

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 obormottel - 13 Jun 2012 18:06

Hatzlocho in everything you listed, chaver.

An observation: you say "**so far** it's critical" and "not operational **yet**".

May I suggest it will probably stay this way forever?

KUTGW,

Mottel

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Re: Confessing some of my secrets
Posted by alexeliezer - 13 Jun 2012 18:06

Good to have you back bro!

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Re: Confessing some of my secrets
Posted by have2changeNOW - 14 Jun 2012 04:18

Good to be back! and eager to live on a filtered PC. other big news is that I started to attend an SA meeting in my home town - more on that as I get comfortable there.

all the best and be matzliach!

H2CN

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Re: Confessing some of my secrets
Posted by have2changeNOW - 18 Jun 2012 05:35

Hello Holy Chevra,

Fairly good news to report - the k9 filter is working for me. Interesting enough, I still hold the password myself, but the extra steps of having to type that in and go thru the filter, has slowed me down and make re-consider what I'm about to do. And then it seems that knowing I can't easily just type into porn, makes the whole idea just be much less urgent.

Of course - i will set up the Password thru my wife as the only holder, but I just got the whole new PC installed w k9 running on Friday. Back to the races! One day at a time!

Have a great week!

H2CN

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Re: Confessing some of my secrets
Posted by Avraham613 - 21 Jun 2012 02:10

Hey H2CN -

I read through a bunch of your original posts and noticed your struggles. Lately, not sure why, I've had this weird curiosity to visit a female masseuse for one of those massages. I know its wrong and B"h I have never brought myself to do it. I thought maybe you could give me some advice that would really deter me away from going down that path. Anything would be helpful.

Thanks,

Avraham

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Re: Confessing some of my secrets
Posted by obormottel - 21 Jun 2012 07:26

How about this advice:

Stay the heck away from those places. People have gone that way before only to find themselves in ruin. Best advice is stories of personal ruin, if you're smart enough to learn from them.

Pray for the women who are subjected to this sort of "work". You do realize they are not nearly having as much fun as you do when you use them for your purposes?

It also helps to "watch the movie till the end". If you're creating a lustful fantasy about a massage parlor, watch the fantasy till the end. Imagine the money transfer. Picture yourself zipping up after the fact and how awful you will feel. Picture looking into your wife's eyes when coming home. That will be real. You won't even remember the orgasm under the load of guilt and shame.

And btw, if you think I'm taking a moral high ground with you, and that you will have no shame after using a sex worker, this alone should alert you to the severity of your condition and should propell you into looking for recovery from obsessions of lust.

Good luck, Reb Avrohom. You can do better than get cheap thrills from a sex slave.

And I think that your airing this "curiosity" publicly is the first step in getting rid of it, so thank you

Mottel

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Re: Confessing some of my secrets
Posted by MAALIN BAKODESH - 21 Jun 2012 15:50

Mottel,

You've summed it up perfectly. Been there once and its enough for me to think of the fallout whenever my screwed up mind tries to lead me back there.

Hatzlacha to all

Maalin

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Re: Confessing some of my secrets
Posted by Machshovo Tova - 21 Jun 2012 16:08

[obormottel wrote on 21 Jun 2012 07:26:](#)

It also helps to "watch the movie till the end".

How true - with all such imaginary pleasures.

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MT

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Re: Confessing some of my secrets
Posted by obormottel - 21 Jun 2012 19:01

[Machshovo wrote on 21 Jun 2012 16:08:](#)

It also helps to "watch the movie till the end".

How true - with all such imaginary pleasures.

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MT

I love it how you always find an asmachto in Sifrei Koidesh to my blabber. Yasher koyach!

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Re: Confessing some of my secrets
Posted by have2changeNOW - 21 Jun 2012 20:47

Hello Avraham,

If you can keep on Orbomottel's path go for it! for me - i can be strong for days and then sometimes take an instant drop all the way down. Ugh.

I think best way to stay away form massage parlors - is make a shvua (careful on this one) or strong commitment to yourself/Your chaver/Hashem to never go on the street that you know that one is there. Remember it is prostitution, don't kid yourself that its just a massage. And daven that Hashem keeps you away!!

DON'T GET STARTED - JUST DON'T GO!

Be Matzliach!

H2CN

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Re: Confessing some of my secrets
Posted by Avraham613 - 21 Jun 2012 21:03

Wow.

Mottel - thanks for the Shtark mussar and the slap across the face reality check. It feels good every once in a while. We usually try to leave out the very end of the fantasy.

H2CN - thanks for using your personal experience to help others. I definitely tried ligitimizing it that its not actual "prostitution". I think the thrill of having never experienced anything like that is just powerful.....yet a huge bracha.

