractive so for instance, taking my kids to the park shabbos afternoon turns out to be very hard on me and in a crazy way even harder than the nisyones in Manhattan.

The thing that really helps me the most on GYE is the fact that I don't feel alone in my struggles anymore and I don't feel like an outcast for having these struggles, instead I'm now part of a huge holy group of yiddin that want to be holy and are working on it together. To me, this discovery made a huge impact and gave me loads of chizuk.

May hashem help us all to overcome our YH and to be holy yiddin like Hashem wants us to be.

And then...

[YidFromMonsey wrote on 16 May 2017 19:26:](#)

Hello dear brothers,

???? ??? ?? ??? ?? ????? ????

I'd like to share gratitude to Hashem and to all of you. Not so long ago, I felt totally beaten, hopeless, and depressed. After four years of;

- so called ???????? therapy to learn how to fight my yetzer haro
- paying thousands of dollars for mashpiyim
- countless discussions with my wife trying to convince both of us that my acting out is part of history
- thousands of ?????? in mikvah
- buckets of tears during davening
- not having contact whatsoever with any women
- not watching a single movie

after four years of that I found myself out there again, back to square one, or should I say square zero because this time I crossed lines I never have before.

God could and would if He was sought, and today I'm a living example of just that, I joined SA because that was my very last straw of hope but I didn't really think it'll work for me, the longer I was going to meetings and still acting out the more convinced I became that I'm beyond repair, I'm a defected product, there's no hope for me and sooner or later I'll jump off some bridge and get out of this miserable mess of a life. Everyone in SA was talking about prayer and how they felt connected and that God listens but I didn't even have the willingness to pray so why would god care...

And then the miracle happened.

After one meeting a member said to me “forget about praying – just ask”, these words for some reason made sense and I started doing just that, asking god to “please give me the willingness to get sober” – that’s all I did besides going to meetings, twice a day I’d ask for willingness.

Without getting into all the details, God gave me the willingness, I got a sponsor, started _____, and believe it or not (I don’t), I made it to 90 days without acting out!!! Yes I’m still an addict, and yes I still feel like giving up some days, but I got so many blessings in my life, I now know my place, my life finally makes some sense, I feel hope, I don’t beat myself up anymore, I can be honest with my wife about my hardships, my marriage is in a better place than ever before (even without sex 8 times a week), my kids feel that taty is there for them, and so much more, I’ll never finish writing if I list them all.

All I can say is THANK YOU!!! Thank you Hashem, and thank you all dear brothers for being there for me when I wasn’t even there for myself. Nothing more to say.

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working the steps, daily readings, daily phone calls, daily praying – yes praying

Re: Post / Thread of the Year 5777
Posted by lionking - 17 Sep 2017 04:57

[Markz wrote on 17 Sep 2017 03:09:](#)

[Markz wrote on 06 Aug 2017 21:56:](#)

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Hey, are you allowed to self nominate a post?! If anything I think you should be the one nominated.

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Re: Post / Thread of the Year 5777
Posted by Markz - 17 Sep 2017 05:46

[lionking wrote on 17 Sep 2017 04:57:](#)

[Markz wrote on 17 Sep 2017 03:09:](#)

[Markz wrote on 06 Aug 2017 21:56:](#)

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Others gave it a nominal nomination, so it passes I think

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