

Here's my story. Please help
Posted by Oyyvey27 - 29 Apr 2013 15:04

Here's my story as i put when I signed up.] " Im in my high twenties married with children k" I'm married a few years I struggle with porn. I was diagnosed with depression and I'm on medication for it.recently. I've struggled with Masturbation since my teens I've been looking and wondering since childhood. I come from a very good and torahdik home. I Used sneak peeks at my sisters. I also had a "I'll show u mine if u show me yours type of thing" with a good friend of mine a boy my age that I grow up with. And at times all of us together myself, him, my sister and his sister (about the same age as my sister) but that was more of a childish u show me I'll show type of thing. But with this friend there we're times we did things together far more then that I'm not sure exactly when bit I remember around puberty (7th and 8th grade) then I think it stopped a while and I remember again it starting in 11th and 12th grade Obviously not so childish anymore more of a masterbation (please excuses my language but I'd like to speak freely) "getting each other off type of thing" which included oral, and tried other stuff. I manger to get a hold of porn magazines and at times we sheared them. I don't think I'm gay or even bi-sexual I just think that's what was available at time (maybe its a good thing but I never had a "hav hameina" to get involved with a girl it bechlal wasn't on my radar). Since 12th grade nothing ever happened with any1 else sexually until I got married. But with "myself" was a totally different story masterbation was a Constant and porn off and on. First magazines then Internet porn. I also always watched movies not porn but I often looked for R or unrated so I could see something. That's been going on since I'm like in high school i was renting DVD and sneaking them into my basement. I always struggled in yeshiva even though I'm bright and smart I had learning difficulties Though I was only Diagnosed with depression recently I most properly suffered from it at some degree for years . I see a frum therapist once a week and have alluded to some of this but i don't think I'm ready to talk to him about all of this. I had 2 rabaim I spoke to about most of this one in ninth grade and one in Eretz Yisroel And as a bucher in shiduchim with a therapist. I'm struggling with Internet porn and masterbation. " please help me get started on the forum To get my story out there and the personal chizick. I so desperately need. Thanx this site is major as " regular " yeshiva guy (though I'm working now) there's no where to turn And our yeshivas never really delt with sex,and sexuality Please also help me modify my post to be appropriate for. Your "haliga" cite.

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Re: Here's my story. Please help
Posted by Oyyvey27 - 09 May 2013 06:35

welcome aboard boobusy im glad you found this site and started posting im finding it very helpful. it good to know im not alone and there are others out there with the same problems and history this is a fight that we cant fight on our own.

please post as much as you want on this thread we are all in this together and you came to a place where people really care and really want to help and more importantly understand you

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Re: Here's my story. Please help
Posted by Oyyvey27 - 09 May 2013 18:55

Gosh what to do when wherever I turn there's something to look at? Yes there's taivah pulling me all the time. I have to run around for work a lot so I spend a lot of time on the road and there's beautiful women all over and most of them are dressed suggestively. Its lonely I'm running around on my own and only get to Talk to some shkutzim. What's a guy to do???? Driving around on my own seeing all this (I never know how much I actually "look" till recently its like second nature). So I see something and that's a trigger or hear something that's a trigger or just that lonely and down feeling that's a trigger. (Sometimes seeing something and knowing I can't have and will never have it triggers a downer). Then it triggers me to want to turn to porn either its just the taivah and I want t"get off". or maybe its just getting out of realty for a little bit? Who knows?

I just thought I should post.

Please respond to this post I could use all the chizuk I could get.

Thanx

(Also posting on "breaking out" "I'm falling" tread

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Re: Here's my story. Please help
Posted by gibbor120 - 09 May 2013 18:57

Can you call a friend while on the road? Listen to a shiur maybe?

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Re: Here's my story. Please help
Posted by MBJ - 09 May 2013 23:42

It is truly amazing how much you look now that you are conscious of it right? I was totaly shocked at myself and how bad I was.