Thanks again,

Avraham

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Re: Confessing some of my secrets

Posted by have2changeNOW - 22 Jun 2012 14:45

Shtark Mussar is good, but like everything else - it wears off. In other words - keep it coming!

I am seeing two schools of thought - external prevention, i.e. a PC filter, or bringing a buddy on a business trip vs truly changing inside, i.e. "the filter in between my ears" to quote Alexeliezer.

For me - the external filter is NECESSARY, but then it does give me some breathing room to work on the internal changes.

its strange - and good for me - that when i have a filter in place, knowing I can't access the p*** seems to cool of the desire/impulsiveness.

According to Dov, and certainly others, for those truly addicted - the best way is to fully take on an SA program, go to the meetings, get a sponsor and WORK IT.

Good Shabbos to all

HAve2Change NOW

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Re: Confessing some of my secrets
Posted by obormottel - 22 Jun 2012 15:48

Yaffe omarta!

Gut shabbos!

M.

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Re: Confessing some of my secrets
Posted by Dov - 22 Jun 2012 17:34

[Have2changeNOW wrote on 22 Jun 2012 14:45:](#)

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Alexeliezer believes in recovery - but the tools of his that you are quoting here refer only to sobriety, not to recovery. Please hear me out for I am not putting anything down here:

Chaza"I argue whether learning Torah is greater than doing mitzvos. They end up saying kind of both: Learning is the ikkar, for it brings one to action (Mitzvos)...so the doing of mitzvos is clearly the goal of the learning - so it is sort of the main thing, but they call learning greater. Funny, but OK.

The Gr"a and others comment on the idea that *ha'omer "ein li ella Torah," af **Torah** ein lo!* Along this same vein.

Now, Torah is certainly da'as Elokim, so attaching ourselves to Hashem by knowing His Da'as is certainly the goal of everything - if Olam habo is neheneh m'biv haShchinah and that is from the Ohr in the Torah, then Torah is obviously the ikkar of it all, period.

But we are not dead yet. Mah yis'onen Odom chai? v'al ta'amin b'atzm'cha ad yom mos'cho...*Bil'am thought he knew **Da'as Elyon**, too!*

"Recovery" **is** a big word. We all try the best we can to recover and get healthier. But using my own mind to do that is **exactly** making the fox in charge of guarding the hen-house. One has to be foolish, self-centered, and in denial (that is, a typical addict like I am) to place his recovery *in his own hands*. If there is anyone who needs a double helping of humility, it is the addict in real recovery. Gevalt.

But "Sobriety" **is not** as big a word as recovery. We can be in charge of minding our sobriety. After all, who else can? Not G-d. He does a very poor job of it, since He gives bechirah to (nearly) all! No. Only we can guard our eyes, use the filter between the ears, and pray to Him for a daily miracle of protection (from potential trouble) and help (when we feel like getting into trouble anyhow). He is certainly Melech Ozer - uMoshiya.

Like the Chazon Ish (who did not hold of the Mussar derech of Reb Yisroel Salanter, at all) believed, the honest keeping of mitzvos - for the addict that means **sobriety** - *automatically* leads to *having* to become a good man who gets attached to Da'as Elyon - that is **recovery** to the addict. Since I *cannot* act out - it is not an option I can afford at all (like losing all the money I have R"l). So as I go through life, Life will force my character defects into the spotlight. I *will* rage at people, resent people, and will struggle with approval-seeking, lusting, machlokess, fear, and all my other crazinesses. They are part of how I *work*...and as long as they are in me, I will not be *able* to remain sober very easily. Remaining sober **as I am** becomes too uncomfortable - so the work of the 12 steps - or something like it - is **forced** upon me. Very Chazon Ish-y. This is not philosophy or "toiroh" - it is experience of many, many addicts (including myself).

So Mussar is nice. Filters are nice. The filter between the ears is indispensable...but *who is in charge of it?* Lets not be naive. We need connections with other people in recovery - connections that are real, not virtual. Please do not start to give the mussar and filters too much credence - for on the day that I start to believe that my mussar level is getting powerful enough - I will become doomed to eventually fall on my face and destroy my life with sexual acting out. For I will no longer be dependent on my G-d.

So. Similar to the Chaza"l regarding Torah and/or mitzvos...

The ikkar and tachlis is **Recovery**: Sanity and Serenity, ie. getting right with myself, right with my G-d, and right with people. **But** the only way to have any chance at all at 'making it', I (as an addict) need **Sobriety** - just plain Sobriety - no sex with myself (Masturbation) and no sex with anyone other than my wife. And feeding my lust will make that impossible, so self-honesty is all I've got.

And self-honesty for a professional frum porner and masturbater is a tall order indeed! years of hiding and tricking and faking! So I *only* learn how to become honest *with myself*, by practicing

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