

war of many battles

Posted by battleworn - 22 Sep 2008 16:09

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Dear everyone,

I really want to share my story with you, but it's long and I can't do it at once. I want to start with the beginning and the end, and I'll try to fill in the rest in installments. I grew up in a very good environment. My parents are tzadikim. I don't mean they're considered tzadikim or they look like tzadikim, I mean they are really tzadikim. When I was very young, I don't know exactly how old but it seems to me that it was before I knew how to read, I discovered a porn magazine that someone had hidden. To this day I have no idea who it was, it could have been a guest etc. I was immediately drawn to it with a strong force, and the struggle basically started from then. I hardly ever felt pleasure from porn and I think I never felt pleasure from masturbating. I never wanted to do it, I just couldn't control the drive.

Now I'd like to skip to the end.

That powerful drive is mostly gone (more about that IY"H another time) but the treacherous murderer is always working full time to somehow get me. Some of his main tools are depression and anxiety combined with curiosity. I don't get aroused easily, but he's happy just to get me to look. Since I discovered this forum, which was about a month and half ago, he hasn't had any hope of laying his filthy bloody hands on me. Thanks to GUE and friends. So that's it for now, **CHAZAK VEAMATZ!!! YOU GUYS ARE GREAT!!!**

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Re: war of many battles

Posted by Elya K - 28 Oct 2008 22:47

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If you need it, you can come on the group call tonight.

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Re: war of many battles

Posted by snax - 29 Oct 2008 14:36

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Chasdei Avos,

How did your day go by? Today Rosh Chodesh by Hallel I got the feel of Yom Tov again. Remember Hashem is "Mekimi Meafar Dal Meashpos Yorim Evyon" We just have to ask him and he will help us out of this garbage.

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Re: war of many battles  
Posted by Mevakesh Hashem - 29 Oct 2008 19:11

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Ever since I joined this forum, the words "HODU LASHEM KI TOV" has taken on a whole new meaning! I SCREAM THEM, I SHOUT THEM, I BELLOW THEM. HASHEM IS SO GOOD TO US. HASHEM LOVES US AND HASHEM IS OUR FATHER FOREVER AND EVER!

CHAZAK V'EMATZ!

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Re: war of many battles  
Posted by the.guard - 29 Oct 2008 21:15

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I have a feeling that Hashem is calling the whole Pamalia shel malah every day to read what's going on here on this forum!

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Re: war of many battles  
Posted by Chasdei Avos - 30 Oct 2008 16:20

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I have to tell you. Just the show of love and concern evidenced by all of your responses to my plea for help is in its own right a huge chizuk for me. To know that so many people care.

The only reason I did not and do not always respond quicker, is because B"H I do not have internet in my home at the moment, bli ayin horah, nor am I on the internet that much dutring the day, Baruch Hashem for that. So I apologize.

Snax: There is no question that post yom tuv has a difficult pull. I guess all previous years, I would try hard to be strong until after yom kippur, but then let my guard down. Now B"H, I am trying to continue my fight together with you guys and so its not simple. Thank you and I am still clean with all of your help, but still a bit weak. I had some close calls, which Hashem saved me from (Thank You Hashem). We will pull through together Bezras Hashem. Please let me know how things are going??

Guard: That vort is such an awesome truth and gives me strength. Thanks for the honorable mention to lift my spirits, as you always do.

I could not agre with you more about the pamalia shel maala

Elya: Thanks for the offer, but I missed it again.

Jack: Thanks for the great mashel. With all the ropes tugging me up on this sight, I am sure we will all be at the summit in no time.

Mevakesh: You never cease to give all of us power packed chizuk.

Bottom Line: You guys are great. Thanks

Chasdei Avos

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Re: war of many battles

Posted by Mevakesh Hashem - 30 Oct 2008 16:26

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Chasdei Avos,

It's only by seeing the strength evident in you and everyone else here that gives me the push to write the things I do. We need each other, always. And we need Hashem always! Yisroel, Oraysa V' Kudsha Berich Hu Chad HU!!! It's a winning team! don't desert it!

Chazak V'Ematz!

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Re: war of many battles

Posted by battleworn - 30 Oct 2008 17:16

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I just want to let everyone know that my heart is with you. I wish I could be posting a whole lot more than I am. There are so many things I want to say to so many of you. I love you guys with all my heart. I just don't have yishuv hadas since the begining of the week. Actually, if not for you guys I definately would have fallen. Please daven for me that I should get back to myself quickly.

with love gratitude and respect,

battleworn

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Re: war of many battles

Posted by the.guard - 30 Oct 2008 17:31

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Battleworn, [this page](#) of Chizuk might help you when you're feeling weak. Some great warrior once wrote it. I forget who.

We will daven for you!

