

New to the forum, not new to the addiction...

Posted by riskbh54 - 31 Dec 2009 22:18

Hey to all - Im new to the forums here but sadly am not new to sex addict thing...

I figured I should lay it all out here and see what happens. Thanks in advance for your chizuk.

I discovered GUE quite a while back and it helped me through a good 3 months of sobriety. Those 3 months were the best times I have had since I was learning in Eretz Yisrael. I know what the feeling of being free is like and man, do I want that back. But from the first fall, its been non-stop since... 2 months later and I have hit the bottom.

A little about myself:

Im a regular single yeshivish/modern guy who went to a typical yeshiva for high school and spent a considerable time learning in Israel. I have been using pornography since early high school and have been Mozteee Zerah Livatalah (MZL....) since that time as well. I knew the wrongs of it but not until I was older did I start to feel the effects of it.

In the last 3 years since returning to America, I have had my ups and downs, but have always kept the positive mindset that I WILL BREAK FREE. Sadly I never fully have. Im not ready to give up. But I have come to terms that I am an addict. In the last year, being MZL wasn't enough for me to achieve pleasure. I began to search various websites and discovered the unbelievable amount of possibilities for gratification without "going all the way" so to speak. B"H I have never gone to the real bottom, but I have found myself using massage parlors etc, we all know the results of that. And today I hit the bottom for me. I visited one of these disgusting places after a HOURS of this tremendous lust building inside of me. I decided that today it has to end for good.

So here it is! Out in the open! I already installed the K9 Filter on my computer, have downloaded the hypnotic mp3's, and will probably call a therapist.

Many times I see on the forum cries about Teshuva. How can I do Teshuva after all I've done!?!? Well I know that Hashem gives people things that they can handle. Guys! We are the chosen ones! We are the ones faced with this daunting Nisayon that plagues us. And when we conquer it - and WE ALL WILL conquer it - Hakadosh Baruch Hu will show us how far we've climbed from the depths of our destruction to the heights of happiness and kedusha.

One thing I learned in talking to certain Rabbeim through this is that you cant let yourself get down. Its not easy. I get down also, but even after a fall, we need to smile. Hashem is testing us because he loves us. When we will ultimately win the war over yetzer, these down will seem so small. The Victory at then end is so much larger and greater than all of our falls added together.

Thanks for reading. I too need chizuk. Tomorrow, January 1, 2010, I embark on my 90 day journey. My bags are packed and I am saying goodbye to the old me. I will iy"H try to keep somewhat of a log of journey. Your chizuk and support is needed and appreciated in advance.

Hatzlacha fellow warriors!

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Re: New to the forum, not new to the addiction...
Posted by silentbattle - 03 Jan 2010 15:03

Hey, Reb Risk!

How are you? How's the journey going?

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Re: New to the forum, not new to the addiction...
Posted by riskbh54 - 03 Jan 2010 21:58

Well b"H, Im so far so good. Havnt had a chance to log how its been...

Today is the first day so far my addiction is pulling me but im keeping it at bay... Whats amazing is that right now, what goes through my head is that I cant go back down that road again... i cant....

Still going through the handbooks.

The thing i realized, is that i need to simply say no to it. The hard part is that sometimes the addiction masks the ability to do so. Im finding tefilah is working in the fact that I daven for everyone in the world suffering the same plight as myself including me.

Im upbeat and confident. I may fall again, but this time around, I feel a lot more willing to beat my addiction... Im single and I dont want something like this eventually ruining my ability to find the right girl and G-d forbid ruining my marriage in the future...

The thing i need to saty focused on is keep everything going through my mind FRESH, like its new every single day... because the day it gets to be routine is the day ill fall again.

Im not ready to let that happen yet.

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Re: New to the forum, not new to the addiction...
Posted by imtrying25 - 03 Jan 2010 22:05

Hey Risk you sound like your doing really good. I love your attitude. It will take you far. And the line about not making it routine is sooooooooooooo true. Lately a couple of guys who have a pretty strong streak going are having hard days. I think it has to do with this. letting things get routine. So keep on trucking.

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Re: New to the forum, not new to the addiction...
Posted by silentbattle - 03 Jan 2010 23:59

Absolutely...but I have one question - "YET?!" :D

Life should never be routine - thank you for reminding me of that.

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