

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 - 17 Feb 2014 06:54

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Last night was a little rough. I had a night fall again but it felt sooo real. My shmiras eiynaim on shabbos was so not so good so probably to due to that.

But yesterday, was yesterday. Its now today. This whole week i don't have school because people were committing suicide around this time because of stress. Honestly i would probably have been one of them. WOULD. But now i am taking it step by step. I have a ton of work to do. But thats ok. Stressing won't help me. Easy does it.

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Re: Dms1234's story

Posted by dms1234 - 18 Feb 2014 00:45

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Was going to tell my Rabbi this morning but it just didn't work. I didn't get any alone time with him. So i am forced to delay until tomorrow. I am a little disappointed. Pidani was pumping me up for it and I was ready. But i guess its just not what Hashem wants.

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Re: Dms1234's story

Posted by dms1234 - 19 Feb 2014 08:37

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Tonight before davening Maariv, an attractive girl i haven't seen in a while said Hi, its nice to see you, haven't seen you in a while. Well that kinda melted me. I was a little rattled.

I immediately reached out and got very good answers: look at her as a person, its not fair to her and not healthy for you, talk to Hashem and ask Him to help you do what He wants in this situation (why didn't i think of that??)

Anyhow, Thank God. I always have to remember how sensitive i am and i have to constantly guard my self. On the same token i can't hibernate but i can look at this world differently. This girl isn't a sex object, she is a person just like me and she deserves the same respect that i would want.

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Re: Dms1234's story

Posted by Pidaini - 19 Feb 2014 10:38

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Good Stuff!!!

I love friends, where would I be without them?!

KUTGW!!!

KOMT!!!

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Re: Dms1234's story

Posted by dms1234 - 20 Feb 2014 03:49

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whoah, today was kinda crazy. I met with a prof about an essay and he basically said that what i wanted to do wasn't going to work. He's not my prof but he knows a lot about my subject. Shocker! Then i went to go get a textbook i need for this say and i couldn't get it. Shocker!

I was completely out of it. OY VEY! What am i going to do about this essay???? Its due next week and its worth an exorbant amount of mark. I was going nuts.

Then I said, you know what. STOP! that's enough. I asked Hashem please help me and stop worrying. It will get me no where. I will think about my essay rationally a little bit later but lets move on!

Life gets tough. Really tough. And we don't know where to turn. we don't know who to turn to (silly us) but we have to realize NO amount of worrying, or stress, or tension will ever get us through. In fact it will just hinder my progress. Me stressing about this essay, accomplishes absolutely nothing. I just have to go step by step. One foot in front of the other and be calm. Easy does it.

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Re: Dms1234's story  
Posted by skeptical - 20 Feb 2014 04:14

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Nice work!

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Re: Dms1234's story  
Posted by Pidaini - 20 Feb 2014 08:07

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WOOOOOOOOOOOOOOOOHOOOOOOOOOOOOOOOOO!!!!

this time you DID thin kof it (talking to Hashem) yourself!!!

Great Job!!!

How did the rest of the day go?

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Re: Dms1234's story

Posted by dms1234 - 20 Feb 2014 08:16

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Its been good but i have been spending an awful (poor word choice?) a lot of time on GYE. Like a lot! i used to procrastinate by watching tv, movies, and anything under the sun but now its GYE haha. Thank God though. If this is where i procrastinate so be it

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Re: Dms1234's story

Posted by rjcohen - 21 Feb 2014 05:22

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Wow DMS1234 this long fight with your struggles gives me alot of chizuk.

Keep it up!

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Re: Dms1234's story

Posted by rjcohen - 21 Feb 2014 05:23

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Wow DMS1234 this long fight with your struggles gives me alot of chizuk.

Keep it up! Btw your not spending to much time here. Guys like me need you here!

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Re: Dms1234's story

Posted by dms1234 - 21 Feb 2014 07:01

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First off, wahooooo!!! my 100th post! Thank you so much GYE. You saved my life! I have grown remarkably (but there is sooo much to do, i do admit). I am so grateful that i have not only joined

but have been actively participating.

