

Will i ever be totally free??

Posted by Avrom - 23 Dec 2012 02:21

Hi to everyone. Its great to finally have someone to talk to. Even if there wont be any replies to my post, i feel so good right now - being able to speak out my mind.

When I signed up, my biggest shock was, that there where so many members with status "married"

I don't want to be a Baal Gaava - but i'm one of the top bochrin on the market. Money, goodloooking, smart etc. I learned in the best yeshivos and im considered to be a top bochur. My story starts even before the internet was around. But the internet turned it into a true disaster. My parents are the most loving parents out there. But they still think that the internet is the greatest invention, since electricity. My father watches shiurim on it... I once even asked my mother to lock the computer room, admitting that i I pay games until late. She listened, but it didnt last long.

I started going to yeshivos, far away from the computer room. I was finally free - i thought.. But then there was another great invention: Phones with Internet..

I'm proud to tell you that in the last 3 1/2 I only had Kosher Phones. But i still have major slips. My Last streak lasted about 10 days.

The biggest nightmare is only 11 weeks away: "BEIN HZMANIM" There has been changes in my home, during the time i've been away. New Invention in my House: wifi. Combined with laptops that are lying around. To top things up: I'm the only kid still at home and parents that go to sleep early.

At the beginning it was only But as you maybe know: There is only "up" or "down", "staying the same" - doesn't exist. And let me tell you i've fallen deep. Very deep. I've been in the darkest places{on the net). I feel so rotten inside it feels terrible.

Until two days ago i lived in a illusion: I thought after i get married all that rotten'ness and dirt in me will just melt away. I was shocked to find out i was wrong.

I want to stop, i have tried it so many times. I red the GYE book - in one sleepness night after i "did it" again. Over Shabbos i made a shvua to fast if i fall again this week. I will read the book again. There is something in me telling me this time is different... sounds familiar..

But i wonder, even if i will succeed stopping, even if it will work this time: I've been this way for the past 7+ years. I have devolved to a different person in my sexual thinking. Even if i don't have the inernet, my fantasies are so perverted- i feel that if there would be a chart of all klal yisrael, i would be all the way on the bottom. To satisfy myself i look at the worst things.

So my question is: Will i ever be able to be satisfied with my wife?? Will i ever be able to have a

happy marriage?? Will I ever be totally healed?? I'm trembling as i'm writing these words.

I'm going to meron tomorrow. (Because its taanis and i won't have to miss seder)

I will daven for all of you here on GYE. I feel for you and i know the gehinom youre going thru. Thank you hashem for letting me find this wonderful website.

I want to end with a promise: If i will be able to crawl out of this pit, i will offer my help to others.

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Re: Will i ever be totally free??

Posted by tehillimzucker - 12 Sep 2013 22:37

[Dov wrote:](#)

Being at home for *bein hazmanim* means a lot more than just 'having the troubling internet there'. To you it may really mean:

- 1- having your parents there,
- 2- being a *child* again instead of a man again,
- 3- being out of your particular s'vivah of kedusha and simcha,
- 4- focusing on beating your porn habit day and night again...

all may be huge obstacles for you to overcome. Why minimize it and pretend it is just 'my big yetzer hora' again. It's probably part of a pattern and a picture, since this has been a long struggle for you.

Facing those things (if they apply to you) and planning real strategies for how you will be"H:

- 1- keep your simcha,
- 2- stop focusing on your 'kedushas habris' (really just a nice way to say "your penis"),

3- remain a man and not revert to *feeling* like that same kid who grew up masturbating or sneaking games, porn, or whatever, while you were growing up in your parent's home -

is far more worthwhile than any visits to Meron, tvilos in any mikvah, and any klopping of al cheit, in my opinion. Especially if they were the old way you responded to difficulties in life and the availability of porn.

Omg did this ever get to "Dov Quotes"?

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Re: Will i ever be totally free??

Posted by SIB101854 - 22 Sep 2013 05:33

Realizing that porn and masturbation are a substitute for intimate relations with your Eshes Chayil strikes me as a very important step. Once you realize that "what happens in your bedroom stays in your bedroom", to paraphrase an advertisement about one of the Avis Avos HaTumah of this Malachus Shel Chesed, and you and your wife are totally open and supportive of each other, you have a built in support system and source of inspiration who will help you realize what is really important and the source of all emotional intimacy, and will be able to take a huge step at working on your addiction. The term Akeres HaBayis is an amazingly apt phrase for what a wife in a Torah observant family expects and deserves in setting a tone for Kedusha in family life.

