

Confessing some of my secrets

Posted by have2changeNOW - 16 Jan 2012 23:09

Hello All,

It does feel good to see other Frum Yidden with similar (hidden) sexual problems/addictions. I'm just posting now for my 2nd time, reading many posts, and very glad to have found this website. I am hope it helps me as it seems to have many others. I can see the chizuk in knowing we are not alone. Yasher Koach to the founders and funders.

I feel like I want to unburden myself a bit, actually a lot. I'm not really sure of the rules of what to post -so if I say anything inappropriate - please let me know, and I will certainly avoid it in the future.

So here's the biggie – I just have to get off of my chest: I see most of the post and articles discuss masturbating and porn. That is part of my problem for sure, but I go much worse - going for massages with a 'happy ending', and worse going - to live zonahs; and worse - trying for certain 'fetish' acts that many times include unprotected sex. This has been going on off and on for about 20 years, and I'm married for about 22 years. Oy! I have led such a bad double life.

I have ups and downs with the zonah frequency – but sometimes its a lot – like 40 or so times per year! Sometimes I feel terrible about this terrible secret life, other times its more emotionally distant from me. This year since Rosh Hashona I have fallen much less than last year to the zonah level. I have put filters on most PCs and cellphones I have access to, and I feel that joining GYE is big part of positive hishtadlus.

That side of my life is so diametrically against what I believe in!! Sometimes I have streaks for a month or two when the zonah part doesn't happen at all, but I feel like I almost never know when that could 'strike' and not be derailed by me stopping and/or even just masturbating. On a scale - if I only just stayed at home and masturbated - that would be great (relatively), especially if it's just using my imagination not on internet. Does that make sense – or am I just rationalizing masturbation?

I think my self-esteem is ok (?) - I have grown a lot in learning, pretty good job, nice friends,

Baruch Hashem - I get along well with my wife (she's great in most ways, including a good sex life and she's understanding – she knows just about the internet porn /masturbation part of my addiction) but I would instantly become the biggest hypocrite ever if the zonah part ever got out – G-d forbid! And I do believe that its hurting my Nashama – and it's one of my life's' avodahs to have to fix somehow. . . .

Please Hashem help me to never do that again!!!!!!

Thank you all for reading/listening – feels very cathartic to tell the truth to this special group of holy brothers.

Sincerely,

Trying4awhile.

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Re: Confessing some of my secrets
Posted by alexeliezer - 07 Feb 2012 20:27

Sounds like everything's in place for continued success!

[Have2changeNOW wrote on 07 Feb 2012 19:50:](#)

One thing that is weird - I feel like i still have a big secret from my family - that I'm "in recovery" and making all these changes without letting them know. I think that must be the only way for now.

Here's a quote from the SA White Book:

A Caution

We suggest that newcomers to Sexaholics Anonymous not reveal their sexual past to a spouse or family member who does not already know of it, without careful consideration and a period of sexual sobriety, and even then, only after prior discussion with an SA sponsor or group.

Typically, when we come into the program, we want to share our excitement with those closest to us and tell all right away. Such disclosures might injure our family or others and should be confined to the group of which we are a part until a wise course is indicated. Of course, if there is any chance we have put others in danger, we take immediate steps to try to correct that.

Few things can so damage the possibility of healing in the family as a premature confession to spouse or family where sacred bonds and trust have been violated. Unwittingly, such confessions can be attempts on our part to dump our guilt, get back into good graces, or make just another show of willpower. Great caution is advised here.

Amends to family must begin with a sexually sober, changed attitude and behavior on a daily basis. Then, as we grow in recovery, we will find how to make direct amends.

Help from sponsor and group is indispensable here. There's always a way, if we really want to make things right.

BTW, the White Book might be a good way to spend some of your "seder." You can download it here:

www.guardyoureyes.com/ebooks

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Re: Confessing some of my secrets

Posted by have2changeNOW - 07 Feb 2012 23:03

Thanks Alex - that's enough for me to rely on. So my secrets will be told this Chevra family only - not the one in my home.

Is it an ok practice, without getting explicit, too get off my chest some more of my really lowly

and stupid addicted moves over the years?

I think that will help me just let go.

