

A new start for an old freind

Posted by shemirateinayim - 28 Mar 2011 19:21

I come from a quasi-broken home, devoid of all love and affection. I first turned to porn+masturbation as a temporary 'relief' from the bitter depression that I lived with day and night. With no social network, and virtually no family, i was left to raise myself, and provide my emotional needs. Porn gave me the only relief I knew of, and with the advance of DSL i went from google image search, to full blow VIDEOS (free ones - hey I'm cheap). Then with unlimited internet on my cellphone, I had an unlimited assortment of pictures to satisfy my never-ending lust.

3 years ago I found GYE, back on the .com site, even before the forum existed. After 2 months of tortuous work, I broke free and had my first of several 200+ days clean. Since then i have grow until the point where I can KILL any lust within a moment of it entering my mind. true I have my lusting under control, my shmiras einayim perfected to an art. However all my years of lusting have left me with a gaping emotional void. A vacuum that sucks the pleasure and meaning of everything I now have from me. I remain a grim and placid person, unable to enjoy the blessings G-D bestows onto me.

All the years that I was enslaved to lust, created a permanent mark in my self, that effects everything I do. But rather than accept myself as 'damaged goods' I decided to use the 12 steps to help me fill that void. Anyone who has born witness to Dov's passionate defense to his religions adherence to the program, will understand why i am now beginning to ascribe myself to this system. I am not doing it because I cannot control my lust, I C-A-N. Not because i cannot control my eyes, I have them almost fully in control. Rather I am submitting to the 12 step system, because nothing else has proven itself a long term therapy (ameilus batorah works wonders in this, until i burn-out ????).

Please join me on my path to rediscovering myself, and learning how to live as a RECOVERED LUST ADDICT.

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Re: A new start for an old freind

Posted by shemirateinayim - 16 Nov 2011 11:40

So far **no good**. This is the first time I am touching the computer since you guys last heard from me. Why, because I get an addictive thrill from simply pecking away at the keys! So I decided that sobriety meant surrendering the computer entirely, even without internet, and searching for offline cures. Well, SA in this town is ????, and all the other meaning would require me to leave my kollel, and lose my ?????, and for the life of me i can't learn without one.

But that's not why i broke my sobriety to use the internet today....no no, i'm back here because i can't abstain for more than a few hours!! I can even masturbate within a few minutes, if the opportunity presents itself. I am hopelesly lost in nmy own little world of lust. I lust after the girls on the street, and I keep sneaking peeks at my wife nursing, showering, changing (she just has a baby, so all this is off limits for a long while). -AND i DO THIS KNOWING i DON'T EVEN ENJOY IT AT ALL!!!!

I need to get my head back on strait, back into the GYE mindset. Please HELP ME!!!!

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Re: A new start for an old freind
Posted by ur-a-jew - 16 Nov 2011 15:56

[ShemiratEinayim an Old friend wrote on 15 Aug 2008 02:09:](#)

What got me throught the last 2 weeks is a perek from the sefer smirat halashon. The chofetz Chaim tells us that after 120 they weill give us a sefer torah and say "READ" and when we get to all the placed in the torah where we transgressed, we won't be able to read it. How can a theif possibly read 'thopught shall not steel..' he'll be overcome wit such a pachad and aima...he'll be sentencing himself to gehanom by reading it...because He didn't fu;lfill mit. One can transplant this to any mitzva. I talked to myself (car-rides are geat for that) and varbaly played out the entire scenario....'and theyu;re going to give you a sefer torah and make you read "Velo Sasuru....avcharei lavvavachem...veacharei eineitchemmm....asher atem ZONIM achareihem!!!!"

Eventually this became my rally call whenever I needed it. I would just scream it once (in the car again) and all thoughts of looking twice would vanighs (sometimes I need to repeat it a second time).

The sefer cheshbon Hanefesh actually advises (as part of it's amazing system) that one write an essay on the middah they want to work on, then summerise that into one pasuk/sentence, then summerise that one powerfull sentence into a made-up giberish word andwhenever that person need to conquer that midah he should say his jibberish codewqord (no-one wil know what he's doing, and verbaly stating one's goals help on both a ruchnius and lehavbdil a phycological level*)

Hatzlacha and hang in there.

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Re: A new start for an old freind

Posted by shemirateinayim - 16 Nov 2011 16:02

Honestly, this deep in, I don't care anymore :'(

If I wasn't venting mtyself "manualy" I would have been ????? ??? by now. And I might even have gotten arrested for doing so too.

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Re: A new start for an old freind

Posted by Kedusha - 16 Nov 2011 16:03

Mazal Tov on the baby!

Unless it's a girl, you're in big trouble! > > >

I see good things for you on the horizon, Shemiras. Just hang in there! Hatzlacha!

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Re: A new start for an old freind

Posted by ur-a-jew - 16 Nov 2011 16:23

[ShemiratEinayim an Old friend wrote on 16 Nov 2011 16:02:](#)

Honestly, this deep in, I don't care anymore :(

If I wasn't venting myself "manually" I would have been ????? ??? by now. And I might even have gotten arrested for doing so too.

Oh well, I thought I would try. But let's take a step back and look at what you are saying. What it seems to me is that this problem is one that get progressively worse. Earlier on, this may have and apparently did work, but now you are deeper in the hole, so all that seemingly works now is masturbating. And tomorrow, what will work? Actually getting arrested? it seems maybe yes or maybe not.

