

Dms1234's story

Posted by dms1234 - 23 Feb 2013 03:31

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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 startrekuser - 21 Mar 2014 19:43

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I'm not truly angry at them, but I use anger as a motivational tool to NOT look at them. I'm angry about the behavior even if they don't know any better.

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Re: Dms1234's story

Posted by shivisi - 23 Mar 2014 09:15

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[startrekuser wrote:](#)

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.

### **Shivisi Responds:**

Startrekuser: It's great that you found what works to distract you from the women at the gym. it's really amazing that even though, as you say "they are - dressing to attract the eyes of men like me" You use exactly that as your protection tool, thinking of them as your adversary/enemy etc.

But, without taking away from the admiration of your standing up against such a strong temptation, I must bring to your attention the words of the Talmud which have taught us that if one goes to a place where there are inappropriately dressed women, **if he has another option, then even if he closes his eyes he is considered to be a "Rasha" (wicked person)**. This is because he is putting himself in the position of setting himself up to the temptation of sinning. Others explain this to mean, that since, even while closing his eyes, he is probably concentrating on their image, which he "does not want to see", he is still transgressing the sin of keeping impure images in his mind.

I have heard from a great Rav, Rabbi Shimshon Pincus, that if one withstands the temptation of looking at impure sights he merits the right to be able to ask any prayer from Hashem at that moment, and he has a great chance of his prayers being answered. So like I said, your resistance not to fall into the trap of these women is an amazing wonderful accomplishment,

Yet, this is as long as he tries his best to keep away from such situations. Therefore it is extremely imperative that you do whatever it takes to get yourself away from that temptation, try to find either an all men gym, or a gym with separate men's hours. By doing this, even if it is somewhat (or even very) inconvenient, you will be showing Hashem that you really mean to go the extra mile, to stay pure, and thus he will stretch out His hand and bless you with everything you ask for, both in your struggle with these issues, and with your efforts in building up the quality of your marriage etc. and giving you a truly wholesome life!

Keep up the great work, and keep aiming higher!!

You have all the qualities of being a true great winner!!!

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Re: Dms1234's story

Posted by SIB101854 - 24 Mar 2014 01:31

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I agree with Shavis-a mixed gender gym is probably as halachically problematic as mixedn swimming, and is undeoubtedly a huge trigger factor.

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Re: Dms1234's story

Posted by dms1234 - 24 Mar 2014 21:00

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I feel that our old tactics come to haunt us when we are in recovery, atleast for me. Our addiction is in our head and also when we want to recover. When we would lust, the girls were in our head. For some of us, we wanted girls but we could only dream. We never acted (which turned out to be good B"H)

Unfortunately, the same problem carries over into recovery. We say we will get better,that we will stop but we don't actually DO anything. We don't take any steps in recovery.

So, lets change. Lets actually recover and not think about it. Get a filter, post on the forum, chat with someone, read the handbook, join a call. ANYTHING. Lets just take a step. Not 20. Do one thing: right now! One step will bring us closer. Don't say its easier said than done. I used to but did it help? NO! So throw that saying out. Just concentrate on TODAY and on taking one step.

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Re: Dms1234's story

Posted by dms1234 - 25 Mar 2014 03:40

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I would just like to say LIFE IS AMAZING.

A friend just got engaged. Another married. A couple friends' babies being born soon

One of my friends is going to Yeshiva!!! (I'm so jealous) One of my friends got in a car accident but he's recovering very well!!!!!!

And I am doing well too! School is tough but i am managing and doing much better. Learning is going well. My GYE network is growing and the guys that i am connected with are amazing. I love them so much. They are helping me a lot.

So: LIFE IS GREAT!!! Baruch Hashem!

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Posted by TehillimZugger - 25 Mar 2014 04:50

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Posted by dms1234 - 03 Apr 2014 07:23

B"H Life is going great. It is tough but i have come to see, i don't need lust to survive. I am actually living life instead of trying not to lust. I thought of a great Mashal to this today: imagine you have a vase thats full of junky water. Not only do you need to take out the old water but you also need to put in new water so the plant will live.

