

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 Avrom - 23 Sep 2013 14:10

[dms1234 wrote:](#)

But i am trying to brush it off.

Do it!! We don't control what happens during our sleep... If you want take a dip in the mikva - and let it pass!! When the yetzer hora sees he cant get us while we are awake - he sneaks into our minds when we are asleep.. (Try to think of some torah before you go to sleep)

KOT!

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Re: Dms1234's story

Posted by Avrom - 23 Sep 2013 14:11

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KOT!

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Re: Dms1234's story

Posted by Pidaini - 23 Sep 2013 17:02

KOKOKOKOKOKOT!!!!!!

It is the attitude, work on the inside it is already showing on the outside!!

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Re: Dms1234's story

Posted by dms1234 - 29 Sep 2013 22:04

This is dms1234s brief year in review (this should have been done earlier but whatever)

Last summer I came home from Israel a dry drunk. I was clean about 100 days but after a month I fell. Looking back all I was doing was trying not to fall and not actually connecting with Hashem.

I slowly started to constantly fall, watch tv and movies and get no where.

So this past summer when I came to Israel I knew it was a perfect opportunity to meet fellows gyers and actually start to heal. I met with an amazing group and started working on the first step. I never really understand what admitting powerlessness was but the group made it make sense to me. In fact I realized that truly the step before step one (unless this is truly what step

one is about) is admitting that we are addict) at first it is had to admit that we are powerless, as for our whole lives we thought we are the center of the world but to just plain say I am addicted and I love tonmasturbate and with porn is in my mind much easier and step 0.

Anways so I started taking deep breaths which really helped me calm down as lust tenses us up a lot. I Also started saying over and over and whenever I would talk to Hashem: I am acidicted therefore powerlessness. Please save me.

So I am back now from Israel at college and it is tough. There are a lot of pretty woman and as I have said before I used to fantasize to fall (as in make up stories in my head instead of using porn to fall). So its hard but i found that its easier to turn away from them than actually frum girls. I see the pritzus and for some reason i am more attracted to them. Anyways I am starting to fantasize a lot less. I am still gazing but its a step up.

I feel like I am actually working on my self. I am not on any high from the high holidays or from not falling from that matter. It feels good. But i think i need to come out more. I am starting to internalize that I am addict and reach out to Hashem but i need to also, at the same time, reach out to other people. I have no idea how to do this but i am going to start by peruzing the form and talk to people, give advice etc.

So thank God, love is great. But this is the time now that we addicts have to step up. Cheshbon is desolation time. No holidays. We have to start grinding, getting our hands dirty by reaching into the core of our addiction. This is our drug, its our escape from real life. Therefore we have to find out what are we running away from? What is that hole inside of us that needs fixing? So here's to a successful of month of mamash working on ourselves and connecting with Hashem. God is good and so are we!

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Re: Dms1234's story

Posted by tehillimzucker - 30 Sep 2013 00:10

. My best tip for someone in college with all those vreevoulouveeeeeeeeeertyuies is to imagine that fiery red beard. Just grab the beard and spread it like a blanket over all those vreevoulouveeeeeeeeeertyuies- let them be smothered in its fiery embrace.

Vanquish Vreevoulouveeeeeeeeeertyuies!

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Re: Dms1234's story

Posted by dms1234 - 01 Oct 2013 02:11

As per my last post, i would like to say since coming home from Israel I havent turned on the TV or seen a movie!!! With Hashem's help this will only continue

Ok guys this is ridiculous I need a picture on my profile. I am tired of seeing that stupid head. Any suggestions?

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Re: Dms1234's story

Posted by Pidaini - 01 Oct 2013 02:27

WOOHOOOOOOO!!! Stay away from escape, KEEP IT UP!!!

As for the picture.....how about

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Re: Dms1234's story

Posted by chesky - 02 Oct 2013 19:31

[dms1234 wrote:](#)

I havent turned on the TV or seen a movie!!! With Hashem's help this will only continue

Thank you for sharing this.

just to share what worked for me.

I don't ask HaShem to help me not to turn on the TV. For years i hoped he would do that for me. I hoped that if I would daaven hard enough somehow i would not do the things i had programmed myself to do.

But If I am powerless I surrender and I don't turn it on because i cannot afford to.

And then I am powerless over my obsession which tells me to turn it on or i will die or at the least go crazy without it.

So I surrender and i ask HaShem to remove my obsession and restore my sanity, and yes, I HAVE come to believe that He can do for me what i cannot do for myself.

May He grant us a sober and sane day.

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Re: Dms1234's story

Posted by reallygettingthere - 02 Oct 2013 19:41

[dms1234 wrote:](#)

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How bout this

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Re: Dms1234's story

Posted by dms1234 - 03 Oct 2013 03:22

Lol Pidani. lets go with a no haha

wow chesky that is incredible. I have been thinking about surrendering my addiction but i should be carrying that over in this respect as well and others and Amen to that!

reallygettingthere: perfect! Now how do i take it from you and bring to my profile? hmmm

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Re: Dms1234's story

Posted by tehylimzugger - 03 Oct 2013 05:16

Chesky: How come you don't come to O.I.N.K. meetings? [This was an official invitation]

dms, now we just need Trying to give your logo a nanach yammy

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Re: Dms1234's story

Posted by chesky - 03 Oct 2013 13:34

Thanks for the invite. i will bli neder try to come. Let me know when the next one is.

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Re: Dms1234's story

Posted by tryingtoshteig - 03 Oct 2013 17:06

[tehillimzugger wrote:](#)

dms, now we just need Trying to give your logo a nanach yammy

Would you like that for here or to go?

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Re: Dms1234's story

Posted by tryingtoshteig - 03 Oct 2013 17:43

No extra charge for the peyos...

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