

Dms1234's story

Posted by dms1234 - 23 Feb 2013 03:31

I am a recent Baal Tshuvah and college student and this is my story:

I grew up in a small Jewish Community but I was lucky that I had a traditional family, which definitely helped me come back to Torah. As I am a Baal Teshuva I grew up in a society where lusting is normal. In fact it is encouraged.

I was about 9 or 10 when an older friend introduced me to provocative material like porn. However I didn't start acting out till a few years later. As I went through puberty and a little later started acting out, I became quite socially awkward. My world was a fantasy. Because the secular world's goal, my goal throughout high school, is to receive as much pleasure from girls as possible, and I wasn't able to "get" (lack of a better word) girls, I had to pleasure myself. I was a lost kid with barely any friends and with this troubling addiction.

When I started becoming a religious, a couple of years ago, I really liked the Torah idea of treating woman. My eyes were opened of how society and I objectify women and the Torah moves past this superficiality. This concept definitely pushed me more towards Torah.

Last year, I tried stopping and my longest streak was about three weeks! However I had no resources so I kept acting out. I finally found this website last spring and I was so happy. I was thrilled. However I only subscribed to the chizuk emails, partly laziness but also I was headed to Israel for the summer. I went to Yeshiva (my first real Yeshiva experience) and loved it. I soaked it up and I left Israel I had was clean for about 60 days.

However i didn't fix the problem. I didn't truly break free. I just went to Israel! So the spirituality of course helped me. So after being home for a while and being clean for close to 5 months I had these weird occurrences. I would wake up in the middle of the night and almost fall. Then after a few of these I started falling. I called them subconsciously falling (has any one ever had this happen to them?). Then I started falling consciously regularly. So for the past while, about 4 months i have been falling quite regularly.

Its very hard being a college student as I am constantly around attractive young women. Guarding my eyes is very difficult. Also as I am in a small Jewish community and being one of

the only Frum college students in town, I am involved in Kiruv for college and also high school. This is tough as I can't just hide from women. (not making fun of anyone, rather jealous of people that can do this) So, If anyone has any tips that would definitely be appreciated.

I also I would like to briefly talk about how widespread this problem is. Many of my secular Jewish friends are deeply engrained in this problem. Very deep. Some of them have a hard time believing that people can actually refrain from masturbating. It is just out of their scope as they are in too deep. So GYE keep doing good work and God willing even Secular Jews will resort to this site very soon.

Even though I a member and have subscribed to chizuk emails. I haven't really used much of the other resources. So lately, I started reading stories and decided to start reading the Big Book for alcoholics. I have not participated in phone conferences or have a sponsor yet. And actually this is my first time posting on the Forum. So I think its about time to start using these incredible resources.

Through my journey I have learned a few strategies. These are some of them:

Get a filter and tie up all loose ends. I don't usually look at porn but when I'm desperate I do. I put a filter on my computer and my phone. However I didn't turn off Safari on my phone. Finally I got my Rabbi to restrict it for me. Also I deleted my password for my computer filter. I wouldn't suggest this but it was the easiest solution to get rid of the problem

Find out where you are lax and try to prevent it by "adding something". For example I fall at nights when I am in bed. I have started listening to shiurim when I go to bed (I'm single of course) Disclaimer: you may still fall. This is just an added fence/preventative measure to help you.

Lastly and most importantly, I have been working on the first step (powerlessness) and have had trouble figuring out exactly what I am supposed to do. I think developing an awareness of Hashem like talking to him in your own words has helped. Even saying thank you God that its sunny out or thank you God for this snow. If you keep trying to do this you will develop an awareness of Hashem. Then you are literally bringing him into your life and hopefully the Torah that you learn will seep through your veins.

May HaKadosh Baruch Hu help us in our journeys!

Dms1234

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Re: Dms1234's story

Posted by dms1234 - 25 Feb 2014 07:40

pshh, What a joke! How could I have ever trembled? Thought i was going to fail. There I was sitting in class, getting nervous because i didnt have a group. what a joke!

After class i walked up to my teacher and said i still needed a group and look at that, a guy walked up and said his group could use another member! How could i ever doubt Hashem??? Life is AMAZING! Why fret? Jut sit back and relax!

On another note and with incredible Hashgacha. I was just about to post shmiras eiynaim and the advice my dear friend Skeptical has been giving me. I was scrolling through the forum and someone said he was having problems with shmiras eiynaim. So i posted what i was going to say, but i will still post it here: (ps. all credit goes to Skeptical)

We have to realize that woman are people too. it sounds silly but its true. We have objectified them soo much. We have to respect them as people just like we are people. Just as we would want respect from people so do they. Look at it like this: if the girl your staring at would know the intensity that you are staring at her, would she feel respected? NO! Absolutely not. She would feel ashamed, angry, and completely demoralized.