Baruch Hashem that i can say this to you all for the last few weeks: THANKS FOR THE CHIZUK and LIFE HEALING ADVICE

Have2chagneNOW

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Re: Confessing some of my secrets
Posted by Me3 - 08 Feb 2012 16:07

I don't think it's a good idea to post your lows on the forum unless you are sure that those details will not be triggering to others. If you want to share it arrange with somebody to PM it to them (Just not to me).

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Re: Confessing some of my secrets
Posted by blackbigday - 08 Feb 2012 20:44

Of course triggering is a danger, as it is in many posts on this site. However, when someone gives some details of their lows, enough to make it real to me, then I get chizuk from seeing someone struggling like me, and I fight back harder with what I am dealing with. Keep the lows coming!

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Re: Confessing some of my secrets
Posted by have2changeNOW - 09 Feb 2012 00:17

Hello Chevra,

I see there is a split opinion on me describing a few lows. I have been debating this also - on one hand feeling it will be cathartic, on the other hand maybe its dwelling on the past. I think in the big picture - I am really not used to this current state of being really clean/sober and I really want to build it out IY"H, and one day at a time, but there's a part of me that is looking over my shoulder for the other foot to drop. Certainly this sobriety seems real, great, awesome - different than previous times when i refrained from zonahs, but still involved in web porn and oogling and masturbating. As i said this is different. now I know I'm a life long lust addict, and as Dov so nicely said on a recent post - i have to surrender to Hashem. This addicted stuff kind of forces us to do what we were supposed to do as frum yids anyway - right?!

Well- in order to show myself just how the addict has taken over - and how i really need to be 100% clear with myself that i am helpless in the face of lust, here's a few moments of shame. The time i drove and drove just a few hours after yom kipper one night, left my kids home alone, to go find a zonah - HOURS after YK!

How many times have i been at the zonah's hotel door, knocking, and she is slow to answer, and I tell myself to run away, bit i didn't run away - i just waited there.

I've acted out so many times, but maybe there is at least one pattern that is sad - after a big spiritual event - I have often frequented the zonah. Twice (or more) the day after returning from an amazing trip to Ertetz Yisrael - I am running to the zonahs. Once i went to a gross city with gross street hookers and rented a dive hotel room for \$15 with two fairly disgusting zonahs - the first day back from Israel. I cried and cried after that - but then was back at it again fairly soon. The night after my son put on tefillin for the first time. Many motzi Yom Tovim over the years - one Rosh Hashona (!), one Shavuous, once directly on isha Ba'av (still can't believe that)! How helpless mustl be in the face of a lust thought/attack?? So many times I would 'swear' never again. I see every motzi Shabbos is tough for me, and now I need to be prepared and make a fence. I have often gone right after shabbos to the bathroom and starting searching my stupid zonah sites. ugh. Yech!

Last year - I got a call from some stranger on my cell phone - said i was calling his 'escorts' and not going, and he was going to charge me for all the hotel rooms and threatened to deliver a big package about it to my office etc unless i paid him cash at Western Union. Total Scam - he must have put on fake numbers on websites. He kept upping the price and saying i had to pay for legal fees for a release. He kept name different Jewish names for his law firm. I was really scared and shaken up - i was mostly scared that everything would go public. Should i get a lawyer? and have to tell him what was going on? How would I lie and say that i never went?? In the end i left my office in the middle of the day and paid to western union 3 times a total of about \$1,000. For days i was so scared every time I got a call that he would come back and keep the blackmail going. I started to say "I do teshuva on zonahs" every day 100 times a day.

But you guessed it - that happened in January 2011. By May 2011 - I was back at it. This time always careful to tell the zonah I am not coming to you, just in case, it was his fake numbers.
CAN YOU SAY ADDICTED ??

Well - I hope this was ok - and no one was offended. I'm just trying to make it so clear to myself how my only hope is really this type of recovery, and this group is the only way i can really tell the truth to anyone right now. Thanks for listening.

Working it.

Have2changeNOW

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Re: Confessing some of my secrets
Posted by Dov - 09 Feb 2012 00:38

Dear havetochangenow,

Did you get my pm?

- Dov

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Re: Confessing some of my secrets
Posted by Blind Beggar - 09 Feb 2012 10:57

Have To, not triggered at all. The only thing that would have held me back from a zonah opportunity (which never came) was the threat of blackmail.

