

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 shivisi - 22 May 2014 09:46

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[quote="dms1234" post=232194]Guard set up the forums for this in fact reason. so we can concentrate on the "you" (as in Thank you) instead of the I as in "I like."

I [or should I (or we) say WE?] would just would like to make a note, that even when we say thank YOU, we preceed it with "I",as in Modeh [b]ANI[/b] lefanecha,in which the I comes before the you in the very first Thank you of the day.

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Re: Dms1234's story

Posted by shivisi - 22 May 2014 09:54

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**DMS wrote:** "you can say thank you". Guard set up the forums for this in fact reason. **so we can concentrate on the "you" (as in Thank you) instead of the I** as in "I like."

I (or should I (or we) say WE?]) would like to point out that even when saying thank you, we precede the you with an "I" , as in modeh **ANI** lefanecha, in the very first thank-you of every day.

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Re: Dms1234's story

Posted by Pidaini - 22 May 2014 21:52

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Just reread this in [Yaakov's Ladder](#)

[gibbor120 wrote:](#)

Good Stuff! I just realized, maybe that's why we have a "Thank You" button and not a "Like" button. "Like" - is "ME" focused, "I" like. "Thank YOU" is gratitude, which is "other" focused. Thank "YOU". I am indebted to "YOU".

Thank YOU for sharing

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Re: Dms1234's story

Posted by dms1234 - 22 May 2014 22:42

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**shivisi**

I (or should I (or we) say WE?] would like to point out that even when saying thank you, we precede the you with an "I" , as in modeh ANI lefanecha, in the very first thank-you of every day. Yea but the I isn't the focus. On Facebook it's I like this. I I I I I. On GYE it's i thank you. The focus is on the you, the other person.

In Modeh the focus isn't ani the focus is Hashem. Furthermore, we start of the day with Modeh as in Modeh ani. the ani is already subjugated before Hashem right off the bat. It's not even a real ani (ie. ego ani) it's a humble ani.

Oops, sorry Gibbor i didn't quote you. forgot who wrote this. Thanks Pidaini!

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Re: Dms1234's story

Posted by dms1234 - 26 May 2014 02:29

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Amazing Shiur by R. Wallerstein: [www.torahanytime.com/video/parashat-behar-dont-focus-on-where-you-fell-focus-on-where-you-slipped/](http://www.torahanytime.com/video/parashat-behar-dont-focus-on-where-you-fell-focus-on-where-you-slipped/)

especially from 21 and on. He speaks of two major points. Everyone single person (and thing) matters and Don't focus on the fall, focus on the cause (i.e. underlying issue)

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Re: Dms1234's story

Posted by dms1234 - 27 May 2014 06:51

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Why do i even worry?

Today, i had to ride my bike a fairly long distance (for me at least) over unfamiliar territory. And for the past few days i have been scared. What if i get lost? What if i fall off the bridge into the water? What if i fall into the wall? etc, etc.....I was worried.

But, i took off and asked Hashem for help and reminded myself that everything will be fine.

It was. The scenery was incredible: Mountains, water, grass. Baruch Hashem. And i got to my destination unscathed. So i learned, I don't need to fret, worry.... I just have to relax and trust in Hashem. Remove the junk (fears, disappointments worries) and get clean (live life). That is the key to recovery, for me.

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Re: Dms1234's story

Posted by TehillimZugger - 28 May 2014 18:52

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hi

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Re: Dms1234's story

Posted by dms1234 - 29 May 2014 07:33

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**TehillimZugger**

hi

WHOAH!!!!!! What's the occasion that you finally peep in?????

**Warning: Spoiler!**

In any case, stick around we need your Tehillim and birdie!

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Re: Dms1234's story

Posted by dms1234 - 01 Jun 2014 21:01

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Last week, as i was mumbling V'atem hadvekim B'Hashem elokechem chayim kulchem hayom, I realized I should probably know what I am saying.

Amazingly, i read: You shall cling to Hashem, your God, you are all alive today.

WOW! What an incredible statement! Its basically our mission statement as addicts.