This is what I think of: She is a person just like me and deserves the proper respect and if she would know that i am looking at her like this, what would be her reaction? (it wouldn't be good)

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Re: Dms1234's story

Posted by dms1234 - 27 Feb 2014 01:36

Life can get tough sometimes. I came in to today with maybe 1/4 of an assignment done and its due today (Thank God i had 3.5 hours to work on it)

BUT i didn't stress. I kept my cool. Nor did i fall. I have come to realize that falling/lusting won't help me. i do sometimes bring up the question of going back to my old ways but immediately shake off the idea because its not worth it. I DO remember my past and how it just didn't fulfill me. So i have come to realize that lusting isn't what i need. It will not solve my problems, in fact it perpetuates them.

So now i will hand in my assignment. I am relieved but I am not recovering from the brink of disaster or disaster itself.

I will learn from this assignment but i am happy because I am improving. I did do some of it earlier. I started it.

Thank God. Life is great.

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Re: Dms1234's story

Posted by dms1234 - 04 Mar 2014 07:55

WOW! this is incredible! GYE is on FIRE! From, the people who i have spoken to and from being on the forum, people are doing excellent! They are really improving: step by step! Its not just being sober! I am sooo happy. Good work everyone, you are doing incredible!

Its Adar so lets be happy (thats the theme yea?) Life is tough, i admit and i know. But lets live life one day at a time!!!

Is Mashiach here? Like seriously, this is incredible.

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Re: Dms1234's story

Posted by dms1234 - 04 Mar 2014 22:12

One of my rough spots where i procrastinate a lot has been driving. I don't have my license yet. I have been knocked for it: "Daniel get your license !" "Ask Daniel, HE doesn't his license . He has to take the bus everywhere!"

It is extremely annoying. No I don't have my license. I know it's a little said.

Here's what happened: I didn't get in any car accident when I was a child or rear end anybody (thank God) but i have a baseline fear of driving. Perhaps I am scared to kill someone (chas vshalom)

So i never really had any interest in driving. It took me a while to get the beginners license and I haven't got my actual license. And in May, this beginner license expires so I am

Scared I will have to go through the whole process:

So my 2 options are:

1 grind it out, drive, learn the rules and take the test and pass

2. Slack off and fail, be utterly embarrassed. My parents yell at me. I have to get my beginners license again and I bury in despair to the depths of gehinom...

HOWEVER, why am I worrying? The past is the past. I WAS scared. That doesn't mean I have to be scared NOW. Today is a brand new day. I can only really impact today. Even Tomorrow, I can't really doing anything about. So what can I do today?? What step can I take TODAY that will help me get my license?

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Re: Dms1234's story

Posted by MBJ - 05 Mar 2014 15:31

I can totally relate, I was petrified of driving. I got my license at 17 and basically didn't drive again until I was 23 and I had to drive to work everyday.

But like most things in life practice makes perfect. After a while all the actions become automatic and it becomes a lot less scary. So yes, it may be difficult in the beginning, but persevere and you will be fine. And if you fail the test the first time, you can take it as many times as you like.

Good Luck

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Re: Dms1234's story

Posted by dms1234 - 07 Mar 2014 08:51

So the past couple days haven't gone so well. Thank God life is excellent but i have this essay due next friday and i wanted to crack down on it. I wanted to do a little bit everyday starting tuesday buti just can't seem to sit down and write. I am 1/25th done haha.

Its so hard. For the past couple hours i have been doing nothing. Just meandering in my house and on the computer: on GYE, torah anytime.

SO this is what I have to do. The NOW is only what is important. Beforehand, I said i would do this paragraph tuesday, the second the wednesday and etc. I made a giant plan. BUT ITS TOO MUCH FOR ME!!!! One day at a time! what can i do today? Lets just focus on the first paragraph. Tomorrow is a new day, i will worry about it later.

So right now, i will just look at it and maybe add a few lines as i my time on the computer needs to come to a close. Its not over. I am still doing well. I am 1/25th done!! My life is great. God is Good, lets get this essay done!!!!

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Re: Dms1234's story

Posted by Pidaini - 07 Mar 2014 11:21

How'd that go?

I could use a nice big dose of OFIFOTO right now, more on that in my own thread.

KUTGW!!! KOMT!!!

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Re: Dms1234's story

Posted by dms1234 - 07 Mar 2014 21:09

Last night went well!!! I did about a little a bit which is nice. Today is a big day. I have lots of time but i have to remember one thing at a time! I usually look at the whole mountain and get stressed so i have to take it one step at a time. Now is what matters, not even 2 hours from now.

