

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 cordnoy - 11 Sep 2014 23:35

[newaction wrote:](#)

by the way i do not think they are attractive ; they are sickening

you probably won't win that way.

They are very attractive and a pleasure to look at.

like was just discussed on a different thread...lookin' will cause our lives to be sick.

b'hatzlachah

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Re: Dms1234's story

Posted by dms1234 - 11 Sep 2014 23:40

Yea, they are pretty attractive. I may be more attracted to frum girls but i would settle for these instead.

Cordnoy is probably right to. I think saying they are sickening won't help. It may make it worse. We may even be more tempted to look at them too!

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Re: Dms1234's story

Posted by newaction - 11 Sep 2014 23:46

i was expecting somebody's comment . i can do with thinking that ham is delicious but my Father in Heaven told me not to eat. But my whole issue that runs in my blood is that looking is good but its not good in my case. looking is a type of cheating your wife.is yuk ,ough , vomit . that is the truth . they are human beings i reduce them to garbage , the whole issue is despicable . with that philosophy i would have never go after lust. but i was raised believing that they are the sublime heavenly things on earth the more you have of them the better. they are a barrel of blood with a top of feces . Not my wife she is a part of my body like me . i dont detest any part of me .

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Re: Dms1234's story

Posted by dms1234 - 11 Sep 2014 23:50

I am fine with saying they are attractive but my wife is (well will be) for me.

I don't think we need to say they are garbage. They are created by Hashem too and perhaps they are a little misdirected. Its more ignorance than them acting as little devils.

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Re: Dms1234's story

Posted by newaction - 11 Sep 2014 23:54

my dear dms , they are fine . the inyan of looking (lusting) at them is garbage.

But no need to argue about that . i wrote what helps me . if thinking they are something good to

look at , works for you . so be it . and i wish you lots of hatzlacha.

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Re: Dms1234's story

Posted by Bigmoish - 11 Sep 2014 23:59

[newaction wrote:](#)

i can do with thinking that ham is delicious but my Father in Heaven told me not to eat. But my whole issue that runs in my blood is that looking is good but its not good in my case.

I don't mean to drag this out, but how is this at all different than eating ham? Eating ham is delicious, but wrong. Inappropriately dressed women are fun to look at, and also wrong. Nobody said looking at women is "good." It feels good. Just liking eating ham. (If you happen to like ham; I personally would prefer to taste some yummy seafood, but whatever floats your boat.)

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Re: Dms1234's story

Posted by newaction - 12 Sep 2014 00:05

i see your question . what i can say is this , i am not addicted to eating ham (much less seafood , yuk) but i used to run after every skirt. so i have to short circuit the basis of the original thought (idea). but i respect others opinions.

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Re: Dms1234's story

Posted by dms1234 - 16 Sep 2014 20:47

I think i am having trouble reminding myself everyday of key things: i am powerless, i need help, i need to reach out, everything in life is for the best, Hashem loves me etc. I think if i review all of these everyday my day would improve as i would maintain a good focus throughout the day.

This of course includes speaking to Hashem. I think this is something i need to do more. Even for anything: Please Hashem, help me catch my bus! Please, Hashem, help me do my homework. Just little things like that.

Furthermore, i was recommended in december of last year to thank Hashem everyday for 3 things during one Modim a day. I have been doing it but it hasn't been as thoughtful as i would like SO i think i am going to try to come up with the list of 3 the night before, as i usually say it during shacharis. And hopefully i would write them down. Wouldn't that be amazing? I could look back next Rosh Hashana and my list would be over 1000 things i was grateful at Hashem for. INCREDIBLE!

Anyhow, life is good. I have done some slipping in various areas of life. No serious damage. But time to get back on the high horse. HERE WE GO!

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Re: Dms1234's story

Posted by Pidaini - 16 Sep 2014 22:02

Mind to share with us three things for today?

Mine would be:

1) Allowing me to remember that today is today, not yesterday and not all the days to come, and today I need to take but one small step, not all the steps of the future!!

2) Giving me the opportunity to spend quality time with Zlatah Yenta.

3) Showing me a most exquisite bird on the way to Beis Medrash yesterday (it wasn't an eagle). It was mamish amazing, it head and neck were brown and it had a crown or more like a mohawk. The most amazing thing is that it's wings were black and white striped when closed. when it opened them they were three or four white stripes running on the length of the wing for about halfway through, then a stripe at the end on it's width!! it had a long thin beak and was

eating a worm!!!

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Re: Dms1234's story

Posted by Gevura Shebyesod - 16 Sep 2014 23:16

Probably one of these:

<http://en.wiktionary.org/wiki/hoopoe>

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Re: Dms1234's story

Posted by Pidaini - 16 Sep 2014 23:21

[Gevura Shebyesod wrote:](#)

Probably one of these:

<http://en.wiktionary.org/wiki/hoopoe>

YESSSSS!!!!

Thank you so much!!!

How'd you find that?! I was looking through so many sites!!

I guess you can tell me in chat though, it's not nice to hijack this thread.

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Re: Dms1234's story

Posted by TehillimZugger - 17 Sep 2014 01:28

Anybody mention birds?

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Re: Dms1234's story

Posted by dms1234 - 17 Sep 2014 04:47

I will post my 3 things soon.

In the meantime, this shiur by Rabbi Dovid Orlofsky was posted a short while ago and i decided to listen to it: www.torahanytime.com/video/is-it-elul-already/

IF YOU ARE AN ADDICT, YOU MUST WATCH IT! So many core concepts like:

-its not too late to change

-Only concentrate on Today

-Regret gets us no where: only makes us feel worse about our situation

-Change takes time

-and much more!

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Re: Dms1234's story

Posted by shomer bro - 18 Sep 2014 03:34

Looks like the mockingjay described in The Hunger Games book

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