

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 lavi - 30 Dec 2014 11:18

[quote="dms1234" post=246156]Very good points but all those points seem to direct towards an illusionary recovery and by the way

Lets go through your points....

lavi

1) a short term goal of proving to oneself that it IS possible to be clean for 3 months, This is true but since when is recovery about self confidence! Why is it about the "self" at all???? Dov says that SA is not a self-help program but its a God-help program. Why are we showing ourselves that WE can be clean????? That is what is going to give us self esteem???? To get 90 days??? I don't need self esteem! My self esteem is soo crossed. I have such a big ego and yet i don't believe in myself at all???

lavi answers: clearly ego and self esteem are different, if not opposites. i would say that all agree that a healthy dose of self esteem is needed to start any major project, and especially a challenging one such as recovery. After the self esteem, then go for SA, 12 steps, etc. The purpose of self esteem here is obvious. that there is a chance of recovery. because if one doesn't hold himself in enough esteem, all the programs and surrendering won't help him. (l'fi ani'us da'ati), because he lacks confidence to do anything.

lavi

2) showing that one doesn't die from abstinence.

You are right. You are abstaining that it is true. But if you are a dry drunk, it doesn't matter!!! Because all you are doing is white knuckling!!!!!!! You are not living, you are gasping for air. Abstinence isn't true recovery. You are just not lusting. You are still not living. Not learning how to truly recover and bring God into your life.

lavi answers: i see Whiteknuckling as a necessary step and tool for recovery. it is not the end or the ideal part of the game, nevertheless it has it's benefits. among them, that it shows one can has a level of resistance, which is a good thing. No resistance won't win the war, but it may win a battle, and that is also important.

lavi

3) a shake up

A shake up? How is the 90 days going to give us a shake up??? If you fall and then see yourself off the 90 day chart? Then you will just try it again, and keep failing and failing until you find yourself hitting the bottom and wondering: "how do i recover???"

lavi answers: i meant what serenity wrote. we need a respectable time period to recover our senses.

serenity

4) To get our heads out of the muck, so we can begin to see, hear and think again. Again not if you are a dry drunk, you will go right back in the muck!. But it takes 3 days apparently not 90 days so see, hear and think again. But if you are fighting through those 3 days then you won't see, hear and think properly.

serenity

5) some of us are so ridiculous that, that which we could not stop even in the face of deadly health risks or severe legal consequences, we were able to stop because of a check on a chart.

I see what you mean and i think a therapist would be a better choice than the 90 day chart!

It could help to get someone on the pathway but to use it to actually recover?

recovery is a pathway. and being on the road is a first step. and of course one needs other steps as well as the 90, i just hoped to make clear my points on the matter.

=====

Re: Dms1234's story

Posted by serenity - 30 Dec 2014 11:58

The 90 day chart has been helpful to me. In the meantime I've gotten to 4 SA meetings, have a sponsor, working step one, joined Dov's desperadoes, have joined in for several BB study calls, reading the White Book, listening to SA step taped lectures and in therapy. But I wouldn't have gotten to any of that without this site (and all of it's tools that I used) and wouldn't have been to abstain til now without the chart specifically. During the first 30 days especially, just knowing that I had that chart to place a check on got me through some very tough spots. Does that make sense, no, but that's okay. Alcoholics white knuckle it in the beginning. Hopefully they grow in their program and find real sobriety. We also have to white knuckle it in the beginning. For alcoholics, they can stay out of the bar or the liquor store and away from booze. For us, our penis is attached to us, so if a chart helps us get our mind off it then why not use a chart. I'm not checking the chart every day anymore and I don't even think of it daily anymore. There is plenty of time for people to learn the ups and downs of the chart as well as all about recovery.

=====

Re: Dms1234's story

Posted by newaction - 30 Dec 2014 17:07

I dont know about others . Last week i was bombarded in my mind and my thought process by lust. Thanks to Hashem , technically there was no fall. I discovered,though, that i have still much workk to do . One of the things that saved me was that i ran to the computer signed to gye and upgraded my chart and saw the amount of days that i have accomplished and "swore" to myself not to destroy that. So the points brought down above by Lavi and serenity are clear in my very humble opinion. More over the man by the name of Ebby Thatcher sat across Bill W in his kitchen and introduced him to the "spiritual awakening" and the need to connect to a Higher Power in order to keep sober was not considered a founder of AA as Bill and Dr Bob for the sole reason that he himself did not stay sober. He had spells of sobriety and relapses because he did not take the steps seriously as Bill and dr Bob did . There is a formula and if we adhere to it we should be sober to the end of our days . . . in my opinion.

