

Just a boy in front of a screen

Posted by dovi2002 - 21 Jul 2014 23:48

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Hey everyone, im new here and ive been told to start my own story (thanks godhelp:) even though I was reluctant to share but if it will help ill do anything, so here goes..

My story starts at a young age, I was 12 years old and one day there was no school so I decided to go with my father to work , anyway he went out to take care of something and there I was playing a game on the pc, let me make it clear I did not go to watch porn at all, because I didn't even know what it was...

don't ask me how but after a few minutes of playing one link led to another and I saw IT,the image that changed my life forever. i was shocked! to me it was the most disgusting thing I have ever seen two people like that and im looking at it! I quickly shut it off, this doesn't make sense..

but it was too late, the venom already hit me and my mind was slowly being poisoned I would go back just for a little, be shocked, repeat. until it didn't even bother me anymore , in fact I liked.

fast forward 11 years of torture, being imprisoned by lust, shame and guilt, constantly felling like a nobody, and here I am.. I got married to the most amazing woman in the world and I thought that it would automaticly subside, and it did, for 3 glorious months I was the happiest man on earth, and slowly it started coming back first with looking and so on, I remember the first time I fell after marriage I cried so much, why why cant I just let it go when I have so much good!

I started doing some research on porn addiction, I was shocked. I had no idea I was even addicted, I thought this was me being intentionally bad all this time, and then I realized that its not me, the real conscious me would never do this, this is my addiction this is the boy in front of the screen!

bh I found gye and im doing better than ever! now that I understand more whats happening I started learning tools and to be better prepared for when my addiction acts up.. I did 28 days until falling yesterday and today.. its not 90 but for me its the most ive done in my life! (aside from when I got married then there was no test) and im not letting it get me down like in the past

tomorrow the fight starts again and this time im aiming for the finish line,

that's why im here writing this, telling you my story is giving me strength to start again, I need chizuk.

the worst is that I wasn't asked, none of us were.. if someone would ask me hey, u wanna feel good for a little but the cost is your life, I would have never agreed, but we weren't asked.. this is our nisayon... were fighters.. thanks everyone for this amazing site.. may we all have hatzlacha and be strong for our selves and family.. Thank you

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Re: Just a boy in front of a screen  
Posted by Losasuru - 24 Jul 2014 16:41

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Hi Dovi!

Your story sounds eerily similar to mine. I was 12 when i saw that first image on the computer and have went through the gamut of the associated challenges since then. I recently got married to the most amazing girl and for the first few months the challenges finally subsided and I felt like the happiest man in the world. And then came the first slip. O the feelings of guilt. They bogged me down for days. I've been pretty much clean since then but the devil rears its ugly head every now and then. Its tough. I had always thought that marriage would be my cure, but the reality is different. This is a life long struggle that one can only come to the final realization that it is what life is worth living for.

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Re: Just a boy in front of a screen  
Posted by Losasuru - 24 Jul 2014 16:50

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Shvisi- I'm sorry but I disagree with you and your philosophical dissertation. Dovi, it is NOT you who has been acting out and sitting in front of that screen! You are the person who is an amazing loyal husband, an eved Hashem, a ben aliya, and a purely good person. The person in front of that screen is the work of the Satan to try to confuse you and to impede on your path of growth. Yes you have to work on distancing and ultimately vanquishing that yetzer hora, but the

real you is not him!!

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Re: Just a boy in front of a screen  
Posted by Pidaini - 24 Jul 2014 17:26

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May I ask what the practical nafkah minah is?

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Re: Just a boy in front of a screen  
Posted by gibbor120 - 24 Jul 2014 17:28

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On the one hand, it is important to have self-respect and not think of yourself as low. But, we must also face reality. It is not the satan sitting in front of the screen. It is you. Without accepting that fact, it is difficult to recover. It just promotes living the double life. I am good. It's this other "thing" doing those despicable acts. Until we accept that it is ME, we are not facing reality. We are mightily trying to stay in fantasyland. Fantasyland is not a good place for recovery.

Check out the Captain Kirk post by clicking the "dov quotes" link in my signature. It's the first post (or nearly the first).

Accepting the ugly facts is the first step to recovery.

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Re: Just a boy in front of a screen  
Posted by cordnoy - 24 Jul 2014 17:43

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And like it was written about on page 1 of this thread and other threads, it is a crucial part of recovery realizin' that it is us who do these things; this is called acceptance; blamin' others or outside influences will (most of the time) not help one with recovery. We all have who to blame. Playin' the blame game will accomplish just that....playin' a game. Wanna recover? Take responsibility and focus on fixin' the 'me.'

b'hatzlachah

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Re: Just a boy in front of a screen  
Posted by dms1234 - 24 Jul 2014 21:13

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Losasuru, not sure if you have opened up your own thread but you should to tell us about yourself. WELCOME!

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Re: Just a boy in front of a screen  
Posted by Losasuru - 24 Jul 2014 23:51

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The practical nafka mina is that saying that you are a impure bad person only brings down your spirits and just spurs you into an endless cycle of iniquity. From personal experience I can say that if you don't differentiate and place yourself on a higher pedestal it leads to feelings of surrender and depression. Feelings like "if I'm that type of person then it's fine what I'm doing because this is who I am". "And I've done this before so its not a big deal if I do it again. After all I'm addicted".

Although of course you are the one who is responsible for your actions and only you can put an end to your misery, one also must realize that you are inherently good and that the bad is just an aberration. A dirty fly that must be swatted away

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Re: Just a boy in front of a screen  
Posted by gibbor120 - 25 Jul 2014 00:19

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I'm just telling you that from experience, facing my flaws helped me to accept myself as I am flaws and all.

I joined Dov's 12 step phone call and did a first step inventory. I wrote down my history of acting out, leaving nothing out. I then shared it with the group (i had to abridge it, but got in all the main points).

I felt as if a weight had been lifted from me. I did not feel low. I felt accepted, and I was able to accept myself.

That's just my experience.

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Re: Just a boy in front of a screen  
Posted by cordnoy - 25 Jul 2014 00:21

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and mine as well....not with a group, but with a professional.

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Re: Just a boy in front of a screen  
Posted by dms1234 - 25 Jul 2014 01:00

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## **Losasuru**

The practical nafka mina is that saying that you are a impure bad person only brings down your spirits and just spurs you into an endless cycle of iniquity. From personal experience I can say that if you don't differentiate and place yourself on a higher pedestal it leads to feelings of surrender and depression.

Agreed. Despair, depression is not good for us. It is terrible. Who say's accepting that we are a sex addict should make us despair. Its ok to make mistakes. Ok. so I am a lust addict, whatever. Its not like i am yelling on the streets about it!

How are feelings of surrender leading to depression...unless ego is involved! Surrender is about bring Hashem into our lives and saying He controls the world. That is relieving for me not, depressing.

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Re: Just a boy in front of a screen  
Posted by Losasuru - 25 Jul 2014 03:25

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Agreed. I was referring to 'surrender' as in surrender to taaivos. Once you feel like the yetzer hora has control over you and you just keep spiraling down, it can be easy to start feeling despondent and depressed.

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Re: Just a boy in front of a screen  
Posted by Losasuru - 25 Jul 2014 03:31

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[dms1234 wrote:](#)

Losasuru, not sure if you have opened up your own thread but you should to tell us about yourself. WELCOME!

I opened a thread of mine about a year ago. Never really posted much though. Made a lot of progress since then with the help of G-d. Got married along the way as well. Still struggling but hanging in there!

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Re: Just a boy in front of a screen  
Posted by dms1234 - 25 Jul 2014 04:45

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You should reignite it!!!!!! KOP!

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