

Confessing some of my secrets

Posted by have2changeNOW - 16 Jan 2012 23:09

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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 have2changeNOW - 03 Feb 2012 18:53

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Great crack a smile via some humor here too! I so far always take this posting so seriously - life-saving advice, and a repository for my darkest secrets.

btw what does KUTGW mean speaking of abbreviations?

Well - just want to thank all of those who helped - assuming I make it to Shabbos - this could be

Good Shabbos to all!

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Re: Confessing some of my secrets  
Posted by chaimyakov - 03 Feb 2012 19:16

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Keep

Up

The

Good

Work

KUTGW with all seriousness. One day, one hour, one minute or one second at a time, what ever it takes to be clean.

Have a Great Shabbos(You will make it if you truly want to)

Hatzlacha in all things GOOD.

chaimyakov

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Re: Confessing some of my secrets  
Posted by gibbor120 - 03 Feb 2012 19:25

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[Have2changeNOW wrote on 03 Feb 2012 18:53:](#)

Great crack a smile via some humor here too!

Sometimes laughter is the best medicine. Many of us tend to take ourselves too seriously.

KOL and KOT! Keep on Laughin and Keep on Truckin!

don't know it, and no I'm not gonna google it either.) . (I

HAVE A GREAT SHABBOS!

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BTW, You might want to change your initials to the abbreviation for happy gas or something  
Re: Confessing some of my secrets

Posted by Gevura Shebyesod - 03 Feb 2012 20:41

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**Nitrous oxide**, commonly known as **laughing gas** or **sweet air**,<sup>[1]</sup> is a [chemical compound](#) with the [formula](#) N<sub>2</sub>O....

[http://en.wikipedia.org/wiki/Nitrous\\_oxide](http://en.wikipedia.org/wiki/Nitrous_oxide)

I'll leave it to the rest of you to figure out good names...

Have a GREAT Shabbos

Googler Shebyesod ;D

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Re: Confessing some of my secrets

Posted by tehylimzugger - 04 Feb 2012 19:26

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1. ^ Tarendash, Albert S. (2001). Let's review: chemistry, the physical setting (3rd ed.). Barron's Educational Series. p. 44. ISBN 0-764-11664-9., Extract of page 44

YOU LEFT IT OUT

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Re: Confessing some of my secrets  
Posted by have2changeNOW - 06 Feb 2012 19:30

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Hello All,

Shavua Tov! Hope everyone had a great Shabbos, and if you are a football fan - hope you enjoyed the big Game. I had a few experiences this weekend that turned into a few questions for this chevra:

Women that I shouldn't look at are everywhere - TV commercials, movies (duh), half time, walking to work, in shul, etc. Is that just the way it is? - forever? I should just get used to it? This is probably correct behavior for every frum yid, based on the level of pritzus in today's society - but we - the lust addicts have to really observe this fully. Is this basic outlook correct? i mean i just can't back down or else BIG trouble is likely lurking around the corner. Right? I can deal with that, I think, but i just want to make sure I get this lifestyle baseline right.

Appreciate your feedback as I'm gearing up for the long haul - one day at time. . . .

Thanks and regards,

H2CNOW

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Re: Confessing some of my secrets

Posted by alexeliezer - 06 Feb 2012 19:52

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Yes. I **strongly** recommend staying *completely* away from television. Not even the news. Those news honeys would do me in. Just their pretty faces. Sports is also too dangerous because of the commercials and the cheerleaders.

Strict shmiras eynayim means no women. No women. Period.

If you must interact with women at work, keep it brief and keep the eye contact as brief as possible. And you don't need to look up every time someone walks by or walks in just to see who it is.

You sanity depends on this. Take it very seriously. I don't even check out my own wife, much as I'd love to. I don't like having to live this way, but I can't live any other way.

Keep up the great work. Been davening for you.

Alex

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Re: Confessing some of my secrets

Posted by have2changeNOW - 06 Feb 2012 23:21

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Hello Alex

Ok - I needed to hear that. No cutting corners - my recovery and guarding my eyes has got to be a major lifestyle change and commitment. The corner stone of my/our recovery hishtadlus - as you said so succinctly: "Strict shmiras eynayim means no women. No women. Period."

I'm in. That makes it simple - no rationalizations, one of my specialties. So far Barcu Hashem

- this new level of clean in holding strong for me, 11 days!

One new occurrence- I am feeling flashes of guilt for past lows. Hopefully I'm just seeing past reality clearly, and not getting dragged down. Oh to recall my actions, some long ago, some recent - and to realize now how the addict took over with no room for anything else. . . . yuch.