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Re: Dms1234's story

Posted by dms1234 - 09 Mar 2014 07:27

Shabbos was great! Great food, company and relaxing.

Now, Its a brand new week. Whatever happened before doesn't matter. I have the power to

choose. I can finish this essay. Do well on this quiz. Learn hard. Daven Well.

This week has so much potential. So, Lets GOOO!!!!!! Its going to be a great week! Gut voch everyone!!

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Re: Dms1234's story
Posted by hopefull - 09 Mar 2014 09:40

hatzlacha

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Re: Dms1234's story
Posted by dms1234 - 14 Mar 2014 04:02

Isn't life great????? oops sorry one second ISNT LIFE GREAT???? thats better!

Your probably think NO! My life sucks!! I have an addiction, my wife hates me, school sucks, work sucks, I can't learn daven. Fill in whatever is appropriate.

I know. Life is tough. It gets hard. I know. I have a 2500 word essay due tomorrow. It was devastating to write BUT I DID IT. Well kinda. Im almost done but it feels good not to be stressed. To relax.

We have to realize 2 things:

1. Whatever happens in life, Its ok. Chill. You can't do anything about, especially its in the past, except deal with our attitude. We can only choose how we react.

2. Lusting won't help us achieve our goals or make life better. It really won't, It will dig a deeper hole from us.

With that, Life is great! whatever happens with this essay: thank God. I am happy because **i am improving** and thats what matters. We are growing. We wont be perfect over night. Step by Step. Thats al it takes.

So lets go out there and MAKE TODAY COUNT!!

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Re: Dms1234's story

Posted by dms1234 - 14 Mar 2014 22:16

ESSAY HANDED IN! You know what I would probably say now? Next time I will so better. I will get it done a week early not the same day. But my friends, that is wrong.

We do the same thing for this addiction. After a fall, we say that's it! No more falling! But what happens next time we get an urge? We fall? But I thought we said no more falling? What happened?

The answer is WE CANT GROW OVERNIGHT! It won't happen. Growth only comes gradual. Even if we fall and then say next time I will reach out to a friend and we don't but we think about teaching out: that's an improvement!

My friends, it's all about nice, slow, easy baby steps. We won't change overnight! And that's ok, it's not healthy.

So, I am improving, I did much better for this essay. I was less stressed, I actually looked it over before I handed it in. I am growing. Slowly. But I am still improving, growing and getting better at each turn.

That is what is expected of us Now. And let's only worry about the Now.

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Re: Dms1234's story

Posted by dms1234 - 18 Mar 2014 05:43

There has been a lot of recent talk of Shmiras eynaim troubles on the forum. I also struggle very much with this. In fact i used to stare at girls, capture the image and wait till the night..... I have that a few things have helped me and over the course of the past little while it has gotten easier to resist the first sip. (easier not easy!)

I recognize that women are people too and they deserve to be respected as people. I also realize that looking at them doesn't really give me pleasure. SO when i encounter an attractive girl i am able to just shrug it off and say whatever and change my thoughts. This worked like a charm on shabbos when i saw a women at shul (of course i was looking over the mechitza lol) I usually start thinking of something else like some guys at GYE or recent successes of guys i have been talking to (another advantage of reaching out)

DISCLAIMER: there are some things we must realize though. We will not change over night. I won't just be able to stop lusting right now! I may still sneak a second peak at a girl. And thats ok because we are growing. The most important thing is to say "ok i took a second look, whatever lets just take my eyes off of her and move on with my life." As soon as we despair we are finished. So its ok we are on a journey, we can't get down on ourselves. Furthermore, don't say "easier said than done." its easier when done! We must learn to celebrate each and every success no matter what it is. If i look at her 5 times but on the 6th time i leave, Baruch Hashem success!

So please chill! its ok, we are improving. Maybe find something you like that it will be easy for you to switch thoughts: sports, politics, Anything!!!! Look at the bright blue sky and admire how beautiful it is. Anything to get our mind off!

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Re: Dms1234's story

Posted by startrekuser - 21 Mar 2014 19:14

Hi DMS,

I've been reading some of your story. It's inspiring, really. You're on the right path for sure. If you look at the topic that I started, you'll see my issues. You mentioned that being on a college campus, you see a lot of attractive young women and they are probably NOT modest. As a side note, I work out regularly in a gym (not kosher) and I'm always looking at the women who almost exclusively dress extremely immodestly. Yesterday, I just stopped and totally focused on my workout. The workout was better than usually as a result. I had more energy. I get ANGRY thinking about these women and what they are doing - dressing to attract the eyes of men like me. That's what motivates me to not look at them. I think of them as instigators who are against me, so I ignore them as if they are my enemy or adversary, which in a way is true. This works well for me and it might work well for you also.

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