Just try to keep yourself sane, try to keep your mind occupied by other things, that is what I do when I am sitting on the train. Mind occupied, eyes not where they shouldn't be. Remember the first look is on G-d the second look is on you.

good luck. Keep strong

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Re: Here's my story. Please help
Posted by Dov - 22 May 2013 01:51

Dear oyvey (but I mean the real you of course, not your fake name),

MBJ wrote very good advice, including "Try keeping yourself sane" - but I am here to share that **if** it is still failing you, then it is time to see that **you can't keep yourself sane** because your own brain, body, and heart is the very problem itself! I am not name-calling, just observing. If you are still suffering and really plotzing for a way out, then please hear me out.

Your situation is so common among us, 'oyvei'. So I looked back a couple of posts and saw what I wrote to you around Shvu'os time, and see that it addresses what you are hurting about so much, here. You call what you need 'chizzuk' - I do not believe you need any chizzuk.

'Chizzuk' for a situation like yours is like giving a man five bucks when he is poor, sick, and out of a job. He smiles, is grateful...but will his life change at all? Probably not. He will eat for another day, that's all. Only the one who helps him **get a job** is really helping. The others are just delaying the inevitable. That's nice...but not really what the fellow needs. And maybe it's even *worse*. For delaying the inevitable is practice at being satisfied with a familiar false sense of security. The opposite of accepting responsibility. OK, ok, enough abt that...sorry.

So instead of 'chizzuk' I suggest changing the way you do things...*not* just the way you struggle with your lust for the images of the women you see, but changing *the way you live* - just a little bit. I wrote you above that opening up to real people and involving real people you meet on a

daily basis (using their real first name and your real first name, of course) is one way to make this real. If you do not do anything like that, but just stick with this virtual posting thing with a virtual name, and never meet a real person who is like you and join forces to focus on real life, you will finally be answering your own question.

Living and struggling inside our own little heads is a surfire way to keep getting the same garbage experience of every summer. Like losing blood all summer, lusting again, controlling it and limiting it, 'distracting ourselves from it (so we do not have to really open up honestly to anyone else chas vesholom!)

Here is some math: The pretty girls everywhere - they are real, their bodies are real, their voices are real...but is your forum-posting as real as your experience with them is? No, it cannot be. If you are not even seeing any *real* recovering person face to face, nor speaking to any real recovering people on the phone *directly and personally*, then it is not as real as these women taking your attention away. So why would you imaging it *should* work? How will it be an effective 'chizzuk' against something that ***your own body sees and feels?*** I think not. It's like hitting a charging bear with a willow reed.

GYE and this forum are indeed powerful tools! I do not deny that. But if you say you are still suffering, then it is plain to see that you need a higher level of emess. The comfort of your own private mind is not working for you. There are safe people here you can talk to on the phone or meet over a coffee for a morning chizzuk talk before going out to work. I do that frequently and it helps all those who do. I do not go through my day struggling, because I live on a different basis. The fantasy and images of the women are even less real than my recovery is! Cuz I recover with real people.

Finally, you say all you have "is the shkotzim to talk to." I know many shkotzim who do not go around drooling over the pretty women and do not struggle through the day with these issues - because they are in recovery as I am. My spomsor is a sheigitz. So?

Better you should find a real, sober sheigetiz to open up with daily, than have the brain of a confused holy Jew to guide you! Our own brains are the worst neighborhoods, you know....

Try it, chaver. I am not criticizing you, MBJ, or anybody. Just sharing what you may need to try, that's all.

- Dov

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Re: Here's my story. Please help
Posted by Oyyvey27 - 22 May 2013 23:26

Dov

With all due respect you speak like the king of the jungle.

I appreciate the fact that you over came a lot and have been sober for years and I congratulate you on that. But that doesn't mean you have all the answers and what worked for you is necessarily what will work for someone else.