=====

=====

Re: Dms1234's story

Posted by cordnoy - 30 Dec 2014 17:59

Although I'm no expert, I have heard that one can attend meetin's and take the steps seriously, and **still** fall. That is the meanin' of bein' powerless.

I also take slight issue with the word 'formula.' I have spoken to several SA members, as bein' one myself, although not as religiously as I should, and they have stated that the meetin's and the steps are not a 'formula' for sobriety, as a logical math equation or physics experiment; but rather,, it accomplishes several other things:

1. a chance to surrender
2. puts us in a proper state of mind
3. brings us closer to our Higher Power

Perhaps there are other results as well. All this enables the addict to pray, and God will do what He does.

Will one remain sober for the rest of his life thru this? There is no way to tell.

b'hatzlachah

=====
=====

Re: Dms1234's story

Posted by Bigmoish - 30 Dec 2014 19:30

[newaction wrote:](#)

There is a formula and if we adhere to it we should be sober to the end of our days . . . in my opinion.

?? ?????? ?????? ?? ??? ????? ?????? ?????? ?" ? ?? ?????? ?????? ?????? ??? ?????? ?????? ??????

=====
=====

Re: Dms1234's story

Posted by newaction - 30 Dec 2014 20:47

Yes Bigmoish thanks for that . that is part of the steps ?? ????? is powerlessness.

=====
=====

Re: Dms1234's story

Posted by newaction - 30 Dec 2014 21:01

Cordnoy i agree with the 3 points you said no problem with that . you dont like the word formula change it . But the authors of the Big Book were very clear at that. One example is chapter 5 "Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program... You have heard a different opinion ? may be so . But the big book says it in many instances.

=====
=====

Re: Dms1234's story

Posted by dms1234 - 30 Dec 2014 22:14

L'maisah, that is thinking wayyyy to far in advance! Remember one day at a time?

I am not disregarding the 90 day chart as something to jumpstart us, but i don't know how much it actually helps us recover in itself. I think it may bring one to the recovery process. But as always, whatever helps you! I just think we are looking at too big of a picture when we do the 90 day chart and it gives a person a false notion of success and even of true recovery because true recovery is one day at a time!

Lavi you make good points and i think the point I do not like is this one:

i see Whiteknuckling as a necessary step and tool for recovery. it is not the end or the ideal part of the game, nevertheless it has it's benefits. among them, that it shows one can has a level of resistance, which is a good thing. No resistance won't win the war, but it may win a battle, and that is also important.

I hate fighting or resistance or anything to do with war because it shows that / am battling not *Him*. I can not win. I can not fight. I am truly powerless. Does that mean that i surrender, no but i surrender any notion of *Mel[i]* cant dig out for my self. Only Hashem can. Its not a war in my mind. In fact, i am stepping out of the ring. I merely do my hishtadlus and then Hashem saves me. For me to do anything to try to win, clearly goes against the first step as i am showing i am not powerless.

Some will then ask so what do you do when you see an attractive girl? Don't you have that inner struggle??? And I yes but i take a deep breath to alleviate this and try to make a proper decision...to turn it to Hashem. I don't fight! I don't say," I will not look, I am not going to lose to lust, NEVER!" I do not see recovery as a fight, does it ever say in the 12 steps or in SA that we need to sharpen our swords?

In true recovery, i do not think white knuckling has a place. It may lead to true recovery but its pretty dangerous stuff. It means we are on rocky ground and waiting for a fall to occur which it usually does occur at some point.

I really don't like the 90 day chart because it distracts one from "one day at a time" from living in the present. I don't like looking at the big picture in recovery. Its more daunting than motivating for me. Its better that we *live* in the present, than *díe* for the future. I have at times truly *lived* in the presence and it is beautiful. Completely concentrating on the NOW, knowing everything will be just right! Its so peaceful and liberating!

