

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 dms1234 - 08 Nov 2014 02:29

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I have an announcement to make:

**GOD IS GOOD!**

That's right! I said it! God is good! BH I just finished "Gehinom week!" From last Friday to this Friday, I had 2 midterms and 3 proposals due. Thank God, i am here today! Can i say the

Thank You Hashem for helping me through this hard time!!!! Its been tough but I did it or perhaps I started it and You finished it. Nevertheless it feels good and I know that i need to be more prepared for next time. I leave things to the last minute but thats ok. I am getting better.

With the help of my dear friend skeptical (no actually, that's his name!) I have managed to separate myself from my work and therefore my stress is much less. So thank God and BH for shabbos! I seriously would kill my self if i didnt have it. I don't know how the goyim do it!!!!!!

We need to take a deep breath and realize that Hashem loves us. All we have to do is get up and Hashem will carry us the rest of the way. We just have to be calm and recognize that everything is for the best. The less we fight Hashem's Will, the easier our lives will be.

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Re: Dms1234's story

Posted by dms1234 - 13 Nov 2014 22:31

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The past few days have been ok. I haven't really done much school work. Been a lot of procrastination so last night i just said: "Hashem, I ask you to help me, I know everything is going to be fine and i know everything is going to get done. I should sit back, relax enjoy the ride."

SO: deep breath. In and out. Smile!

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Re: Dms1234's story

Posted by dms1234 - 19 Nov 2014 08:56

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Well the past couple days have been really hard. Last week i did not much studying at all when i had an exam yesterday and today. Yesterday turned out to be ok i think but today when i saw the questions. I was distraught. I thought: "i guess i need to drop this course, cause i am going to FAIL this midterm!

After a little bit of sobbing, i dismissed the thoughts and said: this is my situation now, i gotta deal with it and i tried to do as much as i can and hopefully i won't fail the exam.

It was a big wake up call and i vowed to change today. Not tomorrow. Or the past. Just today. That's all. I have been thinking about the future so much that i forget about the present! So i have to concentrate on today and ask myself what i can i do today, I don't need to finish any projects but i think i could do something right?

Most importantly, i need to realize that everything is going to be ok. Hashem loves me and He is HERE. He has a plan, a good plan and its all going to turn out fine!

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Re: Dms1234's story

Posted by dms1234 - 20 Nov 2014 03:03

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To supplement my last post, this was on a previous shmiras ainayim chizzuk email:

**Rabbi Zelig Pliskin**

Develop the habit of asking yourself, "What can I do now?" This is an antidote to two problematic patterns: wasting a lot of time being upset about things that are over and done with, and worrying about something that might happen in the future. Even if it seems that an undesirable outcome is likely, worrying just prevents you from doing what you can to improve the situation.

If something is over and done with, it is over and done no matter how much time you waste being upset. But if you're going to be upset, at least be upset about it for only a short amount of time. Then ask yourself, "What can I do now?" If your first thought is that you can't do anything about the situation, then at least do something constructive about something else. But sometimes you might think of something creative that will turn the situation around.

Having the thought of "What can I do now?" on your mind might lead to ideas that will at least partially solve the problem. When you can't think of anything on your own, ask some friends or a mentor for suggestions. Other people might think of something that you didn't.

People with a pattern of thinking worrisome thoughts should think of practical things that can be done. This will save them from much distress.

Just taking action makes you feel better. When you feel better, you will think more clearly. You're more likely to think of something to do now that you hadn't thought of when your mind was focused on worrying. So remember to keep asking yourself, "What can I do now?"

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Re: Dms1234's story

Posted by Metal King - 20 Nov 2014 07:44

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Hey DMS, been reading your last week's posts or so and they all seem very positive. Thank you for the wonderful example of emuna! It brought me chizzuk.

Hatzlacha with the rest of your school and exams.

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Re: Dms1234's story

Posted by serenity - 20 Nov 2014 09:40

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Welcome and thank you for your share. I relate. Hatzalacha!

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Re: Dms1234's story

Posted by Atzmosyosef - 21 Nov 2014 15:47

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Hey guys !

I nearly acted out the past two nights. But I didnt.

Which Im very happy about.

Anyhow. So im on holiday at the moment. And I only start university again in February.

So whats great for me about holiday is that I dont need to stress about work. And therefore I would love it if I didnt act out for the whole holiday, which is so possible !