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Re: war of many battles

Posted by jack - 30 Oct 2008 17:36

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dear chasdei avos - speak to someone live! it will be hard to disappoint them. without speaking to anyone, it is very difficult. you need that live support from a real person. go on the phone group, or connect with a sponsor - dont try by yourself! the people here are wonderful! today is day 58. another month will be 90! and then i'll start to work on some of the other things that have been bothering me since childhood. jack

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Re: war of many battles

Posted by Mevakesh Hashem - 30 Oct 2008 18:45

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Jack,

Day 58!! Gematria of Noach! It's Parshas Noach, and Noach was a TZADDIK!!! Jack, You are a Tzaddik too! We are counting you to stay strong for us!

CHAZAK V'EMATZ!!

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Re: war of many battles

Posted by battleworn - 11 Nov 2008 14:41

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Hello fellow warriors-beloved brothers,

After a big break, here is the next installment of my story.

The only way to describe the last 5 years before I got married is HELL!, nothing less.

At this point I want to point out what I didn't know when I was a bachur. I hope others will benefit from my experience.

1) The struggle is not a problem but rather a gift from Hashem to make us grow. Although we must always avoid nisyonos as much as possible and we daven every single day "al tivaini lidai nisoyon", but when Hashem in His infinite wisdom and infinite love gives it to us, we must realize that it's exactly what we need.

2) Every bit of effort that we invest to be misgaber, is immensely chashuv in the eyes of Hashem.

3) We don't always have bechira. We can never know what is expected of us. So we always need to try our best-not one drop less and we may never ever give up. But after the fact, there is no reason to assume that we could have done better.

4) Perhaps my worst mistake of all was that I concentrated all my effort on not being mz'l. (Often trying to stop at the last second.) I was not at all aware of the damage I was doing to myself by not guarding my eyes and my thoughts. In fact I had never learned about shimiras einayim at all. I thing this alone is a fatal error.

5) Hashem doesn't expect us to go it alone (This is one of the main yesodos of the Baal Shem Tov and by now it's accepted by everyone.) You need to belong to a system/community/Yeshiva/Chasidus etc. A tzibur is much much stronger than a yochid. And you need to ask for help if you're in trouble.

There is no question at all that my life would have been very very different had I known these things. But of course it is all for the best and I hope that through my suffering, many others will be spared from sinning and suffering. I also want to point out that I did not suffer any significant trauma in my life. Of course I suffered some level of abuse-everyone does-but clearly the greatest abuse by far was from the ferocious, monstrous, wicked, mean, vicious menuval. Also, I never associated taivah with love, but I am a very loving and emotional person.

When I got engaged, I suddenly felt calm content and happy in a way I had never felt before. As a result of that, I was much more in control. (I had one mess up in those two and a half months.)

The day of my wedding I cried so much so hard. The tears flowed straight for two hours and it was coming from every fiber of my body and soul.

At the time I thought the big fight was over. In fact I still think so, only now I know that there were more big fights to come.

That's it for now, I hope to continue very soon.

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Re: war of many battles

Posted by the.guard - 11 Nov 2008 16:46

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Beautiful! This will definitely be in a chizuk e-mail one of these days :-)

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Re: war of many battles

Posted by battleworn - 13 Nov 2008 17:18

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The first year of marriage was okay, although it was a big shock to me when I discovered that my wife dislikes physical relations. I was very patient because I loved her immensely (I still love her) and I hoped things would get better. She tried a few times to get help but it seems that nobody (including me) was able to understand her. As time went on it got harder and harder. At the time I didn't realize that she is uncomfortable with love, disgusted by intimacy and incapable of experiencing pleasure. I thought I was being the best husband in the world, because I loved her despite the fact that she was making my life miserable. I had no idea that I was also making her life miserable.

After a year, when I was under a lot of stress I fell back to my old ways of ups and downs. It was about then that I actually bought a p... magazine for the first time in my life. The ups lasted for months at a time, but then I'd fall again.

After about a year like that, I b'eZRas Hashem made a big comeback. I learned a few seforim that strengthened me tremendously and opened my eyes to a totally new level of understanding in avodas Hashem. I reached a very high madreiga (by my standards). My learning and davening were on a different plain. My shmiras einayim was on a very high level and my bein odom lachaveiro was also way up there. I was extremely happy and very resilient. [At that time I

realized how twisted my understanding of shmiras einayim had been. I would catch myself hoping (almost praying) that I would see pritzus by accident, since it's osur to look intentionally. I suddenly understood how ridiculous that is and how damaging these things are [u]even if you've seen them a thousand times before[/u].] It was then that I began to understand that everything I'd gone through was a yerida letzorech aliya. This stage lasted a few years.

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Re: war of many battles

Posted by the.guard - 13 Nov 2008 19:38

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Woah. Leaving us hanging like that in middle of this fascinating story?

May I ask, based on what you wrote, are you never with your wife?

And what did you mean you were making her life miserable as well, even though you loved her. How is that?

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