=====

Re: Dms1234's story

Posted by lavi - 30 Dec 2014 22:40

i have a feeling we have discussed/argued this point before.

and i do respect your opinion.

i guess i just feel that fighting has it's part in recovery.

i do admit from my own experience, that one needs MUCH more than fighting; however i think that fighting has it's place.

=====

Re: Dms1234's story

Posted by dms1234 - 30 Dec 2014 22:53

Lavi, by the way, its nice to see you!!! Please drop by more often!

=====

Re: Dms1234's story

Posted by unanumun - 30 Dec 2014 23:02

Just checking in. I can't really speak for the addicts out there, but I can speak about what

worked for me.

When I had just joined GYE, the enthusiasm of the 90 day chart was a big help. I remember specifically that there were times that the goal of 90 days was all that stopped me from resorting to porn and acting out. (Separately and together)

On a recent business trip, I was going through a very difficult period of lusting (which might have been a bit evident from my thread). There were many instances that I felt that there is no way I am going to be able to make it through the week. When the concept of one day at a time passed through my mind, I told myself "I can definitely make it through today. Let's see what tomorrow brings" And that thought process repeated itself every day until the week was over.

So yes for some there is benefit to the ninety day chart and the one day at a time concept. And to me, there was no contradiction. Two concepts for two different times.

=====

Re: Dms1234's story

Posted by cordnoy - 31 Dec 2014 00:18

Una,

but like you wrote, and like we discussed

Warning: Spoiler!

; there is a good chance that you are not an addict.

b'hatzlachah

=====

=====

Re: Dms1234's story

Posted by dms1234 - 31 Dec 2014 23:56

I like girls, i like to masturbate, i like to watch porn, i like to fantasize about girls, even my future wife, I like to stare at girls on the street. I like to watch movies and TV shows especially when) and i hate when others bug me. I hate when the world doesn't go according to how i want it to go. I hate myself when i mess up so I love to admonish myself to straighten myself so I go back on the right path.

I felt i should be honest. I think honesty is key for recovery. I have to be honest with my self. Earlier on, when i first joined GYE, I saw an idea where we have to hate lust and porn and all of the junk that we do. The only problem is that I didn't really hate it (because i liked to do it) and also it made me hate myself more which made me lust more. Talk about a cycle! So i thought i should be honest and say the above and it feels good. I lie so much and now i am starting to be more honest. When i made some mistakes this week and the past week, i called up some of my friends, including my mentor, and told them the mistakes i made. I think honesty is incredibly powerful because i always fool myself. I always say: "girls will help me" or "its not really that bad" but when i open up to someone else it helps me realize how stupid I am and how dishonest i have made myself. So by me being on honest with another person, it helps me become more honest. And it feels sooo good.

attractive girls appear on the screen. Also, I really like me (but don't worry I'm not selfish. And yes this means that I don't trust myself. I don't. I know that I could and I even wanted to before put cameras in places where cameras should never be put (remember the Rabbi and the mikvah case that shocked us all). Its funny that we get surprised at our dishonesty and at how long we fall. Im not surprised. Its true. I could fall hard. I could go to the depths of the ocean in any moment. I can not be complacent. But thats ok because think honesty will help me.

One more thing: in a recent chizzuk email it said how we are stuck in a rock and a hard place. I forget what the exact context was but that is exactly how i feel. I want to lust so badly. I want to look at girls, look at porn and masturbate but it just doesn't cut it! It doesn't give me the true

satisfaction that i really want and need. Its quite funny: I want it but I don't want it! What a contradiction! So I just have to be honest with myself and pick what is best for me. What is the correct decision to be made at this moment? Should i click play or should i message a GYE friend?

=====

Re: Dms1234's story

Posted by Shakeitoff - 01 Jan 2015 01:04

Since you ask...May I put in my bit? When I have the urge, I find it really helpful to "message a GYE friend" or at least get onto the site.

Sure it feels good to masturbate etc. But it must feel bad too, at least afterwards, or there wouldn't be GYE and other such organizations. I believe the SPEED of "payoff" is important. Yes it would feel great for me to make it through a whole (additional) day clean...but that would take 24 hours!

Wonder what other people here use as "quick" payoffs. I really like the shot-of-inspiration feature on GYE. Many thanks to the inventors and managers.

=====