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Re: Will i ever be totally free??

Posted by Avrom - 23 Sep 2013 13:59

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a huge step at working on your addiction. The term Akeres HaBayis is an amazingly apt phrase for what a wife in a Torah observant family expects and deserves in setting a tone for Kedusha in family life.

Thanks for your advice, Im not married yet, so maybe that's why it sounds goofy to me. But Ill make sure to re-read this when I married. Working on addiction with my wife? I hope it wont

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Re: Will i ever be totally free??
Posted by Dov - 10 Oct 2013 06:06

Anybody know if this fellow is still around?

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~~have~~ to get to that... One day at a time

Re: Will i ever be totally free??
Posted by Pidaini - 10 Oct 2013 11:49

He is very much still around.

He has committed to stay off the internet (except for once a week, if needed)

He is still in touch with the OINK chevra back in the Holy Land.

I'll let him know you asked.

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Re: Will i ever be totally free??

Posted by Avrom - 11 Oct 2013 13:01

[Dov wrote:](#)

Anybody know if this fellow is still around?

Avrohom

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Re: Will i ever be totally free??

Posted by Dov - 14 Oct 2013 05:20

I usually hide behind a * and 6...

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Re: Will i ever be totally free??

Posted by cordnoy - 01 Oct 2014 03:06

[Avrom wrote:](#)

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I'm still not married. In my low twenties.

What helped me so far, is talking to others, by cooking tcholent, but mainly by opening up to others by oink and chat. Since I started, I always fell after about a month.. (Now I'm holding at about 35)

I also to daven to hashem, when I feel lust. I know that I cannot control lust, even a little bit will kill me. And in emergency cases (that is if I already slipped) call a friend.

Just to put this in perspective, in the past I never:

- Made it to 40 days
- Never ever stayed clean on motzei yom kippur (night)
- never lasted thru a bein hazmanim

All this is coming at me in the next few days.

But this is the first yom kippur that I will not say "never again!" Is this tshuva? I'm not sure.. Will I feel reborn and fresh? Maybe not..

But I think hashem understands if, for now, I take it "One day at a time"

Avrom; let me bring this thread back again. It was last year this time when it was revived. How are you?

P.S. what was the World War about? I forget. [I have so many of 'em.]

b'hatzlachah

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Re: Will i ever be totally free??

Posted by pischoshelmachat - 01 Oct 2014 17:59

I think I will forget my "Never Again" and ask HKB"H to give me his brachah of "never again" one day at a time.

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Re: Will i ever be totally free??

Posted by Dov - 26 Nov 2014 09:20

These guys *still*, still here anybody?

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Re: Will i ever be totally free??

Posted by Avrom - 02 Dec 2014 02:41

[cordnoy wrote:](#)

[Avrom wrote:](#)

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Hi!!

Feels good to back here, even though I feel a bit strange.. All these new features and modern design are not the GYE I grew up with.

Let me first answer your question: shortly after Yom Kippur I did fall. But looking back, it wasn't a fall at all. In fact it was the start of a new era. I will explain what changed in just a minute. Before I do that, I will share some good news I'm sober for 1 year!!!

What changed with that fall after Yom Kippur ? It became ok. Yes, I accepted that if I just would continue acting out - it's ok - because that's who I am. And hey, I'm doing what I can to change - but until I'm actually successful in getting sober I don't have to beat myself up for every fall. That's how I've been for the past ten years - and just because I decided that it's enough, doesn't mean that I will stop right away. Change is a long process..

So I acted out a couple of more times. I felt terrible. BUT I didn't feel like a piece of crap anymore. And slowly bit surly my recovery began... (See other posts)

Having revived this post I want to share some insight to the original question I asked so long ago: Will I ever be totally free???

It still gives me the shivers.. I think the answer is: *Who cares!!!*

Truth is I am still haunted by fantasies and horrible thoughts. I am not free. I need to watch myself and use the tools and tactics for the way I'm now. Perhaps the day will come when I will be "totally free". But it makes no difference for now. Now I am not "totally free" and that's all that counts.

I won't be back for a while,

Until then I wish you all The best and lots of Hatzlacha,

Avrom

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