I think doing it on Tisha be Av was the most shocking thing you wrote. Two zonahs and right

after Rosh Hashana I can hear, but Tisha be Av made me gasp.

I'll tell you part of my 1st Step: You can pour a bowl of soup over me in the Succah and call me Amolek Hitler and I will not get upset in front of the Shechina and the heiliger Ushpizin but I have lost count of the number of times I masturbated in the same Succah under the same schach a week after Yom Kippur. Same sickness, slightly different symptoms.

321 days sober. Im yirzeh hashem bei you.

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Re: Confessing some of my secrets
Posted by tehillimzugger - 09 Feb 2012 12:32

[Have2changeNOW wrote on 09 Feb 2012 00:17:](#)

I've acted out so many times, but maybe there is at least one pattern that is sad - after a big spiritual event - I have often frequented the zonah.

from the attitude handbook:

In general, those who struggle a lot with these issues, have a great deal of emotional and spiritual energy inside them. It is they who actually have the capacity and potential for the most intense spiritual connection with Hashem. We just need to learn how to channel the energy of our souls in the proper ways.

It is also known, that people with particular character traits, such as creativity, love for people and spiritual sensitivity, are more prone to seeking alternate expression for their inner strengths

through a stronger than usual sexual drive. That is why it is so important to learn how to channel these strengths we have in the proper ways. Heightened sexual desire is actually a symptom of a deep subconscious need that - for some reason - has still not reached fulfillment.

Our Sages have said (Sukkah 52a, discussing the desire for lust): "Whoever is greater than his friend, his Yetzer is greater as well". It is important to understand that, in a psychological sense, the Yetzer Tov and Yetzer Hara are really the same inner force. The greater a person is, the more his soul's strengths require expression, and these strengths will ultimately burst forth and find expression in either a positive or a negative way.

As Rav Tzadok (in Tzidkas Hatzadik #44) writes, if a person has major temptations, he should not be saddened about blemishes in his soul; on the contrary, he should be glad to realize that he has special strengths that need to be properly channeled. This, he explains, is what Chazal meant by "One who is greater than his friend, his Yetzer is greater as well."

Later on, Rav Tzadok explains (based on the Zohar) that the Dor Hamabul and the Dor Hamidbar, who received the Torah, shared the same souls. And he explains that the reason is based on the above principle. The Dor Hamabul's major sin was spilling seed, as is well known from all the kabalistic oriented seforim, and the Dor Hamidbar were Zoche to receive the Torah. Rav Tzadok explains that the spiritual energy is one and the same. The fake desire for lust is the flip side of the same coin of a true desire for Torah and spirituality. And he explains further, that this generation will appear once again in the days before Moshiach, where the spiritual Kochos will once again succeed in overpowering the koach of lust.

So let us direct our spiritual vigor into our prayers. We will be amazed at how uplifting they can become! And let us start doing the mitzvos with enthusiasm and learn Torah with passion! We were given a gift by Hashem because the struggles we are experiencing are really just the vibes of our souls, striving for genuine expression and a true connection with the Almighty.

Our Divine service can be so much more than average if we use the struggle in the way it was intended by Hashem, as a spring-board for growth. Spiritual progress that might take other people many years of intense Divine service to achieve, we can attain through this struggle in a very short time, if we use it right!

It can also be very helpful to seek alternative ways of connecting to Hashem to find inner fulfillment. We can seek out Chesed projects, Torah projects or study new areas or techniques in Divine service. For that is what our souls are really yearning for: a meaningful connection with Hashem and fulfilling that which we came down to the world to accomplish.

It is also important to point out that instead of running frantically away from the Yetzer Hara in fear, we can learn to run instead towards Hashem with joy. If we do this, the Yetzer Hara falls away by himself. As the Sefarim say: "Sur merah." How? Through "Aseh Tov!"

It seems that whenever your spiritual side was aroused, you were more susceptible to the yetzer hora, bezras hashem from now on those kochos will be used to help the yidden at gye!

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Re: Confessing some of my secrets
Posted by alexeliezer - 09 Feb 2012 15:48

H2,

Thanks for sharing that with us. Not inappropriate at all.

It was a good reminder for me of just how powerless we really are over this, and how stupid we look, especially to ourselves, when we take just a small step back and look at it.