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Re: Here's my story. Please help
Posted by mr. emunah - 22 May 2013 23:50

Dov Rocks!

his truth is painful, yes

sometimes it's a bit sharp

and may sound all Rough and tough, but there are mountains of truth behind his words, but he has a lot of experience, basically we can try to use his success to build our own strategy.

and of course everybody needs chizzuk

I need chizzuk to wake up

to daven

to work

to not do dope

etc.

but that's not the only thing

that's the bells and wistles, the oil in the engine

but we need a full tank of gas too

and that is a good battle plan.

remember OV XXVII,

Hashem created you

he brought you to were you are now

and he will help you get out of the dump (quagmire, swamp, cesspool etc...)

But he wants to see you doing all you can to do it yourself.

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Re: Here's my story. Please help
Posted by gibbor120 - 23 May 2013 00:07

[Oyyvey27 wrote:](#)

Dov

With all due respect you speak like the king of the jungle.

I appreciate the fact that you over came a lot and have been sober for years and I congratulate you on that. But that doesn't mean you have all the answers and what worked for you is necessarily what will work for someone else.

If you have been reading a lot of dov, you will see that he frequently admits that he is simply sharing what worked for him, and it may not be for everyone. At the same time, he sees many here trying to use "chizzuk" as their primary tool for recovery, when it clearly is not working. Sometimes, he tries to wake people up a bit, but it is not out of ga'avah at all.

In fact, the first step to recovery is essentially humility. Coming to the realization that you do not have the power to stop and must rely on a higher power.

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Re: Here's my story. Please help
Posted by Dov - 27 May 2013 01:52

[Oyyvey27 wrote:](#)

Dov

With all due respect you speak like the king of the jungle.

I appreciate the fact that you over came a lot and have been sober for years and I congratulate you on that. But that doesn't mean you have all the answers and what worked for you is necessarily what will work for someone else.

I did not get personal with you and did not say "you speak like _____" . What I did do, was say some uncomfortable things that may aaply to you, and may not. Life is short, 'oyveyy', so can you dan me l'kaf z'chus? Maybe then, you will see past the stuff you might not like and we can learn from each other, and maybe not.

I do not have all the answers, for sure, and may have failed more than most here. But failing a lot does give some experience that can help others, and I believe that is Hashem's greatest gift to me in this life (after my wife and children), so far. My being a pervert in recovery has helped many people and that makes me and my wife very grateful to G-d who is far better to me than I deserve.

Now, every single suggestion and idea I wrote to you above may be completely wrong. Yet I do

believe all I wrote to you with my whole heart and try to live it and share it one day at a time.

I sincerely hope that you do what actually works for you, be"H.

But one thing to qualify that hope:

How does a person really know what works for him or her? If is agreeable?

I have learned that when many people (maybe not you at all!) say "I am not comfortable with taking that action", or "oh, *that* plan does not work for me" - they really are just afraid. Going out of their comfort zone. Afraid to try something new and different. We generally prefer to remain using the only tool they believe they *can* use. Of course, if our tools were working, we would not be posting here on GYE...

Unfortunately, the tool they have been using (whatever mussar/hashkofah/self-control/psychology idea set that 'agrees with them' is *the very thing that got* them in this mess to begin with and using it has been digging them deeper into trouble. They just do not see that yet because they have not been confounded by enough failure... yet. So should I stand by an focus on being Mr Nice-guy? Pat on the back and chizzuk? "Yeah, You CAN do it!" - same thing as always but just *more sincerely* is the answer? I doubt that's the way. Thinking and 'inner work' without taking real actions (or taking real action that is totally private so that the isolation and secrecy can persist) are common ways many people (including me but maybe not you, seriously) stay in the same mess for a lifetime. When the rebbe Reb Mailech wrote #13 in the tzet'l kotton, he knew what he was talkign about - and he was not even speaking to addicts!

Every single person I know in recovery is shocked that it is actually working. Cuz we'd never guess it. The actions of recovery go against our very nature...that's why they work. Cuz real change *has* to go against our nature or else it isn't real change, at all, but just more of the same comfortable struggling and hoping. This is precious to me. I fyou disagree and see it as stahm nahrishkeit, I respect your right to an opinion 100% and have no desire to argue the point.

