

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 Shmeichel - 08 Jan 2015 01:35

and them jelly beans consuming contest?

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Re: Dms1234's story

Posted by shomer bro - 08 Jan 2015 05:30

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Re: Dms1234's story

Posted by dms1234 - 11 Jan 2015 08:40

Dear GYE:

I am going to Israel to learn in Yeshiva very soon. For those of you who have read my thread or know me, you realize that this is a big step for me as I am a Baal Teshuva and I have never been immersed in full time learning.

It is very hard to say goodbye. I will have some internet connection but i won't be on as much as I have been. I have been active on GYE for about a year and half and very active for close to year now. This place is incredible and the people on here are even more incredible. I have met

guys that are my best friends and will be my best friends for life. So thank you for that. I started off with the chizzuk emails and then posted on the forum, went to chatting online and then soon i was calling fellow GYE members. I even met up with some GYE'rs in person!

My road has been bumpy which is absolutely expected, as life is bumpy. But my life is incredible. I have seen such beauty in my life. I have grown immensely with the help of GYE and CO. I have learned that I don't need lust, that i should reach out to others, that i should take a deep breath and relax, that Hashem loves me, that i am too hard on myself, that i want to be too perfect, that I am capable of great things, that i am not alone and lastly and most importantly: I have learned how to life live not just try to "not fall." My life in the past year was incredible. Absolutely Incredible BH. I have seen so many blessings!

So i am off to Israel for a year! I love all of you. I know that you are capable of recovery and living an incredible life. You can always email me at dms1234ongye@gmail.com. I will be getting an Israeli number and because its free incoming you can call me whenever i am not learning!

You shouldn't worry about me. I am in good hands. I hope to have weekly meetings with fellow GYE members and connect with the many GYE'rs in EY-the ones i know and the ones i don't. I will bounce in and out of GYE but i probably won't be hanging around here too much.

Thank you for everything. If you are ever in Israel (or if you are in Israel) I would love to meet up!

Dms1234

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Re: Dms1234's story

Posted by serenity - 11 Jan 2015 09:07

Wow, it's awesome that you will be going to eretz yisroel to learn! I wish you much hatzlacha in learning and in general!

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Re: Dms1234's story

Posted by cordnoy - 11 Jan 2015 09:52

Nesiah tovah!

b'hatzlachah

send regards

youre da man!

breath deeply.

send your number please.

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Re: Dms1234's story

Posted by Gevura Shebyesod - 11 Jan 2015 09:57

Have a safe trip, and Hatzlacha in Yeshiva.

KIT & KOMT!!!

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Re: Dms1234's story

Posted by dd - 11 Jan 2015 11:14

I wish you lots of Hatzlachah!!!!

May your trip be as exciting and meaningful as you want it to be.

KUTGW and KOMT!!!!

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Re: Dms1234's story

Posted by Machshovo Tova - 11 Jan 2015 20:30

Hatzlacha & shteig away in all holy aspects.

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Re: Dms1234's story

Posted by gibbor120 - 12 Jan 2015 22:18

Keep us posted from time to time. Send a message through a fellow GYEr if you can't do it yourself.

Wishing you the best!

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Re: Dms1234's story

Posted by ineedchizuk - 15 Jan 2015 17:41

Wishing you the best of everything, DMS! !

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Re: Dms1234's story

Posted by dms1234 - 22 Jan 2015 20:35

Hey everyone!

Israel is great! Yeshiva is great, so are the bachurim and the Rabbis. Life is really good. I met up with some Gyers. We are hoping to meet up about every week. There a lot of attractive girls. Im even more attracted because they are frum. Im trying to breathe and take one step at a time.

It don't have internet often and i actually like that. Its nice not having internet wherever i go. Email is also scarce but i do have an Israeli phone. You can email me for my number and i would love to talk to you! dms1234ongye@gmail.com.

BH, a skeptical and I finished a project for GYE with help from many of the elite gyers on this site. We finished! The project is a Frequently Asked Questions by GYE Members. If you have any questions or comments please email one of us. You can go the FAQ here: guardyoureyes.com/breakingfree/faq

Life is great!

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Re: Dms1234's story
Posted by skeptical - 25 Jan 2015 08:05

Every GYE member is an "elite gyer".

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Re: Dms1234's story
Posted by dms1234 - 13 Feb 2015 12:31

Hi everyone!

I didn't realize that i wouldn't be able to go on GYE so little but unfortunately it is a reality! But thats okay i have been meeting up with a lot of gyers and hopefully every week we will have oink. Israel is incredible as always. It is great to be back and learning is going really well! BH. I am surprised how much addiction/masturbation/porn/girls come up in the Yeshiva. It is quite amazing. BH i am doing well. Woman especially frum ones are really attractive here but I'm trying to take it one girl at a time and remember that this isn't good for me. I take a nice deep breath and ask Hashem for help. When i relax, it really helps me continue what i need to do at that precise moment and refrain from continuing down the rabbit hole.

If you would like to meet with me you can email me. I would love to meet up. If you want to call me i do have calling to outside Israel. You can email me for my number.

One last thing: i realized how much I can grow when i am clean especially with learning. I try not to be complacent and forget about my problems but when i concentrate on what i am supposed to be concentrating on, with a clear head, life is truly different and remarkably fulfilling. Its also been incredible not being on the computer all day, even if its just for good things. I have my computer for very limited time during the week and i can actually accomplish more than being on there for large amounts of time!

Good shabbos!

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Re: Dms1234's story

Posted by dd - 15 Feb 2015 06:33

Dms great to hear from you!!!

I sent you a email with my number so you can reach me and we could even meet up. I was asking the guys if they heard from you and they all said your doing great b"h!!!

Keep up the good work and enjoy the shtieging!!!

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