What it all suggests to me (no big chiddush I think) is that you may be powerless to lust, that is once you start it is rather difficult to stop (you're in good company). Masturbating may look like a solution but appears to be part of the problem. Of course, there is always God to turn to. Isn't He at least partially responsible for getting you into this mess, after all He did give you life this morning. You may want to consider a heart to heart talk with Him, maybe He can even lend a hand to pull you out of this mess. I'm sure you'll know what to say. You should certainly try for today (or this morning). Hatzlacha

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Re: A new start for an old freind
Posted by Yosef Hatzadik - 16 Nov 2011 16:26

[ShemiratEinayim an Old friend wrote on 16 Nov 2011 11:40:](#)

Well, SA in this town is ?????, and all the other meaning would require me to leave my kollel, and lose my ??????, and for the life of me i can't learn without one

An inadequate substitute can be SA phone meetings. They have them around the clock.
(Including men only meetings)

And also:

[Yosef Hatzadik wrote on 06 Jan 2011 20:18:](#)

MAZEL TOV!!!!

{I don't know if it is a boy or a girl...}

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Re: A new start for an old freind
Posted by Yosef Hatzadik - 16 Nov 2011 16:36

[ShemiratEinayim an Old friend wrote on 16 Nov 2011 11:40:](#)

all the other meetings would require me to leave my kollel, and lose my ??????, and for the life

of me i can't learn without one.

Many Addicts came to recognize that "for the life of me I can't *live* without one" - without a meeting that is!!!

Someone who "tried harder" for 20 years to stop, didn't get sober until he started attending daily meetings. It messed up his schedule. He didn't daven shacharis with a minyan for two years! but he is sober today. (& for about the last 18 years!!!!)

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Re: A new start for an old freind

Posted by shemirateinayim - 16 Nov 2011 18:07

It's a girl....sorry Yoseleh, but as per our prior arrangement of sandikaus, it may have to wait for another 3 kids at least!

I'm working on my "landmark" inspiration to start sobriety. I got a million reasons, but I just need to concretize the ones that will be good enough to 'forfeit' my next 'fix'. How about this...

As mentioned in the GYE literature, ????? is the "yesod" of our whole binyan ha'adam. As for myslef, my big "turn around" in beis medrash came when I started to be shomer einayim. That made a ????? in my whole life, from middos, to self disciplibne, to kedusha, totefilah, to limud hatorah, to hasmadah, to dveikus, to ameilus batorah, to he'eder sheinah.

And ever since my SA relapsed, I have lost all the above. bechasdei hashem I haven't "yet" been thrown out of my kollel, haven't "yet" been thrown out of the house, and haven't "yet" crossed and **red lines**.

However if I ever want to be the person I once was, only one year ago...

If I ever want to attain the ????? I once had ?????? for....

If I ever want to **break free** and live again...

I have to attain sobriety.

I am ready to go through ????? right now, and suffer the withdrawal syndroms that will come, just be become a person again, but not merely a person, an ??? ????.

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Re: A new start for an old freind
Posted by the.guard - 16 Nov 2011 22:47

www.glatube.com/Watch.aspx?vid=3079

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Re: A new start for an old freind
Posted by Kedusha - 16 Nov 2011 22:55

[guardureyes wrote on 16 Nov 2011 22:47:](#)

www.glatube.com/Watch.aspx?vid=3079

That's really nice. Thank you, Guard.

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Re: A new start for an old freind
Posted by shemirateinayim - 17 Nov 2011 13:01

[guardureyes wrote on 16 Nov 2011 22:47:](#)

www.glatube.com/Watch.aspx?vid=3079

Thank You so much for replying Guard!

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Re: A new start for an old freind

Posted by shemirateinayim - 17 Nov 2011 13:15

Day 1 ? ???? ??"?

I have read alot of the AA handbook so far, trying to glean a clearer understanding of the whole system. This isn't my first time reading it, and I find it to contain too much "fluff" and stories to make a clearly understandable point. It works better for a Big-Book-meeting than an informational text. Now that I have vented some frustration, it is not really them who are lacking, it's me that is sick. From last night already I have been overcome with an incessant anxiety, the first symptoms of withdrawal. At every minor nuance of a slip (catching a peak of something I shouldn't be seeing -- offline) I close my eyes and remind myself where this will take me. Instead of being frustrated at falling 2 Blatt behind the kollel's ????, and totally ,issing out on chazarah for 2 weeks... I am not allowing myself to be upset, angry, or depressed. **Instead I blame the sickness which has brought this ALL upon me, and will continue untill my total destruction!**

Do I want to be like this? then I must remember it is lust that caused it.

What will life look like if I give into this one urge? the first drink is toxic. ???? ???
?????!

To the best of my understanding **this is not yet 'program'** however ????? anything that can help me start breaking the 'pattern' **is also good**. To understand and implement program I still continue to read the BigBook, until with the help of my higher power I can surrender to him my will, my lust, and in-turn receive life.

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Re: A new start for an old freind
Posted by shemirateinayim - 17 Nov 2011 20:07

[Yosef Hatzadik wrote on 17 Nov 2011 19:40:](#)

"Rarely have we seen someone who was successful in working these steps on his own, outside the framework of a group....." (Is this a quote?)

Since SA is really weak in this town, and I don't have any realistic way of attending more meetings in other places, I will choose A FEW people to 'follow' here on the forum (hey my time has a limit), and keep in close touch with as many members as I can, on and offline.

Any Suggestions:

Yosef you are #1 on my list.... followed by likutim from Dov (reading all his recent posts)

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Re: A new start for an old freind
Posted by gibbor120 - 17 Nov 2011 20:43

There are some phone groups that recently started. Staying in touch with people is a definite must!

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