

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 Pidaini - 14 Jul 2014 20:41

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Yeah, How'd it go?

Please share!

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Re: Dms1234's story

Posted by dms1234 - 15 Jul 2014 20:20

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Baruch Hashem, its going well.

I didnt look at the news yesterday. I did do quite a bit actually in the morning/early afternoon. I think i have more potential to do work in the morning. Late afternoon, was not so good. I was just scurrying around here and on Torahanytime.com (highly recommend BTW) which is not bad of ofcourse but i did have stuff to get done. I reached out to someone and he said what do you have to do. I answered and he said so do that. AND I DID! I just did it!

We have so much potential but we just go through life thinking we cant, we cant or i don't want to. We just have to DO IT! AND MOVE ON!

Interestingly, it wasn't even hard. It literally took 20 minutes.

So, this is what I did and need to do. Reach out to someone, take a deep breath, say everything will be fine and JUST GO FOR IT. I HAVE THE POTENTIAL.

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Re: Dms1234's story

Posted by ewards - 15 Jul 2014 23:18

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dms

story is interesting i wish u the best and u have helped me already . The subconious falling almost happened to me last nite but i woke and stopped it made me feel good i could do that . We need to change our attitudes from we can't to WE CAN, YES WE CAN! ( this whole journey is very interesting and now every one is a little different . I am really getting a education on this site

ewards

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Re: Dms1234's story

Posted by dms1234 - 23 Jul 2014 00:44

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A lot of things going on. Procrastination is keeping me busy. Trying to get work done. Trying to not get engulfed in stressed and what not. Trying to remember that life is GREAT and Hashem is GREAT. Trying to remember to take a deep breath and LIVE LIFE. To appreciate the blessings Hashem has given me. To calm down and just do what i gotta do. And whatever happens, I always have the NOW! ALWAYS. The past is just that: the past. I cant do anything about it now EXCEPT ensure it never happens again by working in the present. I am not enslaved by the past. We are above that. We can always change and do things differently. It won't happen right away but it will eventually, if i keep at it. So i won't be too hard on myself. Its ok if i fail. I just have to make sure i am climbing up the ladder and not sliding down it (there is not such thing as stagnation) Even if i fall, slip, mess up etc as long as i keep striving upwards, I

am ok and I will be okay. The only thing stopping us is ourselves. WE CAN DO IT! Hashem is helping us and guiding us. He is supporting us and encouraging us. We have incredible potential and ability. We just have to keep at it. Keep getting back. Everything will fall into place, as long as we are active. So thank God! Life is good.

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Re: Dms1234's story

Posted by ewards - 23 Jul 2014 01:12

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dms

seems to me you have a lot of knowledge and good thoughts you seem to ..be encouraging and likable guy .

Keep it up and you'll be just fine

ewards

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Re: Dms1234's story

Posted by Pidaini - 23 Jul 2014 08:41

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A lot of trying there, sounds like me on a bad day.

During those times, I need to keep in touch with people more frequently, even though it seems to be a waste of time, but I know that there are just too many thoughts going through my head, and even though I know all the answers, the feeling could easily get overwhelming.

KIT!! KOT!! (I think you have my number, if not let me know)

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Re: Dms1234's story

Posted by TehillimZugger - 23 Jul 2014 11:09

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just saying hi

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Re: Dms1234's story

Posted by shivisi - 23 Jul 2014 11:14

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[dms1234 wrote:](#)

"Procrastination is keeping me busy".

I love that line.

Gotta think about that.

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Re: Dms1234's story

Posted by Pidaini - 23 Jul 2014 16:48

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[TehillimZugger wrote:](#)

just saying hi

.....wrong thread

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Re: Dms1234's story  
Posted by dms1234 - 23 Jul 2014 19:43

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**Pidaini**

A lot of trying there, sounds like me on a bad day.

During those times, I need to keep in touch with people more frequently, even though it seems to be a waste of time, but I know that there are just too many thoughts going through my head, and even though I know all the answers, the feeling could easily get overwhelming. I think this is good trying. And yes i am reaching out quite a bit to my mentor and people in my network. But yea we haven't talking in a while, whats up with that?

**TehillimZugger**

just saying hi  
uhhhhh, Guard? I think someone hacked into TZ's account.....HEY!!!!!!!!!! WHAT BRINGS YOU BACK?

By the way, i am still working hard to cut down on my procrastination. I am going to start a system, a very simple one, reffered to my unamamamamamna (did i get that right?) SO Baruch Hashem!!! Life is GREAT! I just gotta keep calm and always smile!

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Re: Dms1234's story

Posted by cordnoy - 23 Jul 2014 20:32

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i am also workin' on procrastinatin'

I am workin' on a plan

it is beginnin' to take shape

i will start writin' it down shortly (as soon as I get pen and paper)

When that is done, I will immediately/soon afterwards start the process of begiinin' to determine which is the best plan of action, and how best to implement it

right after that, the decision will be reached and it'll all be taken care of

I will keep ya' all posted on my progress

thanks

b'hatzlachah

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Re: Dms1234's story

Posted by MJB - 24 Jul 2014 09:56

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[cordnoy wrote:](#)

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I will keep ya' all posted on my progress

thanks

b'hatzlachah

I know you are joking, but I am in the middle of that exact process right now.

I maybe have a plan for a certain area that I have been neglecting, but I just need to write it down. I will do that eventually. Maybe. Soon. Possibly. Yeah.

This has been going on for a month or so now. I will do it as some point. I guess.

After all why do today what you can push off to tomorrow.

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Re: Dms1234's story

Posted by lavi - 24 Jul 2014 10:05

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Its ok if i fail. I just have to make sure i am climbing up the ladder and not sliding down it (there is not such thing as stagnation) Even if i fall, slip, mess up etc as long as i keep striving upwards, I am ok and I will be okay.-dms

hmmm. question: if your whole life you climb and slip and end up in the same place is that ok?? (as long as you are striving)

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Re: Dms1234's story

Posted by shivisi - 24 Jul 2014 13:48

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[lavi wrote:](#)

hmmm. question: if your whole life you climb and slip and end up in the same place is that ok??  
(as long as you are striving)

Answer your question: "If your whole life you climb and slip **and end up in the same place** ,  
that's NOT ok.

but if you UTILIZE the slip as another piece of guidance in your climbing guidebook, then after  
every slip you will be in a higher place, not end up back in the same place.

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