I would humbly like to share 3 things that are helping me:

1. Reaching out: This is probably the most important thing that I have done. I have several people of which i get advice from. They help me so much. Also talking to people on chat helps me internalize principles and helps me learn new ones as well. It also inspires me to hear other people's stories. Because of this, i also like the forum. This also helps me learn more tactics which i can use. Posting on then forum is definitely not as important as personally telling my mentors/friends but it also helps me get out there.

2. Neder: My neder that i made was that i am not going to watch TV or Movies. Usually when i was bored i would just see what was on. I really didn't want to be there because i always had so much to do. Then at sudden points i would always look for something to trigger me but this never satisfied me so i just felt really depressed afterwards. So i made a neder and it has worked wonders. It is helping me keep my head out of the schmutz. (ps there are very strict guidelines for neders so we don't "break them" and go over on a daraisa (i believe said that right))

3. Living Today. I get very stressed. Its a vicious cycle. I look at the mountain of work that I have to do and i get frightened. So i make a gigantic plan but i never end up doing anything. Then i get really stressed because i haven't done anything. So now I only plan for TODAY. What can be accomplished today? Tomorrow is a new day. Lets just see what i can do today. I actually say what can i "start" today so i don't get stressed if i don't finish it that day, i don't go nuts. So i just put one foot in front of the other. Mt. Everest is 29,029 feet tall. So how do you climb it? Just gotta put one foot in front of the other. So to with life: step by step.

On another note something amazing happened today. Yesterday i freaked out because of my essay thats due. But i said whatever, everything will be fine and I asked Hashem for help. Guess what?? I got an extension. what hashgacha!! Also i missed a bus today and got very wound up. Then i started singing the Gam Zu la tovah song, (i forgot the tune but its to a goishe song, anyone know?) Then i felt much better!

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Re: Dms1234's story

Posted by Pidaini - 21 Feb 2014 08:14

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Thanks for sharing!!!

That is AWESOME!!!

I feel like I want to start dancing!!!

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Re: Dms1234's story

Posted by dms1234 - 24 Feb 2014 01:39

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Dear Rabbi,

I confess, I chickened out. My problems aren't merely shmiras eiyinim. They are much deeper than that. Because of my past history, I also have problems with masturbation. I don't think you need too many details but essentially since i was a teenager i used masturbation as an outlet for pleasure but also from life. From when i started becoming Frum I realized it was a problem and tried to stop. I couldn't. Later i found a website called Guard Your Eyes of other Frum people who have similar problems. When i went to Israel this past summer. I managed to find a few guys that got together every week. I loved it and they helped a lot. When I came back home i was and still am in regular contact with them but unfortunately, due to times zones we can't have that much live contact. So they connected me with a guy from Toronto who i have spoken to everyday for about a month and half. He has really helped me out.

I speak with him and others on a regular basis and some of them encouraged me to tell you as this problem rests in our heads and the best way to recover is to reach out. They think it would be helpful for me to have someone who i see live consistantly and also who i already of a keshar with, for me to be open and honest with.

So I am spilling the beans, showing you something that I would rather hide from you, because I



trust you, and it is something I feel will help me if I can speak to you openly about it i.e. when a urge comes, or even just to update you on how I am doing.

This is the letter i showed to my Rabbi today. I was still too chicken to actually tell him but he knows!! We had a shmuze after. He doesn't know so much about this addiction, although he does know about shmiras eiynaim. But he has heard of this site. (score one for Guard!)

It is relieving to know that a live person knows and someone that i will be seeing everyday. My question is now what? This is my Rabbi and i do go to him for advice and now he knows, i think, all of my problems. I guess i just keep going to him for advice? Now that he knows, now what?

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Re: Dms1234's story  
Posted by rjcohen - 24 Feb 2014 02:44

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WOW major step to tell someone who you will se everyday. I am no expert but I think that zchus

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