

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

=====

Re: Dms1234's story

Posted by shomer bro - 04 Aug 2014 07:47

what a perfect mashal to life! a yasher koach!

=====

Re: Dms1234's story

Posted by dms1234 - 05 Aug 2014 00:47

This Tisha Bav I don't expect to act like a Flaming Baal Tshuva (FBT) and cry and cry that the Beis Hamikdash is gone. Beacsue thats not where I am at. Geez, i am just starting to feel feelings.

So this Tisha Bav will be a normal day but perhaps i could work more on surrendering myself to Hashem. Surrender to his will and Forgoe mine, my ME. I should say: What does Hashem want of me now? What is the right course of action? Not what do I (ME) want? Or even what do I (ME) need? But what does Hashem want of me?

I am not ready to cry that the Beis Hamikdash is gone nor i am ready to cry because i don't know how to cry that the Beis Hamikdash is gone. But i am ready to surrender to Hashem and to His Will quietly and peacefully.

=====

Re: Dms1234's story

Posted by cordnoy - 05 Aug 2014 08:06

cry for the situation in eretz yisroel

cry for the fact that we don't feel the loss of the beis hamikdash

cry for the fact that we don't have true simcha (we don't have true yiras shamayim either, but lack of simcha might be more of a reason for our addiction).

cry cuz' you're supposed to

and if you can't cry, say the kinnos with a cryin' tone

may we be zoche to be mislabel on the loss of the beis hamikdash

=====

Re: Dms1234's story

Posted by kilochal - 06 Aug 2014 02:31

crying for any of the above

and any of the sad situations in the world including our matzavim (call it an illness or whatever name you want)

all of the tzaros that we know of that are caused by the matzav of midas hadin being sholet and hester panim because of the lack of hashra'as hashechina because of the churban is really crying for the churban

(maybe thats what cordnoy meant)

=====

Re: Dms1234's story

Posted by cordnoy - 06 Aug 2014 21:04

Close enough - yes; thanks

=====

Re: Dms1234's story

Posted by dms1234 - 06 Aug 2014 23:25

Some words that people use here in gye are (or can be) pet peeves for me.

One of them is chizzuk as in "give me chizzuk."

Chizzuk won't ensure that we won't fall or recover. In fact inspiration fades quickly (I heard If we don't enact an action after 4 hours, we lost the opportunity.) So chizzuk won't enable me to not fall in the future and that's exactly the problem: it's only a preventative measure. Which is fine but it can't be our main strategy. We need a recovery plan that addresses our underlying issues and helps us face our challenges instead of escaping from them. Of course sometimes we may need chizzuk but it should only be supplemental. A good indicator is If we were to get chizzuk everyday and one day I don't get it I fall. This shows that I'm only relying on the chizzuk. and its only a preventive measure and not a method for recovery.

Keep in mind I am also speaking of someone that reaches out to a person for help which is highly commendable but he only seeks comfort. He doesn't seek to change his ways. This is not true recovery, and you are a dry drunk.

Please don't misunderstand me. Reaching out for comfort when you are on the edge is great, but if its your sole purpose of reaching out and recovery, I think you have missed the boat and soon enough you will fall into the water.

We need more than chizzuk. We need action. Action in recovery. Action that is directed at overcoming our underlying issues and not just at overcoming lust because lust is just the manifestation of the problem.

=====

Re: Dms1234's story

Posted by lavi - 07 Aug 2014 03:09

pet peeves?

i think what your saying is very true.

but remember everyone is holding at different stages.

and for some,there is the "chizzuk" stage.

it may be a necessary stage and he is at least reaching out.

why should it peeve you ?

and don't we all fall in the water a few times on each stage, before being successful?

why so hard on the chizzuk seekers?

i'm sure they will come around sooner or later.

and between friends, sometimes a chizzuk will result in the next stage happening

agree?

