

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 dms1234 - 06 Oct 2014 00:53

YK was really good! I was sick and i ended up only going to shul for minch/neilah. BUTT i really worked on accepting Hashem's will. I spoke with Dov friday and he really opened my eyes to what recovery should be or at least the core of recovery. The core of recovery, from my understanding, is SUBMITTING TO HASHEM'S WILL. Accepting Hashem's plans i think. Sometimes Hashem has different plans than me and i have to accept that and tell my self that it is for the best.

I thought recovery had 2 aspects: preventing and fixing. Preventing is guarding our eyes, filters, tapsics etc. Fixing is working the underlying issues: depression, perfectionism, loneliness. etc.

But i completely forgot about Hashem! I have seen much progress in the past 9 months but i haven't done too much interms of accepting Hashem's will. I have done a bit of work in saying that "everything is for the best." it has really helped in relieving my stress but i think it is time to notch it up a level.

The core of recovery is about accepting Hashem's will. He runs the world not me. My Rabbi says we usually say: "how does God fit into my plan?" Really, its the other way around. We are not at the centre of the universe, Hashem is. We should be asking: "How do I fit into God's plan."

This is very encouraging as we recognize that Hashem has a job for us to do and he believes we can do it! In turn we have to accept Hashem's plan. There is no running away from it. I realized this a couple days ago when i wanted to catch mincha. It wasn't Hashem's will so i have to accept it and make the best of it.

Now keep in mind I have to speak with Dov for more and i don't exactly wish to have a philosophical discussion on free will. All i know is I must accept Hashem and his will/plans for me.

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Re: Dms1234's story

Posted by shomer bro - 06 Oct 2014 06:21

For me as well, true recovery only began when i started to completely submit myself and all my fantasies and lusting to Hashem.

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Re: Dms1234's story

Posted by dms1234 - 14 Oct 2014 00:41

Hello everyone!

Life is interesting. Very interesting. I have been lusting over the past few days but i patched up the problem BH. I am getting accountability software. It doesn't solve my problem but i think its a really good idea.

Thats protection, in terms of recovery, well i need to speak to Hashem more, like always. I am trying to internalize Hashem's way not my way. Sukkos is the perfect holiday for that as we leave our houses and sit in huts, reminding ourselves who is REALLY protecting us, helping us, saving us etc. I know Hashem loves me. He has given me much time. I have 24 hours in a day and i keep wasting it. Like yesterday and today. I know i am too hard on myself so i will try to ease off and take a nice looooooong deep breath. Going to move on now, and try do get some work done! I don't want to procrastinate. It doesnt help me. It just makes me feel worse just like lust!

I am a firm believer in our ability to change. Half the day hasn't been so good, but there is no reason why i cant make the next half of the day turn out better. Of course the results are up to

Hashem but i have to try my hardest and do my hishtadlus. In the end, though, how i am feeling is up to me. I can sit and pout or i can jump for joy and relax, realized that Hashem is the Master of the world and does everything for the best.

Why cant there be a deep breath smiley?

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Re: Dms1234's story

Posted by shomer bro - 14 Oct 2014 02:36

If i could thank you twice i would. Every point you made was right on target for me as i felt the pull of lusting yesterday and today but am committed to not giving in. Gotta take that deep breath.

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Re: Dms1234's story

Posted by dms1234 - 21 Oct 2014 23:21

YT was great!!! I think i danced more and harder than i ever have in my life!

I have done some thinking of the future, particularly envisioning my future wife (not just how she) and i keep reminding myself of a quote a fellow gyer told me: "save the future for the future." I don't need to think about the future. It will be great when it becomes the now. But right now, i should live in the now, instead of living in the future as living in the future is useless because i cant act in the future. All it is, is dreaming.

So i will save the future for the future! I am sure my future wife will be awesome and i can leave it at that and carry on with my life!

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Re: Dms1234's story

Posted by newaction - 21 Oct 2014 23:27

your future wife will be as awesome as you are .

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Re: Dms1234's story

Posted by cordnoy - 21 Oct 2014 23:32

The thought of a DMS5678.

Wonder what their kids will be like.

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Re: Dms1234's story

Posted by dms1234 - 22 Oct 2014 05:38

Devorah Malka Shultz?

the kids will be dms9101112 and dms13141516

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Re: Dms1234's story

Posted by neshamaincharge - 22 Oct 2014 07:02

[dms1234 wrote:](#)

YT was great!!! I think i danced more and harder than i ever have in my life!