This powerlessness is the reason we must avoid it completely, and turn our will over to Hashem, begging him to intervene. Again and again.

Have a great clean day!

Alex

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Re: Confessing some of my secrets
Posted by ontheedgeman - 09 Feb 2012 17:38

lol did everyone catch the "Freudian" slip, H2 actually wrote "isha B'Av", not "Tisha B'av". This is an allusion to the fact that a person who is with zonahs it's not only as if he failed to rebuild the temple, but it's as if he converted the days of mourning into days of festivities for zonahs.

i can only write this as someone in the same camp as our dear chevra.

i am in the same space of denial as H2 was initially regarding certain activities. I feel, okay, i won't go for not-so-happy endings, but I'll still go for regular RMT's by women. is this stinking thinking? it seems I have tried this time and time again, and I always slide back into places where they massage inappropriately and cause emissions.

I know my real task is to convert these emissions, and make GYE my e-mission.

Thanks for listening, I'm here monday and thursday nights, don't forget to tip your waitress. er, waiter.

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Re: Confessing some of my secrets
Posted by tehylimzugger - 09 Feb 2012 19:00

[ontheedgeman wrote on 09 Feb 2012 17:38:](#)

Thanks for listening, I'm here monday and thursday nights, don't forget to tip your waitress. er, waiter.

[obormottel wrote on 26 Jan 2012 00:03:](#)

oh, I'm hosting....\$150 cover charge and don't forget to tip your burka-wearing waitress.

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Re: Confessing some of my secrets
Posted by Hashem Yaasfeni - 09 Feb 2012 21:37

[Blind Beggar wrote on 09 Feb 2012 10:57:](#)

I'll tell you part of my 1st Step: You can pour a bowl of soup over me in the Succah and call me Amolek Hitler and I will not get upset in front of the Shechina and the heiliger Ushpizin but I have lost count of the number of times I masturbated in the same Succah under the same schach a week after Yom Kippur. Same sickness, slightly different symptoms.

Wow.... The Litvishers are so critical on the Chabadniks for not sleeping in the Sukkah but I see now theres a good reason not to ... You get too familiar and the Holiness of Sukkah is out the window... or out the schach.....

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Re: Confessing some of my secrets
Posted by have2changeNOW - 09 Feb 2012 23:58

Thanks as usual for all the good feedback! And right on target, as usual.

That exact piece from the handbook - from TehillimZugger - stood out to me on my first read about 3 weeks ago, very inspiring, but now its not on the top of my mind enough...

and Alex - as you said "the reason we must avoid it completely, and turn our will over to Hashem, begging him to intervene. Again and again." that so MUST be my modus operandi (sp?) these days. There is a sense of achievement in looking away, in giving it up to Hashem, that i imagine gets deeper and deeper.

It was probably lost in my long post yesterday - but all the recovery stuff is very similar to what a good Frum Yid should do/think anyway - forces us to excel in yiddishkeit thinking - right? The urgent and concentrated version . . .

I do realize there is some selfishness to tell you all some of my lows, and I'm grateful that i could share, that it didn't trigger - adarabba - it seems like it was a reminder in its own way for you. maybe also its helpful for you to think - wow that guy Have2chagneNOW is really messed . ohh I so lost my mind on my way to my addiction.

For me - i feel on one hand needy - just about drowning in a turbulent sea, and you all leaning over the side of the GYE boat reaching out your hand for me to grab on. And yes- i do want to help others - so glad to offer what ever i can - perhaps some of my recent changes to Addiction realization/ admittance can help others see their own addicted reality, and get hope to get it their own recovery more.

up, Thank G-d - I'm not that bad off

I do have a few more lows, they are not coming up as guilty, but as little shockers as how much I can't lose focus on recovery - the tight rope picture above is good, as someone posted recently, IY"H.

That 90 day scientific study sounds good - but one day at a time IY"H

Hatzlacha and thanks again

H2CNOW!

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Re: Confessing some of my secrets
Posted by alexeliezer - 10 Feb 2012 14:51

[Have2changeNOW wrote on 09 Feb 2012 23:58:](#)

There is a sense of achievement in looking away...

True happiness comes from actively overcoming challenges. So in my estimation, even with all the inner turmoil that comes along with initial withdrawal from lust, you should have a very real sense of happiness.

Have a wonderful Shabbos!

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