

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 Yosef Hatzadik - 11 May 2012 02:43

Thanks!

I needed to *hear* that!

(I am referring to both of you, **Have2changeNOW** and **Dov**.)

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Re: Confessing some of my secrets
Posted by alexeliezzer - 11 May 2012 20:07

Here with you bro.

I never believed in the 90 day thing, and have never counted. I made a commitment to be sober for the rest of my life, one day at a time. I'm sober over 3 years and I'm still one slip away from disaster. This isn't a habit. It's an addiction. My mind has been permanently altered by a life of incessant lusting.

There are some good things happening this far out. I'm not constantly having to shoo away machshavos. They come much less often. And I'm finally able to work on my relationship and proper relations with my wife.

Considering where you came from, you are doing absolutely great. You had a stunning 3-month start, and you will reclaim your kedusha. I believe in you 100%. Whatever you do, don't let it get you down. Be humbled, learn from it* and move on.

Have a wonderful Shabbos Kodesh with your family.

Alex

*our only hope is not to slip

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Re: Confessing some of my secrets

Posted by have2changeNOW - 11 May 2012 20:39

Well thanks to both Dov and Alexelizer. I really needed to hear both of those comments.

I actually had a big huge post that i was editing this afternoon (Friday), and I left the PC and it logged me out! Bummer.

Suffice it to say that I am not too upset about the fall - mainly i just want to get back up there
Good thing you haven't told the wife yet
again IYH!! Somehow!

and that its great to be back on GYE.

Missed you guys

HAve2changeNOW - AGAIN!

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Re: Confessing some of my secrets

Posted by Yosef Hatzadik - 11 May 2012 21:11

Since joining GYE I have had 113 days, 178 days, 99 day streaks.

I am currently sexually sober since September 14.

Does this give you any hope?

Cumulatively, The GYE WOH counts 794 days for me. I never DREAMED that it is even **possible!!!**

TFLMS my ES&H.

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Re: Confessing some of my secrets

Posted by have2changeNOW - 11 May 2012 21:53

Thanks YH - That is encouraging - but please tell me what you have done to get back up to sober after a fall?

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Re: Confessing some of my secrets

Posted by Dov - 13 May 2012 06:15

You did not answer any of the questions I posed to you.

Maybe not on the forum, that may too upsetting, perhaps - or not...though it might help people here. But at least to answer them to *yourself*?

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Re: Confessing some of my secrets

Posted by ontheedgeman - 14 May 2012 04:15

Yosef HaTzadik - I don't think (at least unless Dov says otherwise) that this programme teaches people to be sober for the rest of their lives. No addict would continue in recovery if that were the case. I believe the mantra is 24 hours at a time. That's it. the number of days sober is apparently meaningless and of little purpose to the recovering addict. It's rather to let others know it's possible.

that being said,..... H2C!!! WHAT THE!!!! DUDE, get back on the horse. If any one can get back up there you can.

I am in a similar pit to you right now so if any one can give you chizzuk it's me. lol okay maybe not. I started with the "kosher" RMT's... that was seemingly my way back to a minor slip... and minor slip and minor slip... I now have found that I actually have a very easily excitable situation, i.e. I think they call it premature e***, so if I go to a place that is slightly more than RMT something happens that is not kosher.

For some reason even though I say these places are "okay" and I just need to learn how to control my issue, the reality if I can stop lying to myself is that this is a bona fide sexual experience and it's slippage.

I guess I'm seeing now the real problem with S** addicts is that with all this talk about "hitting bottom", that's actually a trigger to go to zonahs again.... okay bad joke... joking is coping...

anyhow now I think I'm getting a shingles relapse... so H" is touching me with a 'negah'.... dratz.

I haven't been going to meetings and I'm kind of ashamed to show my proverbial face anywhere, which is part of the problem... haven't called either of my sponsors due to the shame... drat.

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Re: Confessing some of my secrets

Posted by obormottel - 14 May 2012 04:36

My sponsor, reacting to my recent "slip'n'fall", said to me: if you keep making small deposits into YH's account by...(fill in your personal favorite), you don't think he's gonna present you with a huge withdrawal slip?

V'hameivin yovin.

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Re: Confessing some of my secrets

Posted by Dov - 14 May 2012 16:51

OK, last pain-in-the-buttock post on this thread (at least about this topic)....(bli neder) :-X :

I asked you 2 questions about how this last giving up of soriety came about. You write about how to get back up onto the horse. But 'getting back up on the horse' can often be a nice-sounding way to say, "it's over, forget about it!". Ooh, *there's* a great way to ruin one's odds...

