

I type my intro with trepidation as I feel hopeless

Posted by chaimchuna - 15 Jul 2011 22:06

I am a frum man with a beautiful family and despite once being an honorable member of a large orthodox community in America with a good income, I have almost thrown it all away when I was arrested for what started out as a pornography and chatting addiction for 9 years and eventually led to sexual chats with police officers, jail, loss of career and endless probation rules, treatment and complete invasion of my privacy in my home and personal life. I am financially struggling and it only adds to stress and the stress pushes me to fantasize about chatting again. I feel hopeless and although I have gone months at a time without masturbation, I fall again and again and feel that G-d hates me. I want my life back, my career and my name. Yet, life as I have known it is changing before my eyes and I do not know where or how I will come out of this. Ironically, my Hebrew name means life and yet I feel like death. This is just a summary of a story that could fill a book. I am not even sure what I am asking for by joining this GYE but here I am. HELP!

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Re: I type my intro with trepidation as I feel hopeless

Posted by chaimchuna - 13 Dec 2011 17:44

Dov,

I agree with you that no change happens unless Hashem wills it but my point is that I cannot make that change unless I really want it. That includes asking for Hashem's help and doing the best I can from moment to moment. You see I have been really troubled lately by the fact that I suffer from this addiction and why others are able to seemingly control themselves and not do this behavior. After all, what is the difference between me and them? Hormones? I do not believe that. So it must be that others are able to make better decisions to control lust. I just need to make those same decisions otherwise my failure not to is my own weakness in character.

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Re: I type my intro with trepidation as I feel hopeless

Posted by Dov - 13 Dec 2011 21:25

I do not get it. First you say that you are an addict. Then you wonder why non-addicts have an easier time with their lust.

What is the question?

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Re: I type my intro with trepidation as I feel hopeless
Posted by chaimchuna - 16 Feb 2012 23:52

Dov,

That is the question. Why do I struggle with this addiction and others ie. non-addicts, have no affinity for this behavior? So I conclude that if two males have attraction for the opposite sex and one of them becomes obsessed with that attraction then it must be about control.

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Re: I type my intro with trepidation as I feel hopeless
Posted by kidushashem - 17 Feb 2012 04:43

chaimchuna, nice to see you back. Dov's off the forum for a while, he's taking a break, but you can reach him by pm if you want.

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Re: I type my intro with trepidation as I feel hopeless
Posted by twistedthinking - 29 May 2012 17:03

Any recommendations on how to work on arrogance and anger? I feel these are big reasons for falling into a lust cycle. Thanks

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Re: I type my intro with trepidation as I feel hopeless

Posted by obormottel - 29 May 2012 17:31

Mussar, chassidus, and self-mutilation. And lav davka in that order.

Joking aside, I wholly agree that those two factors are huge in bringing out lust.

The question is, what have you tried already and why do you find its not working for you?

Mottel

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Re: I type my intro with trepidation as I feel hopeless

Posted by twistedthinking - 29 May 2012 17:41

Mottel-great question you ask. I can read the most fiery mussar or even hear it being screamed out from chashiv rabeim and yet when challenged in the moment such as losing my temper, those words are not echoing in my ears. Could be I just need review it a few million times but am curious as to what people recommend to cause change. Your advice would be highly appreciated.

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Re: I type my intro with trepidation as I feel hopeless

Posted by alexeliezer - 29 May 2012 18:46

I haven't read the whole thread, so maybe this was already said.

When I realize that everything comes from Hashem, that He is in control of my circumstances, this goes a long way toward controlling my anger. Since I know that everything Hashem does is in my best interest, it's self-defeating to get angry with Him.

Now once I'm recognizing that everything comes from Hashem, everything I have is an unearned gift, what is there to be arrogant about?

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