

The Start of My Freedom

Posted by tzadikatheart - 02 Oct 2024 19:59

Hi everyone. I raise my voice now for the first time here, but I've been listening to all yours for some time now. I've decided to muster the energy to get a significant post out now that it's Rosh HaShana. Perhaps this post and attempt to become clean will be my defending angel in Shamayim.

I'm going to start off with my story. Then I'll explain what kind of help I think I need. Please feel free to comment anything you think will help me!

Here goes.

So, I've had sexual tendencies for a really long time.

My first pull toward such content was literally at 5 years old. There was a day that I was so curious to see what a female breast looked like, that the second I got my hands on a free computer away from my parents, I looked up an image of bare breasts. To this day I remember that image. I got very freaked out at the sight and quickly plugged out the computer, shutting it off.

It's not normal. My hormones shouldn't have been that active at just 5 years old. I still can't explain it. But that experience was just the start.

Like many of you, I grew up with parents oblivious to the challenges of technology and growing men. By 6th grade I was handed a smartphone to do anything and everything I wanted, filter free. I don't even think my parents knew at the time that you could filter a phone. It wasn't a thought in their mind. Not even a possibility that their child would experiment with such things.

Well, I got instantly hooked. I was consuming tons of porn all throughout 6th - 8th grade. The funny part is that I didn't know how to masturbate at the time. Like for some reason I didn't put together how to do it. So I would just watch for hours until I had something else urgent to do. I couldn't "finish" a session because I didn't know how to release. In 9th grade I figured it out and I just went on a deeper spiral then. It didn't help that I was in a modern orthodox school with promiscuous girls, dirty minded classmates, etc. I was just surrounded by filth but didn't even realize it was filth. I didn't think much of it. I knew it was like a little bad but I knew everyone was involved with it so I just stayed careless.

After high school, I went to yeshiva in Israel. I finally woke up to what Judaism was about. I become frum, "flipped out", whatever you wanna call it. And I started the battle. And I fought. And fought. And fought. I was overall successful in Israel. But I didn't manage to cage the beast. Once I was back home, with unfiltered devices again, it was tougher than ever.

I had better days and better weeks. I had worse days and even worse months. But I never stopped fighting. I tried so many things. Nothing really worked. I was in a yeshiva college, so I still had regular Sedarim and all, so I wasn't like disconnected from learning and Yidishkeit. But it just stayed tough. I was pretty up and down for the next 2.5 years (ages 19-21)

Then something interesting happened. In February this year, my parents brought up the subject of Shidduchim to me. I was 21 then (turned 22 this summer). They asked me if I was interested in starting. I didn't say no, but I didn't say yes. I kind of just left it as "we'll see I guess if anything happens...". Two months later my sister told me she has a great girl for me to go out with.

Although I was still struggling with P&M, I was managing to go clean easily for 4-5 days at a time back then, so I said yes to go out. Maybe it was against my better judgement. But let me point out something.

I went out with this girl for 3 months (before I broke it off as I realized we just aren't the best match... story for a different time). Those 3 months, I had no urges. No desire for porn. I loved the girl and I just wanted to give and give and give to her. I didn't fantasize about her. I didn't view her sexually. I cared about her on an emotional level. And interestingly enough, I wasn't like super attracted to her physically to start. But I gave it some time and grew to like her personality and character traits a lot. That's kind of what built our relationship. It was like a gap in me got filled and I just wasn't interested in P&M anymore.

But as I began to realize that we just aren't a match and decided I was going to end the relationship, my urges began to resurface, after 3 months in hiatus. And right after we ended, there I was again with the unfiltered devices at home. My sessions were pretty frequent for a couple weeks from June - July, but I managed to slow it down by August time.

And here I am. At the start of October. I have not dated a girl since. Not because of any reason in particular - I just haven't gotten a Shayach suggestion yet. And it's just been up and down all throughout September. I stay clean pretty easily for 4-5 days more or less, then I fall, and the whole cycle repeats. But I need a long term solution. I can't expect my future wife to fix this problem. I need an internal change.

So I ask of you guys-

What do you think of my situation?

I want to know- is my issue habitual or lust? If it's lust, how do I learn to control my lust? Lust is what will kill a marriage. I need it under control.

If it's just habitual, obviously I will still keep pushing to end it, but perhaps marriage can help then? Perhaps that's why I was able to stay clean easily without urges while dating that girl?

Can you guys help me figure out the root of my problem here?