**You shall cling to Hashem, your God**-YOU should cling to Hashem. We have to take the first steps. We can't just pray to Hashem to take the yetzer away. We have to use concrete steps and show that we care. We have to do our hishtadlus. We may have to go to SA or join a conference, meet a fellow addict, talk to our Rabbi. Whatever it is. But we have to take the initial steps.

**You are all alive**-then we will live. Only when we cling to Hashem, we will truly be living. Living essentially means growing. It means progressing up the ladder. Overcoming obstacles and not escaping life. It means leaving all of the worries, regrets, fears, resentments (etc) behind and appreciating life as it is right now. Appreciate what you have have, what Hashem has given you. You're family, kids, wife, job, house, computer (we all have computers!!! Isn't amazing that we ) our incredible bodies. Living means taking a deep breath and stepping back. How fortunate we are!

**Today**-This means that everything in the past has happened and what will happen is irrelevant. The past cant be changed and the future isn't here yet. Focusing on right now and only right now. What can we do today? We can't finish a huge business project or all of shas in one day!!

But i can write one page and learn one daf.

Every single time, there is a Torah reading we say this line! Perhaps, we (or at least me) can start thinking about what we are saying and it will seep into our hearts and we will start living by it!

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Re: Dms1234's story

Posted by dms1234 - 08 Jun 2014 23:50

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Last night i couldn't sleep. I reached for my iPod to time myself learning (I set an amount of time to learn each day ). I ended up trying to look for unfiltered internet through an app. I was successful and went to a bad site and clicked on a video. BUT, I immediately closed the video and the app and messaged a friend (Baruch Hashem, I have GYE friends on the other continent). Then, I asked Hashem to help me and reminded my self that i don't give pleasure ) said go to bed so i turned off my iPod and went to sleep.

Baruch Hashem!!!

I learned a few things from this: It is so valuable to have friends of which i can easily send a quick message from (I highly suggest "Hangouts" as in Google Hangouts). I obviously wasn't thinking rationally but for the past few months i have told my self: "Its not worth it, what pleasure do i really get from it? Furthermore, it will just put me in a downward spiral to rock bottom." Also, i learned I have to be careful because i have the potential to fall anytime, anywhere. I always have to be on guard (but I don't have to obsess).

Baruch Hashem, Thank God. I am doing well. I am not angry, worried, panicked, or depressed. This stuff happens and i am patching up the problem and just continuing to live life one day at a time.

Life is going really well. I have a lots to do but thats ok, I just have to take it one day at a time. One task at a time.  
from this. My friend (What a Tzaddik!!



Baruch Hashem, Baruch Hashem, Baruch Hashem. Its good to be alive.

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Re: Dms1234's story

Posted by millety613 - 09 Jun 2014 00:29

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WOOOH!

Great perseverance DMS. That's what its all about... After a storm comes a calm. After confusion comes clarity. Its all about having that faith that Hashem will guide you even though it might seem like no reason to stop. Sometimes when we feel hopeless we just have to do what we can, with the resources we have. Exactly what DMS with the google chat.

I found this great picture about perseverance which i think pertains to us (in the attachment). Look at how a seed transforms into a magnificent creation from feeling hopeless.

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Re: Dms1234's story

Posted by Pidaini - 09 Jun 2014 07:47

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Thanks for the honesty, and good work.

One thing that I'm learning, is that we are either going up or down, as in 9494's biking mashal. Even if I'm doing the right things, but if I'm not growing, adding things, then somethings going to end up going down.

I don't have the slightest idea if this is practical for you, just writing what ~~would be~~ IS practical for me.

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Re: Dms1234's story

Posted by cordnoy - 09 Jun 2014 17:31

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The Gaon says that about life.

I think regardin' this that you can coast as long as there isn't constant strugglin'.

Just my thought.

b'hatzlachah

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Re: Dms1234's story

Posted by dms1234 - 10 Jun 2014 00:05

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Thanks Yankel. I do agree with you. I need to make sure i am going up but i think i am just going to disregard this and move on. I patched up the problem so I'll keep living life the way i was before.

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