

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 ontheedgeman - 15 Feb 2012 04:15

What is it that might potentially trigger you?

Try to remember that you are not like normal people. Normal people may be able to get away with this or that here or there. For us addicts, our brains, bodies, and minds are wired differently. Once we take that first sip, or the first slip, there is no telling where it can end up. You have seen this countless of times I'm sure. "Vehayu letotafot beyn eynecha" - it should be a sign between your eyes. **YOU ARE NOT NORMAL.** Our thoughts are not normal. Our beliefs about healthy sex are not normal. We are sick, twisted nut cases. Add **THAT** to your Yom Kippur liturgy.

I am slowly starting to see that if I am truly an addict, then there can be no "ifs and or buts" (no pun intended) about it. There can be no "If I just have a 30 minute massage, I'll be okay... it will reduce my preoccupation about sex for the week... If I just get my wife to do x, it will give me

reprieve from my preoccupation".

Nope. doesn't work like that. and insanity is going through this same ** routine over and over.
OKAY THIS TIME I CAN DO IT. Nope. Not even.

the way out is acceptance, I am different than non-addicts, my brain is different. and I need to
constantly turn it over to Gcd. Even that tiny little part that I NEED to hold on to, for ME, I gotta
give that over too.

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Re: Confessing some of my secrets

Posted by have2changeNOW - 15 Feb 2012 04:32

Good news Chevra - the possible trigger scenario of staying by myself in the office with not fully
filtered PC for a few hours was a success tonight - NO ACTING OUT! Baruch Hashem!

A HUGE special thanks to those of you have gave me recommendations. I never listened to the
Shmiras enayim clips before - those were awesome and helped a great deal!! I have been
looking for shmuzin about this stuff and didn't see that on GYE yet - so thanks doubly. and
special yasher koach to Zemiros Shabbos - who PM'd me with offer to keep in touch directly if I
needed it. It was great to not be 'alone'

I have such hakoras hatov - maybe i'm really starting to recover . . . IY"H. I know - one day at a

Be matzliach and good night!

Have2chagneNOW

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Re: Confessing some of my secrets
Posted by tehylimzugger - 15 Feb 2012 11:57

lechaim!

please remember that you didn't win the war- you survived a battle.

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Re: Confessing some of my secrets
Posted by Hashem Yaasfeni - 15 Feb 2012 13:29

[Have2changeNOW wrote on 15 Feb 2012 04:32:](#)

A HUGE special thanks to those of you have gave me recommendations. I never listened to the Shmiras enayim clips before - those were awesome and helped a great deal!! I have been looking for shmuzin about this stuff and didn't see that on GYE yet - so thanks doubly. and special yasher koach to Zemiros Shabbos - who PM'd me with offer to keep in touch directly if I needed it. It was great to not be 'alone'

Great Job !!! H2CN ...you gotta give us a better name !!!

KEEP LISTENING !!!! Glad you took my advice...works wonders for me...Am into 130 days and up one day at a time.

You can do it too....

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Re: Confessing some of my secrets

Posted by alexeliezer - 15 Feb 2012 14:44

H2,

I really feel like I'm in this with you. Didn't see your late day posts yesterday, but very happy you made it through. I don't think you were departing from "one day at a time." It is reasonable, when you know you will be faced with a special nisayon, to give yourself a big "heads up," which is exactly what you did. I would just add, and you probably did this, to daven in advance of the nisayon for help getting through it.

As addicts, we must plan ahead. It's part of being powerless. It's part of avoiding that which we otherwise have no control over.

Well done!

Alex

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Re: Confessing some of my secrets

Posted by ur-a-jew - 15 Feb 2012 16:29

[Have2changeNOW wrote on 14 Feb 2012 21:52:](#)

Here's a call out for some urgent advice /chizuk. I need to work late on special project at my office tonight. Its likely I'll be the only one hear for about 2 hours, and that means I'll be alone with my PC that has a filter - but i know the one or two websites that i can get to 'around' the filter. I REALLY WANT & NEED TO STAY CLEAN - but I'm worried about this upcoming triggering event! Seeking success tonight - just to finish the project and go home happy that I keep away from the shmutz - IY"H!!

Your recos please - will be greatly appreciated.

This is why in addition to a filter, most experts recommend an accountability program such as webchaver, so even if you know "the one or two websites that [you] can get to 'around' the filter" your activity will be reported to someone. Hatzlacha

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Re: Confessing some of my secrets

Posted by have2changeNOW - 15 Feb 2012 18:57

You Guys are awesome! I came in this morning, read your posts, and smiled a real smile. Feeling that I had a group of caring guys who love me, and could hear your cheers for last night's 'secret' success. Just not gonna do this alone! And what a great feeling to not give in, and to focus on all the recovery good stuff. Baruch Hashem!!

I feel the love - its amazing that we are just talking online - but so personal. So real without meeting. Its sharing the true scary content of our real lives.

The chizuk from you - INVALUABLE!

I'm davening for all of us - funny for some of the online names - but lets just KOT!

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Lots of love - Have2changeNOW (working on the name change - but this one fits

Re: Confessing some of my secrets

Posted by Gevura Shebyesod - 15 Feb 2012 19:22

How about CH₃CH₂OH? ;D

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Re: Confessing some of my secrets

Posted by have2changeNOW - 15 Feb 2012 19:24

a name only a mother could love (if she could remember it!)

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Re: Confessing some of my secrets

Posted by gibbor120 - 15 Feb 2012 20:10

[Have2changeNOW wrote on 15 Feb 2012 18:57:](#)

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Re: Confessing some of my secrets

Posted by Gevura Shebyesod - 15 Feb 2012 21:16

[Have2changeNOW wrote on 15 Feb 2012 19:24:](#)

a name only a mother could love (if she could remember it!)

It's easy to remember, it's pronounced WOODFORD! ;D

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Re: Confessing some of my secrets

Posted by have2changeNOW - 15 Feb 2012 21:35

Amen to the REAL change!

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Re: Confessing some of my secrets

Posted by alexeliezer - 15 Feb 2012 21:37

So can we call you Glen?

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Re: Confessing some of my secrets

Posted by have2changeNOW - 15 Feb 2012 22:28

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Glenhas2changeNOW - that's a beauty!