And that will be pg three months clean. I would love that.

So Im going to take it one day at a time.

And keep breathing.

Be in Touch !!!

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Re: Dms1234's story  
Posted by serenity - 21 Nov 2014 17:33

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That is great to hear! Thank you for the chizuk! Hatzlacha!

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Re: Dms1234's story  
Posted by dms1234 - 21 Nov 2014 22:14

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I have no idea why you posted your update on my forum but thanks! Good work!

Should i retitle my thread the "deep breathing thread" or "breathe easy?"

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Re: Dms1234's story  
Posted by dms1234 - 22 Nov 2014 03:03

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I sent this rap to Unamanamannun (una, did i got that spelling right?) this morning:

**dms1234**

Heyyyyyyyyyy

I be stressin and I be guessin that what I'm doing now is gonna wreck me. Please una, please, please una. Help me outa this rut or else the door is gonna shut.

BH for skeptical, he's helping me put on spectacles. He told me a great tip so I don't gotta sip

that never ending stress to get me out of this mess.

All I gotta do to reveal this stress mask is to just focus on one task. That's right just one task. One task! Say it with me: "one task"

ONE TASK AT A TIME!

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Re: Dms1234's story  
Posted by Metal King - 23 Nov 2014 06:27

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How about a limerick?

There once was a poster named DMS,  
Who's motto was "Just breathe" and didn't stress,  
He worked hard getting sober,  
Until recovery took over,  
Then his life was nothing but blessed.

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Re: Dms1234's story  
Posted by dms1234 - 23 Nov 2014 07:31

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I wrote this letter to my self on Friday morning:

**dms1234**



Dear Daniel:

I know what you are thinking! You hate yourself! You are in either one of two situations: you are procrastinating right now or you are heavily stressed cause of a fast approaching deadline. It could even be both.

You, sir, need to keep a few things in mind.

**You have really high expectations of yourself!** You want to be completely stress free and 2 weeks ahead of the game. Sorry to break your bubble, but that is way to high of an expectation. In fact, you have to completely lower your expectations to almost nothing. You are way to hard on yourself. Give yourself a break! There is only so much you can do.

**Learn one day at a time:** All of this stuff you gotta do will not be completed right away. It's a process.

You know what that means? One day you do one task, the next day you do 20 minutes of work, the next day you sit on it some more. You can't just do work. It takes time. Remember you probably have more time than you think to complete this.

**Relax, take a deep breath:** You probably won't get much work done, at least quality work, when you are so uptight. Take a few of them! Yes, those nice long breaths. Maybe, even go on a run!

**Don't neglect your whole life for this one project:** You may think it's the most important thing in life right now, but thank God you have a lot of special things in your life including a family, other projects, learning and much more

**Don't forget God!** He loves and cares for you. He is even helping you!!! So shout out a prayer! In reality, all results are up to Him, we just have to try and do whatever we can do. We must always accept that whatever happens is for the best. This means, and sorry to break it you, that we are not in control of what happens. We just gotta have a positive, persistent attitude and keep looking up to our Tatty in Heaven.

**Life is good! take a deep breath and smile!**

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Re: Dms1234's story  
Posted by dms1234 - 27 Nov 2014 08:23

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Its funny how easy i forget:

1: I don't need lust and 2 it kills me.

1. I really don't need lust. It doesn't help me. It doesn't relieve my stress or my loneliness or any other problem. I don't "need" it. I don't need it to live. I can live without it. It used to be so pressing for me to have it in order for me to survive, but i have realized, with the help of living ACTUAL life, that life is better without it.

2. Also, any sip of lust unscrews my head off. I go bonkers. I cant concentrate on anything else in life. It totally consumes me and my thinking. It turns my entire life inward, into just thinking. Life isn't about doing anymore, its about fantasizing and dreaming. Then i slowly die, a painful death while I am a live: I become the living dead: a walking zombie.

I gotta remember these 2 revelations. This week i lusted after 2 girls i know and lusted both of them hard.

I don't need lust and it will kill me.

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Re: Dms1234's story  
Posted by cordnoy - 28 Nov 2014 00:07

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The Patience Song

**Take a deep breath and relax,**

Pretty soon you'll get your snacks.

So why not have a little bit...

Yes try to have a little bit...

I'm sure that you can have a bit of...

**Patience!**

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