So, if I suggested something to you that is truly wrong for you, please accept my apolgies. And even if it was *right* for you but not yet because you have not suffered enough to need it, please accept my apologies as well. But I take risks for recovery and say/write some things the way

that rebbe teitched 'al levovecha' - "put things on your heart even before you are ready to let them into your heart - because one day the heart will open and they will fall in!" (But I what I said is just plain wrong, then I pray it never falls into *anyone's* heart, c"v!)

And if anything I wrote was insulting, I apologize for that, as well. Though if I did, please let me know so that I might not do it to the next guy.

Thanks fellow Jew (whatever your real first name is), and **hatzlocha!**

Dov

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Re: Here's my story. Please help
Posted by Dov - 27 May 2013 02:37

[mr. emunah wrote:](#)

remember OV XXVII,

Hashem created you

he brought you to were you are now

and he will help you get out of the dump (quagmire, swamp, cesspool etc...)

But he wants to see you doing all you can to do it yourself.

Y'know, reading my post to 'oyyvei'...noticed the ending where I wrote, "I am not criticizing you, MBJ, or anybody. Just sharing what you may need to try, that's all." Hmmm....

But I'm posting to you here cuz you wrote, "Hashem wants to see you try what you can," and I agree, but want to fram it a little differently. You may like it.

The Kotzker asked people, "Where is G-d found?" They told him all the normal, true answers, like "m'malei kol almin v'soveiv kol almin," and "m'lo chol ha'aretz K'vodo," etc. And he said "Nah!"

Then he said, "Herr tzich ein: Hashem is only found *where people let Him in!*" (He said that last part in Yiddish, too, but I don't know how to say it:()

Another little hakdomah: Hashem **knew** Avrohom avinu was going to do the akeidah. So why make a 130+ year old man schlep across the wilderness and then up to the top of a mountain?! Perhaps the kashya sounds a bit balbatish, but hang on.

OK.

I'm with you 100%, Emu! But it is not only that 'He *wants* us to do all we can before stepping in'....it's even more than that. Perhaps He knows all these things but wants us to open up *by taking real action*. Taking real action is always a sacrifice of the self. He wants us to open up - He does not do that *for* us. And our taking real (uncomfortable) action is one of the few ways we really let Him in. (That's why the 12 step drunks of AA focused on action but admitted it is really 'an inside job'. They saw that real recovery means the addict bears full personal responsibility for his actions and recovery. Only he or she can let G-d in. Or, "ein hadovor tolui elloh bee," as R' Elozor ben Durdaya put it.) Perhaps this is why the ikkar of all avodah (as the ShaL'oh hakadosh writes) is korbonos. Sacrifice is surrender - it is what it is really all about. Letting Him in is our part - then He does the rest if we remain open and surrendered. That has been my experience and the experience of my recovery buddies so far.

Sure Avrohom *had* it in him! But only by taking the action would bring that out of him and change him into a different man than he was before he *actually did those things*. And it did. So Hashem let him do it all before stopping the akeidah.

So it may be that taking real actions is the only way people really 'let Hashem in'. Good intentions and even good madreigos and yir'ah, are not very much by themselves, and Hashem is not found there (at least in this Olam ha'asayah).

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Re: Here's my story. Please help
Posted by mr. emunah - 27 May 2013 20:57

Exactly.

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Re: Here's my story. Please help
~~Make any sense at all?~~
Posted by mr. emunah - 27 May 2013 20:57

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Re: Here's my story. Please help
Posted by Dov - 27 May 2013 22:30

Really? If all that makes sense to you then I would suggest a full psychological battery...

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Re: Here's my story. Please help
Posted by mr. emunah - 27 May 2013 23:01

Just following Lazer Brody's advice...

"where the Brain kicks out, Emunah kicks in."

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