

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 - 29 Feb 2012 17:48

why did the addict cross the road? To get to the other wifi.

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Re: Confessing some of my secrets
Posted by tehillimzugger - 29 Feb 2012 18:02

[ontheedgeman wrote on 29 Feb 2012 17:48:](#)

why did the addict cross the road? To get to the other wifi.

huh?

???????

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Re: Confessing some of my secrets

Posted by Gevura Shebyesod - 29 Feb 2012 18:56

You know...the other WiFi...the unfiltered one.... :o :o

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Re: Confessing some of my secrets

Posted by Hashem Yaasfeni - 01 Mar 2012 22:16

Is "VNahafoch Hu" in there somewhere in the name ??

Appropriate for Purim coming up.....

BTW all, i started w GYE and being clean since Sukkos am looking forward to getting to the next big Yom Tov Pesach, and then at the end crossing The River to the other side !!!!!
YYOOHOOO Free at last.... Free at Last... (MLK jr)

All of course, one humble day at a time.....with The Almi--ty's help...

I love you HKB"H and all you tzadikim at GYE....

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Re: Confessing some of my secrets
Posted by have2changeNOW - 02 Mar 2012 15:32

Hello Hashem Yassfeni,

That is awesome that you have achieved that sobriety, B"H!! Any more info/advice about how and what helped? This is a good moment for me to ask a GYE technical question - how do i find someone's thread from the start. I imagine its likely that your story of addiction and recovery is best described in your own thread. Sorry for a 'dumb' technical question - but I'm not sure about how to go about that. Would like to read more about the gadols in this holy Chevra.

I do have some feedback about the names - but super busy today - bli neder will get to post that later!

Be matzliach! and Good Shabbos!

Have2changeNOW

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Re: Confessing some of my secrets
Posted by Gevura Shebyesod - 02 Mar 2012 15:48

The easiest way is to click on the person's name to get to their profile. Then click on "show posts". You will see all the posts they have made on the forum, in reverse order. Go to the last one, that's the first post they ever made.

Good Shabbos and Keep On Hummering!!!

Gevura!

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Re: Confessing some of my secrets

Posted by ZemirosShabbos - 02 Mar 2012 18:33

just checking in H2,

have a great shabbos!

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Re: Confessing some of my secrets

Posted by gibbor120 - 02 Mar 2012 19:23

Some ppl have a link to it in their signature 8) .

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Re: Confessing some of my secrets

Posted by Blind Beggar - 03 Mar 2012 21:58

And some people have a link to it in the icon of the earth under their avatar. You will find other icon-links there to send a PM, to send an email, and to see their profile.

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Re: Confessing some of my secrets

Posted by have2changeNOW - 05 Mar 2012 20:02

Hello All - thanks for the help to find the earlier posts. Very helpful to see some peoples 'story' and path towards sobriety/recovery. IY"H by all of us - including me :D

As for the name, TZ, my spelling that you commented about "You left out the "G" before the "NFL"" - I was subconsciously showing my love of football!

Hashem Yaasfeni - I love your Purim reference, and the upside down 'turn yourself around' message is great - but my Hebrew is just not good enough yet, and I'm sure I'd mangle that spelling daily . . .

Gevura Shebyesod - the H₂CN space molecule is nice - we should all be bright stars - clean and shiny, free from ALL acting out. . .

Sof Sof: for those of you who go way back to my first posts, about 6 weeks ago - "Have2changeNOW" is already a big improvement over my original posting name of "trying4awhile". Remembering that I Have to change NOW! states the reality of my addicted behavior. It has even helped save me from a near fall back in the beginning of my posting. So, I love nicknames, H₂, H₂CN, or the longer versions too, but if you'll all bear with me pls, have2changeNOW still fits the bill for me. Maybe, pls G-d I'll to change "didn'tactoutinverylongtime" one of these days >>> ;D

OK - you guys are the greatest! and it looks like we have a bunch of newbies on board to try and help! let's got work!

Be matzliach

Have2changeNOW

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Re: Confessing some of my secrets
Posted by tehillimzugger - 06 Mar 2012 11:32

[Have2changeNOW wrote on 05 Mar 2012 20:02:](#)

Maybe, pls G-d I'll to change "didn'tactoutinverylongtime" one of these days

how would you define "verylongtime"? cuz according to what you used to, you didn't act out in an extreeeeeeeeeeeeeeemely loooooooooooooooooooooooooong tiiiiiiiiiiiiiiiiiiiiime! and we as your gye family are very very very very very very very very very very very [i didn't use copy paste on that i actually typed it all out] proud of you!

Chazak v'ematz NFL Fan! [we'll leave your name at that for the moment]

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Re: Confessing some of my secrets

Posted by have2changeNOW - 06 Mar 2012 16:36

Thanks TZ

That felt great!!! And gave me a big boost this morning, and then again on re-reads. That is so good about this GYE Chevra - that we are no longer fighting the battles and/or making the progress all alone, in our own secret world, but we have encouragement and advice from Yidden who have their own similar struggles, great knowledge, and care!

On that note - I expanded from scotch and bought a bottle of WOODFORD for Purim in honor of the holy GYE Chevra! Yasher Koach and L'Chaim!

All the best

Be Matzliach,

NFL NOW

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Re: Confessing some of my secrets

Posted by obormottel - 06 Mar 2012 16:40

An important step in making recovery real (as per Dov) is to go by your real first name. I'm sure TZ can find you a link to the multitude of posts where this is discussed at length (not that a lot of people here heed that advice, anyways).

But what do you say, NOTMYREALNAMECAUSEILIVEINAFANTASYWORLD guy?

Are u splitting your persona in two by hiding behind a gibberish of a name? The idea of recovery is to heal the great divide between our real selves and the persona we take on when we act out.

Anyone else shares this sentiment, or is it one of those Dov's toirois that we kinda know about but pretend to be oblivious?

Mottel

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Re: Confessing some of my secrets

Posted by tehillimzugger - 06 Mar 2012 16:57

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Mottel

Listen my dear friend Reb Mottel, MR.NOTMYREALNAMEHAVETOCHANGENOW happens to be a devoted disciple of Dov, and many people here on the forums know him by his real name, the forums aren't his only venue of recovery...

love you mottel- how about cooking the guy some buckwheat varnishkes to make up- I'll go turn on the ovens...

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