

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.

=====
=====

Re: Confessing some of my secrets

Posted by have2changeNOW - 02 Feb 2012 08:51

Bring it on Ontheedgeman - lambast away. I feel the support and love of my fellow afflicted Yidden, so let's got to work

Something has happened to me that is very important in my life here on GYE in the last few weeks. I feel like I've started the right journey- the journey that I've been hoping for for many years. I'm sure it will have its up and downs - but as i said in one of my first posts - I believe this is one of my life's avodahs. Have to improve. Have to change.

Who knows what pain I'm covering up, let's peel away the layers, become our better selves and better ovday Hashem.

PM coming at ya.

=====
=====

Re: Confessing some of my secrets
Posted by Dov - 02 Feb 2012 13:57

Now yer talkin'.

=====
=====

Re: Confessing some of my secrets
Posted by ontheedgeman - 02 Feb 2012 14:19

Thanks Obo.

H2, the first step in the 12 steps of recovery is admitting we are powerless over X and that our lives had become unmanageable. Seems like you have nailed this step down pat. I'm hoping that now that even though your life is "manageable" you will push on. Based on your posts, I'm wondering how you'll now do with steps 2 and 3.

"2. Came to believe that a Power greater than ourselves could restore us to sanity."

"3. Made a decision to turn our will and our lives over to the care of God as we understood Him."

I thought I had these points nailed, I'm a BT so of course my spiritual awakening involved turning everything over to Gcd, so I could even skip these steps. However, as much as I trust in Gcd, I suspect He left me to my own devices for certain things, and in that respect I'd have to resort to MP's (and alcohol in my case) to cure my pain.

Anyhow my point is, guess what, the program says that I am not going to get better on my own and none of this will fix the problem. This is no longer about the Great ME and all my intelligence and smarts... this is about Gcd, and realizing, in His Hands I place my spirit.

=====

Re: Confessing some of my secrets
Posted by alexeliezer - 02 Feb 2012 16:01

[Have2changeNOW wrote on 02 Feb 2012 00:16:](#)

Sometimes I am worried about what will be in the future - because i haven't had the lust attacks (yet. . .). But i have been super good about guarding my eyes, and every time i think about how long this streak will go - I have been able to think JUST TODAY.

Yes. Please. Just today. Daven that Hashem should help you through today. And if that ever seems too overwhelming, just daven that He see you through THIS test, this temptation. All any of us EVER have is today.

Don't worry about lust attacks. Keep starving your lust by cutting off it's supply of visual and mental stimulation. Daven AS SOON as you feel ANY temptation.

You're off to a spectacular start. There's no reason, no obligation to ever slip or fall again. Stay far away from lust. Far, far away.

To life !

Alex

=====

Re: Confessing some of my secrets

Posted by have2changeNOW - 02 Feb 2012 21:25

Alex - again beautiful words that hit home and hit my heart.

Regarding "spectacular start" . . yes - there is something special about these recent days for sure - but I feel like one of those bands that is overnight success 20 year later.

My 20 years of hardcore cheating, lying, sneaking, getting arrested once in las vegas for soliciting zonah (that's a whole different story - thank G-d off my record), being mildly blackmailed last year (really shook me up), 'quitting' hundreds of times only to resume, being with disgusting women sometimes, having my computer get a porn virus and need to be replaced at my office (again - somehow no one found out why). the depravity goes on and on. And I look the poster boy ba'al teshuva. Oy vey. G-d willing now I'm heading the right direction. for real . . .

What's different now? I realize how my actions are so insane that they could hurt my wife and children physically. Now i see i am a hopeless lust addict. now I have a chevra and Recovery program. Alex wrote "no obligation to ever slip or fall again" - that sounds good. One day at a time! please G-d.

Well ontheedge - am i covering up some deep pain? are we all? I'm not sure. . . . if so it must be deep. I just want to keep taking the helpful actions. Like the '3 second rule', and the mission to say away from triggers, and the frequent davening and the reading and posting. Step 4 of 12 does sound hard - I think i should get a sponsor as suggested.

Well -mikvah night is tonight. First time i've ever been nervous about that. I will follow advice - think it was Dov - and try and get the loving going more than the lust

I'm so different this time, least lust focus in the last days in years, and my wife is the same . . .

Well - a great day to all - I like the phrase here- Keep on Trucking!

Have2changeNOW

=====

=====

Re: Confessing some of my secrets
Posted by Dov - 02 Feb 2012 21:51

Relax, it's still, after all, just another day. Smile a little, relax a little, pray a little, and have fun together, a little. Making a big stinkin' deal about it is silly.

Love you, really -

Dov

=====

=====

Re: Confessing some of my secrets
Posted by Me3 - 02 Feb 2012 22:57

Have2change

It's really great to see you doing so well. It's important to remember that it will not always be this way. As time goes on and the euphoria wears off, it gets much harder to "keep on trucking" so don't be naive that you have this thing beat and it's smooth sailing from here on.

Keep up the good work.

=====

=====

Re: Confessing some of my secrets
Posted by have2changeNOW - 02 Feb 2012 23:37

thanks Dov - that's helpful. Just chill about tonight.

Orbomottel - i really didn't know if the meeting was SAA or SA - turns out it was SAA, now I found an SA meeting at better time. Will try that next week - thank you.

Chevra - yes I know that each day will have its trials - but at least for today - I am really enjoying being sober for the first time in years. One day at time.

Humble, but hopeful. Concentrating on recovery hishtadlus. Each moment at a time. IY"H. Thankful. And so glad to tell you all the TRUTH and get such helpful support and insights. Hope I can help others too.

Time to leave the office and look away from all the women. . .

Be matzliach!

Have2changeNOW

=====

Re: Confessing some of my secrets
Posted by alexeliezer - 03 Feb 2012 14:25

I am truly moved by your commitment.

Have a wonderful Shabbos.

Look into your wife's eyes and sing Aishes Chayil to her.

=====

Re: Confessing some of my secrets

Posted by ZemirosShabbos - 03 Feb 2012 15:50

H2CN,

Good going!

KUTGW

you're rocking and rolling

have a sweet shabbos

=====

=====

Re: Confessing some of my secrets

Posted by gibbor120 - 03 Feb 2012 17:05

[ZemirosShabbos wrote on 03 Feb 2012 15:50:](#)

H2CN,

=====

=====

Re: Confessing some of my secrets

Posted by ontheedgeman - 03 Feb 2012 17:17

Gibbor, how can you talk about the periodic table on erev Shabbos of mikveh night... that's a trigger for some of us...

jj

;-)

=====
=====

Re: Confessing some of my secrets
Posted by Gevura Shebyesod - 03 Feb 2012 17:27

:0

<http://www.ncbi.nlm.nih.gov/pubmed/11539493>

<http://pubs.acs.org/doi/abs/10.1021/j100173a012>

=====
=====

Re: Confessing some of my secrets
Posted by gibbor120 - 03 Feb 2012 17:49
Not an element, but a real chemical.....related to cyanide

[Gevura ShebYesod wrote on 03 Feb 2012 17:27:](#)

:0

<http://www.ncbi.nlm.nih.gov/pubmed/11539493>

<http://pubs.acs.org/doi/abs/10.1021/j100173a012>

=====

Some really astute chevra we got here on GYE... or really good Googlers (is that a word?)