By basically ignoring the actual process of the mistakes we made and by not 'having' to face them, list them out clearly, and admit them to others who are not *nogeya b'dovor* (no pun intended, ontheegdeman!) cuz they are not us...we are doing everything we can do to guarantee we will flop again one day.

That is not surrender, but running *harder* from the fire. But running from a fire is counterproductive when *you or I* are the ones on fire! It's Stop - Drop - And Roll time. If all I need is *chizzuk*, I might as well just go into a mikvah, say ten magical tehillim, and jump up and down on a truck in Yerushalayim singing "Rebbi Nachman, Nachman mei'Uman..." to make all my problems 'just melt away'. Are we just here to make each other *feel* better? Please, please don't say "yes".....

Want chizzuk? Well, do you know why I am writing this even though somebody is bound to write back something like, "Dov you are an idiot, think you know everything, and why don't you go elsewhere to insult people?"? At least you who have talked with me, probably know that I truly, truly love **you** . That's why. And to work my 12th step and stay sober, be"H.

Well, our 4th and 5th steps (*and* the written and shared 1st step) are **a routine** - a set of *tools*. Not 'rites of passage'. This is important for me to remember.

Of course we all need to get back up onto the horse! Of course we need to keep on trucking. But we gotta see that G-d is in charge! If we fell, it was for a purpose. We must learn things from it by *davka* looking deeply at it. Otherwise how is He going to turn the z'donos into zachuyos? Teshuvah me'Ahavah is *davka* through learning from our aveiros - that is how the mistakes we make lead us to get better. He has a plan for you - I hope you don't run from it. Though

addiction is not about the Yetzer Hora nor about Teshuvah - it works the same way.

Sorry if I overdid this.

Hatzlocha!

I am *powerless* over using and controlling lust. Totally powerless! I am unable to successfully lust like a gentleman, though most people (including Yiden, of course) *can*. It's not just an aveiro for me - it always eventually ruins my sanity and ly life.

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Re: Confessing some of my secrets
Posted by Blind Beggar - 14 May 2012 16:59

[dov wrote on 14 May 2012 16:51:](#)

(bli neder) :-X :

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Re: Confessing some of my secrets
Posted by Dov - 14 May 2012 17:11

Hey, it's tough, man...

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Re: Confessing some of my secrets
Posted by the.guard - 17 May 2012 15:48

[Have2changeNOW wrote on 10 May 2012 21:50:](#)

I actually crossed the 90 days clean line, and I mean REALLY clean - no p*rn, no m*sturbating, kavalchomer no zonas for 90 DAYS which is unprecedented and nothing short of miraculous for me! Not even close to that in over 20 years!! But this talk of a brain change at 90 days - just isn't true! I don't know why I believed that because I heard so much that we are addicts for life!

Yes, this is a famous question. So let me explain in short.

Going 90 days without the "drug" is like slamming the door shut on our addiction.

It's still there and it will be there for life, but your brain has had enough time to regain its equilibrium of getting used to not needing these "chemical rushes" to maintain it's balance. That simply means that it becomes easier for you to remain clean. The door is like slammed closed on the old pathways.

HOWEVER, the moment you start OPENING THAT DOOR AGAIN to lust, it's still there - and it rushes back with a vengeance.

So it only helps us keep the door closed, but it doesn't get rid of the addiction.

Am I being clear?

By the way, Kudos on your 100 days clean. That's truly a miracle. Hashem will help you, just never give up!

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Re: Confessing some of my secrets

Posted by have2changeNOW - 18 May 2012 06:17

Well - I have some found PC time, but its very late, by hooking up and old PC. IN a nutshell - I have fallen off a cliff this week and need to get back up IY"H. Will take the hishtadlus of using this old PC, but I'm having hard time configuring a filter, and that's already been bad!!

I owe you all my longer post and to answer Dov's questions, so bli neder I can get into those important answers after Shabbos and/or on Sunday. Right now - my m*st, p*rn and unfortunately z*nah count is all back to zero.

Oh well - I just want to go back a few weeks in the 100 clean day zone, but not sure how to get there. Hopefully back to posting will help (but really need to filter this PC!!!) And yes I understand the Guard's input about 90 days, thanks for that input! but I think 20 years just so overpowers the 90 days. Best to just CLOSE THE DOOR AGAIN somehow!

Glad to be back - hopefully can keep access avail and clean!

Be matzliach and good ShAbbos

H2CN! AGAIN

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Re: Confessing some of my secrets
Posted by tehillimzugger - 18 May 2012 07:10

Hey H2CN, you have no idea what an honor it is to have guard visit your thread, I'm just dropping by to say that I want to see you back in the hundred days too.

SLAM THAT DOOR!

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