Thank you for davening for me - really appreciate that.

KOT

H2CNOW

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Re: Confessing some of my secrets

Posted by ontheedgeman - 07 Feb 2012 03:41

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Yes the pangs of guilt are a problem for me as well. I remember it holding me back, then it didn't, now it's back... and it's telling me "Look, Edge, you've done this and that, you have sinned greatly.... perhaps you can never recover, so why not enjoy yourself?" but that's narishkite. Whatever sins I have committed, what can I do. been there done that... the better question is, what is the plan for me now? what is a recovering person supposed to do at this point? I'm sure I'm not the first person to have thoughts of guilt. Does that mean the plan is, Forget Everything And Run ("FEAR") back to the parlors? Or should I Face Everything And Recover, thereby turning my FEARS upside down and recovering.

Bah what am I, writing this to try to persuade others of what. I am nothing, a putrid drop and a liar. I've spun the truth so much i don't even know my own lies. Hey next time I post something, just call me a liar and tell me to go home please. Thanks.

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Re: Confessing some of my secrets

Posted by alexeliezer - 07 Feb 2012 15:11

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Agree. Guilt is not helpful and can be poison to recovery.

We do, at some point well into recovery, need to apologize to those we've hurt and make amends.

Hashem will forgive us. Today is a new day. Every day is a fresh start. *Uvetuvo m'chadesh b'chol yom tomid maaseh bereishis* [and in His goodness renews every day, continually, the work of creation]

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Re: Confessing some of my secrets

Posted by have2changeNOW - 07 Feb 2012 15:21

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Well I'm not sure if my guilt pangs are dragging me down, or they are healthy and just showing me the reality how lowly my actions were. Like its bothering me a lot that I repeatedly was texting zonahs at my kids sporting events, and they would say what are you doing and I would lie and say it was a business thing. This is over a year ago - so i can't get too bummed out. I feel like i just want to get some secrets out and hopefully that will deflate the memories.

I think its best for me to make a daily seder of reading various parts of the GYE site - whether it postings, or chizzuk or Attitude hadnbook or whatever - that seems to reinvigorate my focus - i really need to keep recovery as a main daily goal.

Plus really schedule in a few other recovery activities as each week - such as find good sa meeting (trying a new one today), get more connected on the phone with some of you. i do feel like this is "Life or Death' and I can't back off.

Chevra - have a great day! stay clean!



H2CNOW

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Re: Confessing some of my secrets  
Posted by Me3 - 07 Feb 2012 15:45

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Rabbainu Yonah in his short piece Yesod HaTeshuva which is printed in many Rosh Hashana machzorim says to put all feelings of guilt behind you and concentrate on staying clean. Feelings of guilt are the tricks of the yetzar hara to get us to fall. After you have a nice clean streak behind you (like a year or two) then you can start doing proper Teshuva on past indiscretions.

It doesn't get more authoritative then that.

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Re: Confessing some of my secrets  
Posted by alexeliezer - 07 Feb 2012 16:00

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All good ideas.

Cosider also doing some things to get you back into life.

Set up a chavrusa a few times a week.

Set up a date night with your wife.

Start an exercise routine.

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Re: Confessing some of my secrets  
Posted by Dov - 07 Feb 2012 17:07

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I cannot watch TV either, and that is why we do not have one. I already posted the awesome true story of how the TV my sister gave us melted one day about ten years ago. Very cool story.

But Shmiras Einayim (what goyim call 'custody of the eyes') is not recovery. It is only a *tool* for it. In my case, when I give up the sweetness of getting a good view of a lust object, in that very moment I am automatically surrendering. It is a sacrifice. I know that my body would love to take in her image, to peruse her face and body carefully to see exactly how good she'd be for me. It is a mental sex abuse of a real person - but my body does not care about morality at all, of course. It's not its job. My body is on a lower level than R Pinchas ben Ya'ir's donkey, and that's 100% fine. With all his madreigos, the donkey *still* isn't making it into Olam haba, and I am!

Intentionally looking is poison shebepoison for me, and I cannot afford it, while many other good people **can**. And yet, in the end, the point is not that I did not look, but the surrender that occurs when I give it up and trust G-d and the life that He gives me to be good enough *without* seeing this woman's figure or face, *without* adhering to that little fantasy I just remembered, and *without* getting that sex tonight with my wife.

Just another 2 cents from me...maybe not appropriate for normals, again. But I can share my experience, pain, and joy here, too.

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