I have done some thinking of the future, particularly envisioning my future wife (not just how she) and i keep reminding myself of a quote a fellow gyer told me: "save the future for the future." I don't need to think about the future. It will be great when it becomes the now. But right now, i should live in the now, instead of living in the future as living in the future is useless because i cant act in the future. All it is, is dreaming.

would look. Cmon I'm not that low!

So i will save the future for the future! I am sure my future wife will be awesome and i can leave it at that and carry on with my life!

Good for you!

I'll share a ha'arah I had over yom tov. I always thought that when Hashem makes shidduchim, that he chooses the best person (or other half- if you prefer it that way) for you to marry in order for you (or both of you) to attain perfection.

I always saw that as a one shot deal- that under the chuppah you are together with your perfect partner.

I'm now married for many years, and I believe it's a lot more than that. The miracle is that every second of my marriage to this person is exactly what I need at this point in time in order to attain perfection.

If it's true-That is just amazing- because we change, and yet this other person provides me every second with the perfect opportunity to attain perfection!

I don't know if this is true or not, or maybe it's poshut- and everyone already knows that. Either

My point is that it's not just a good idea to focus on the present- it's also useless to try to picture what your Kallah will be like (although I think most of us marrieds will admit that we did it too),

because you're both going to change and it will be irrelevant what your expectations or desires were- other than to cause you much anguish.

I'm not sure if any of that made sense to you, but I share it in case it might help.

Hatzlacha!!!

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Re: Dms1234's story

Posted by cordnoy - 22 Oct 2014 18:14

nice

i'm not sure though why one shouldn't solely focus on the present....

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Re: Dms1234's story

Posted by neshamaincharge - 22 Oct 2014 19:06

[cordnoy wrote:](#)

nice

i'm not sure though why one shouldn't solely focus on the present....

Of course you should only focus on the present. I was giving another reason why it's a bad idea to be picturing and imagining the future...

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Re: Dms1234's story

Posted by cordnoy - 22 Oct 2014 21:59

[neshamaincharge wrote:](#)

My point is that it's not just a good idea to focus on the present.

Hatzlacha!!!

ok...whatever....keep it up

Sh'koyach!

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Re: Dms1234's story

Posted by dms1234 - 04 Nov 2014 04:57

OH MY! My thread is on the second page! Oy! I better post to fix that.

Life is good and crazy but i am trying to relax and realize everything will get done and turn out for the best.

A little while ago, i learned this lesson as i was at a wedding and I was going crazy cause i wanted to daven maariv. I was worrying and worrying and finally i decided to set up my on maariv instead of waiting for it to happen. I should have been calm and asked myself if there was something i could do about my situation. If yes then GO! If not, then drop it. So i finally acted and it payed off!

Lust is awesome but its really not good for me. I actually don't even enjoy it that much. I think i need to be scrupulously honest with my self when i am in certain situations and actually ask those hard questions. Should i really look at that attractive girl? Is watching this movie really gonna help me? Is acting out really gonna solve my problems?

The answer is NO! NO it wont. And of course I suck at making proper decisions so I ask Hashem to please help me make the best decision.

I don't like fighting. It doesn't me help me one bit. I just take a deep breath and Smile because Hashem is watching over me. When i am calm, life is good. I really cant win. I cant beat lust. Its too powerful. It always wins when i fight. Its like a quicksand. The more i fight it, the more I'm going under!

And for Heaven sake's i am too hard on myself! I think i suck! That i cant do it. But really I CAN! I CAN DO IT! Why? Cause Hashem loves me! And he has shown me time after time that I CAN DO IT! All those negative emotions are poison for me and one drop will tear me apart.

I just gotta keep on going! One day at a time. All that matters is today. That's all i should concentrate on, causes that's the only realm where i can currently act.

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Re: Dms1234's story
Posted by dd - 04 Nov 2014 12:41

[dms1234 wrote:](#)

OH MY! My thread is on the second page! Oy! I better post to fix that.

Wow lucky you got your fix. If only I would get my fix who knows if I would ever make it to gye.
B"h I don't get my fix and i'm here to grow.

The rest of your post really is what I need to hear so keep them coming. Really very beautiful
and meaningful post.

KOP and KOMT!!!!

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