=====

=====

Re: Dms1234's story

Posted by cordnoy - 07 Aug 2014 05:41

Good point Lavi; perhaps he was a bit too hard (I say that thick skin is a good thing for this site), but what I believe he was tryin' to say is that people should take the habitual 'chizuk approach.' They need eventually to step it up a notch. Some find that next step dauntin', and they shy away from it. DMS1234567890987654321234567890 was tryin' to inspire them further....a little faster than they were goin' until now.

=====

=====

Re: Dms1234's story

Posted by dms1234 - 07 Aug 2014 21:17

Lavi you bring up good, important points and i completely agree. Perhaps i am just trying to accelerate that stage. But if some one truly wants to recover he should ALSO try to recover, instead of just seeking for comfort.

=====

Re: Dms1234's story

Posted by dms1234 - 11 Aug 2014 07:30

Hi! I have been busy and this week is again busy.

Today, i went to a secular camp where i used to go. It was a little difficult. A lot of pritzus and I looked. I did. A few times BUT i didn't get depressed. I just kinda moved on. I know it was bad to look and i realized that getting depressed doesn't help me. I know that it may not have been very smart to go but i went and i tried and it could have been worse. I could have stared even more.

But i realized that the girls are just so untzneous. Its gross. Disgusting. UGH!!!! Its not attractive to me. Well i will look but REALLY its gross.

The key to recovery, in my mind, is whenever we make a mistake: a fall or a slip (no matter how big) we just keep moving on! We don't get depressed. Because depression for us is killer. More killer than actually falling or slipping because it makes us fall and slip even more. If i fall or slip once C'V, i can make that history but if i resent it and feel guilty/terrible for it, then i am travelling down the slippery slope.

SO LETS ALL JUST MOVE ON! AND TAKE A CHILL PILL! KEEP CALM AND RECOVER ON!
KCARO!

=====

Re: Dms1234's story

Posted by Pidaini - 12 Aug 2014 06:01

Thanks for sharing!!

Obviously, adding to the formula of not getting depressed needs to be progressing and not becoming complacent.

=====

Re: Dms1234's story

Posted by dms1234 - 18 Aug 2014 00:23

Hi everyone, I was really busy the past couple weeks finishing summer school. Baruch Hashem, I did really well. I was trying to stay as calm as possible while doing my essays and i ended up getting really good marks.

A few days ago, i went into a scary situation for me. I was going to turn around and just give up. But i kept on trucking, i actually said to myself "I gust gotta keep on trucking" and it worked and I DID IT!!!

Everyone knows that we as, lust addicts, are selfish. We think about ME and thats it. Part of recovery is to start giving to others, which helps us shift our focus. So a few times, i try to focus on other people. For example in shul a couple times I looked around and thought of other people: their problems, what they do for our shul or community, their incredible accomplishments. It was actually awesome. I really felt good. But I have heard that if someone wants to give they should start at home and then move out from there. So I have decided to focus on my home: parents, siblings etc. I will start looking at whats needed here: help around the house, clean my room and whatever needs to be done.

But i will definitely keep focusing on other people in general. Whats bothering them? What do they need? How incredible they are?

One more thing: a few months ago i listened to a shiur by R. Wallerstein and he convinced me to delete Facebook. For me its not such a good thing to be on and i was going to delete maybe later like a few months or a year. But started the deleting process!!!!!!!!!!!! (it takes 2 weeks). IT FEELS SOOO GOOD. FREEDOM! I wasted soooo much time on Facebook. Hours and hours and hours. UGH!!! Also, as i am a BT, i have a lot of friends who don't dress tzneious. And, there is a lot of immediate gratification. When you get 20 notifications or likes, it feels so good. But its so fake. Ofcourse we have some of that on GYE but whatever, at least i posting something meaningful. ANYHOW, feels good!!!

I just have to keep going step by step, calmly throughout my day. EVERYTHING IS ALRIGHT
AND EVERYTHING WILL BE ALRIGHT!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

=====

Re: Dms1234's story
Posted by unanumun - 18 Aug 2014 11:58

KUTGW!!!!

KOT!!!!

=====

Re: Dms1234's story
Posted by gibbor120 - 20 Aug 2014 00:25

MAZAL TOV on deleting facebook!

=====