We are vessels of junky water but we can't just take this junky water out. Then we will be an empty vessel. We need to fill ourselves with fresh, clean water. We need to "get a life" or rather live life. This means actually face our problems and not run away from them and head right to beautiful looking...

This starts with one nice baby step. What can we do today? How can we live today? The past is gone and the future is irrelevant. **TODAY** is what we need to concentrate on.

Posted by TehillimZugger - 03 Apr 2014 12:13

The metzora brought two birds, one was killed, one was set free. When we do teshuva and "kill" our bad habits, we must also set a different part of us free...

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Re: Dms1234's story

Posted by dms1234 - 11 Apr 2014 21:51

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Been doing very well. Classes are done, I have a big essay due and a couple exams left. Its a very intimidating essay but i am just going step by step and thank God i have picked a very interesting topic which is helping me actually do it!!

A couple days ago my father said lets eat dinner by the TV! Of course what he picked was not in the confines of the neder that i made to not watch movies or TV. So i was stuck. But guess what? I pulled out my phone and read the chizzuk email!! WIN!!!! Thank God!!!

On a side note i was speaking with a guy on GYE and i said YAYAYAYAYAY. I realized that the Y's represent people and the A represents addiction. The way that we overcome the A is to pretty cheesy but i figured it was worth sharing.

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Re: Dms1234's story

Posted by dms1234 - 17 Apr 2014 22:04

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I am about to post a thought that I am sure everyone has heard of, but i think its worth the reminder (ps, not sure who says this, but if someone could tell me that would be great)

When the Jews left Mitzrayim we were on the 49th level of impurity. Everyday for 49 days we shed off one level of impurity until we reached Matan Torah and then we reached the pinnacle of holiness as we all know.

The Jews NEEDED all 49 days. They couldn't go from the 49th level of impurity all in one day. They improved every day. from 49 to 48 to 47 to 46 and so. One day at a time!! They worked on themselves gradually and eventually came to Har Sinai to receive the Torah.

reach out to other people.

So to us, we are at the 49th level of tumah. Don't expect to be clean and sober and living in rainbows with unicorns just yet. We have spent much time in shmutz. We aren't just going to be lifted right out and saved by Hashem. We have to do our hishtadlus. Day by day, working our way out of the mess and then Hashem will help us.

So chill. Relax. Take it slow just like our ancestors did. One day at a time.

Maybe pick one thing (not 10, just one) to work on that could help you in recovery. Perhaps reach out in the chat bar below? Put a filter on, wake up for shacharis. One thing!! Whatever works for you!

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Re: Dms1234's story

Posted by dms1234 - 23 Apr 2014 21:04

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FREEDOM

something really crazy happened in my life, i don't want to elaborate. But something happened that allows me to taste TRUE FREEDOM. I can now BREATHE!!!!!! AND MOST IMPORTANTLY RECOVER.

I was having a setback because of an obstacle that was in my way and HASHEM removed the obstacle. WAHOOOOOOOO!!!!!!

and even more so if Hashem would have removed this obstacle several months ago, i would have been devastated so the fact that he moved it now, worked really well.

BARUCH HASHEM AND LETS KEEP TRUCKING!!!!!!

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Re: Dms1234's story

Posted by TehillimZugger - 23 Apr 2014 21:08

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I got very excited when a similar thing happened to me.

It's not a big deal, another obstacle is sure to come along.

Enjoy the freedom while you're at it.

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Re: Dms1234's story

Posted by dms1234 - 23 Apr 2014 21:14

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Ouch, How pessimistic!!!! i like to look at things from the present and not worry too much about the future (and future obstacles)

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Re: Dms1234's story

Posted by TehillimZugger - 23 Apr 2014 22:38

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Point taken

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