And so what's my next step? Unfortunately I can't filter those devices at home- they're not mine, they're my family's. And I don't want that to be the solution anyways. I'm tired of "running" from the problem. I want an internal change. I want to be able to feel it in my bones that this is not good for me, and to be able to act on that feeling. Is that a reasonable goal?

I've also been in touch with a user here I think some of you know - Muttel. He inspired me to get involved with the forums, so here it is.

Looking forward to meaningful conversations and sharing inspiring stories with you all. Shana Tova

=====

Re: The Start of My Freedom

Posted by chosemyshem - 05 Jan 2025 22:17

[tzadikatheart wrote on 05 Jan 2025 22:10:](#)

I really really hate to say it, but I don't believe internal change is possible until you are free for a bit. As much as we wait for that moment where we wake up and finally realize that this is just now who we want to be - I'm so sorry. It's not gonna happen until you just make a push first. However long you need, you just need to be clean first for a bit so your brain can think clearly.

I'm not saying I hacked the system. In fact, as I type these words, I'm currently not feeling it at all. I don't feel like I want to connect to Hashem right now. It's tough. I struggled with my Tefillot the last two days. I wasn't able to truly realize that Hashem stands before me. But I tapped into that Koach for a couple days before. I know I have it within me. I try every day and I will keep trying. I know what I am aiming for.

So good to hear you're doing well and making some progress. Eerie's a great guy to have in your corner. And I love that honest share at the end. Connecting ain't easy.

Re: the thing you hate to say. Totally agree. I posted somewhere on here about even dividing the 90 day chart in half where the first half is just staying clean by hook or by crook (whatever that means) and the second half is starting to work on internal change. I don't think it's even a controversial statement.

The good news is, pretty much everyone can force themselves to get that week or three clean. Just takes some wanting, commitment, and seichel.

=====

Re: The Start of My Freedom

Posted by BenHashemBH - 06 Jan 2025 05:01

I heard a maaseh that a bochur came to Rav Chatzkel Levenstein and confessed a serious aveira, wanting to know how to do teshuva for it.

Rav Chatzkel responded: Go to shacharis, learn by seder, and in 6 months come back to me, then we'll talk about teshuva. (I may have even posted this in response to Shem's post . . . somewhere on here).

I don't remember if it was the Vayimaein or GYE podcast (nor the Rav who said it), but they said that one can't enjoy a steak whilst still having spearmint gum in their mouth.

One point I'd like to mention is that waking up and deciding to change is not a stira to internal change taking some time.

Kol Tov

=====

Re: The Start of My Freedom

Posted by eerie - 06 Jan 2025 23:22

Hey, Tzaddik with whole being, that's a beautiful post!

I am awed by your avoda, and I wanted others to hear it, too. The fact that the past few days were a little weaker just tells us all that you are human, and life consists of days where things are easier and days where things are harder. Sometimes way harder

If I may ask, maybe I'm not frum enough or whatever, but the avoda that you mention does sounds a little intense to me, and it does sound like you demand a lot from yourself. I was wondering if you spoke to a rebbe that knows you well before you embarked on doing those things so intensely.

Your friend,

Eerie

=====

Re: The Start of My Freedom

Posted by tzadikatheart - 06 Jan 2025 23:38

[eerie wrote on 06 Jan 2025 23:22:](#)

Hey, Tzaddik with whole being, that's a beautiful post!

I am awed by your avoda, and I wanted others to hear it, too. The fact that the past few days were a little weaker just tells us all that you are human, and life consists of days where things are easier and days where things are harder. Sometimes way harder

If I may ask, maybe I'm not frum enough or whatever, but the avoda that you mention does sounds a little intense to me, and it does sound like you demand a lot from yourself. I was wondering if you spoke to a rebbe that knows you well before you embarked on doing those things so intensely.

Your friend,

Eerie

Hi Eerie.

So I didn't speak directly to my Rav about this. It's just an idea that is thrown around a lot often in Mussar schmoozes and Machshava, that we have to remember who we are in the presence of. When I was able to tap into that for those couple days, I really felt like a real Yid. It was really really fulfilling and it didn't feel overwhelming. I felt like I had it in a proper balance where I was acting overall normal (since that's what Hashem wants - nothing extreme) but I constantly understood and felt Hashem was with me, in a positive supportive manner.

To be honest my Rav mainly emphasized the idea in regards to Tefillah, since that's where we are actually speaking with Him. But the idea is something I wish to expand to all parts of my life.

I'm taking it slow. But I really find it fulfilling. That's really it.

=====
=====