

Climbing out of the deep abyss

Posted by Drew - 18 Feb 2015 00:24

Hi everyone,

I've been on GYE for about a month now. My best record was about two weeks, and after that it started to spiral down. I keep making loopholes for myself to watch inappropriate pictures or p***. It says that Hashem dwells with the lowest sinner if he is honest with what he has done, and sincerely wants to teshuvah. I must come to internally realize that without Hashem those two weeks would've been impossible and any second that I am clean is only because of his help. It's as if I'm a blind man searching for the door that leads out of the room, but every time my hand finds the knob, it disappears and I fall over only to continue looking for the door. The struggle is comparable to a person attempting to climb out of an abyss. He uses the footholds to push himself higher and higher. But sometimes those footholds break, and he must start from the very bottom again. As long as I reach the surface I don't care how many times I've fallen, because people only remember the end result. I'm almost 20 years old. I had hoped that before my twentieth birthday I would be free of this vicious disease, but now I'm not so sure. The struggle has been going for six years, but I've only realized the damage done this year. I read the daily emails, installed filters, but perhaps my mindset is wrong here, not the precautions. I hope to one day with Hashem's help to look back at this period in my life as a horrible nightmare, horrible when you're in it, but when you wake up you're relieved to find out it's in the past. With Hashem's help this too will pass. I look forward to being more active in this wonderful community. Sincerely, Drew

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Re: Climbing out of the deep abyss

Posted by serenity - 06 Mar 2015 04:02

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Re: Climbing out of the deep abyss

Posted by cordnoy - 08 Mar 2015 02:29

[Drew wrote:](#)

I think one of the reasons that this disease is so widespread is because the public doesn't view it as a cancerous tumor that must be removed right away , rather it's viewed as a way to

alleviate stress

I don't quite understand this.

For many, this addiction is exactly that...a way to alleviate stress.

[Drew wrote:](#)

We are constantly being exposed to this wherever we go. Now, maybe some people can have a bit of lust and walk away. I know I cant. It is because the objectification is everywhere; it's because society doesn't treat women with respect, and causes them to dress and act the way they do, that we must strive to go to the opposite side of the spectrum, to be the shining example to everyone else.

Sorry, I don't understand two things.

1. Are you blamin' your/mine/others addiction on society?
2. We don't need to shine for anybody else; we need to clean our side for our lives, not for anybody else's sake.

My apologies

Thanks

b'hatzlachah

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Re: Climbing out of the deep abyss

Posted by Hashivalisesonyishecho - 08 Mar 2015 02:39

I empathize with Drew. In this society it's like ma yaaseh haben velo yechta. If we wouldn't be so exposed we probably wouldn't ever have fallen as we did. Like before the internet there was

much less of this this problem. Why were people more ehrlich 20 years ago than today. I don't think that's necessarily the reason, but because today the nisoyon is so rampant.

So you ask what's the difference and what's the point? The point is to correctly relieve the guilt feelings and the feeling of worthlessness. To know that we aren't extreme weaklings but we are placed in an extremely difficult situatiuon.

So you still ask what's the difference and what's the point? It's very taxing on the morale to have to feel so badly about ourselves and that itself could cause us to fall or make it harder not to fall. So I prefer to look at ourselves as people who are confronted with a very difficult struggle and are valorously contending with it.

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Re: Climbing out of the deep abyss
Posted by Drew - 11 Mar 2015 02:57

I fell today. Why? Why do we feel such despair after falling? I want to give a big shout out to skeptical, whose threads really helped boost my mood after the fall. Funny enough, the yetzer hara does tell us once we fall that all the previous effort we put it in is worthless. Well you know what, I'm proud of myself that I stayed clean for three weeks, and no one can take that that away from me! The community here really inspires me to constantly better myself, and to reinforce a positive attitude no matter what. I have to really let it sink in that this is a disease. A disease isn't usually cured within a couple of weeks, or even months sometimes. Step by step, I'm slowly getting better. Will I fall again? I don't know. All I know is that right now I'm clean,

Thanks guys for helping me through my journey. Your support really makes a dent in the Y"H's plans. May Hashem help everyone who is struggling with this horrible, prolific disease, a long life full of sobriety and happiness.

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Re: Climbing out of the deep abyss
Posted by Menachem clean by peach - 11 Mar 2015 03:10

[Hashivalisesonyishecho wrote:](#)

I empathize with Drew. In this society it's like ma yaaseh haben velo yechta. If we wouldn't be so exposed we probably wouldn't ever have fallen as we did.

Let's not forget that God put us into this society. Why would He put an addict like me somewhere that's ma yaaseh vloh yechta? Maybe, because I would never otherwise look for my character defects that are blocking myself from Him.

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Re: Climbing out of the deep abyss
Posted by skeptical - 11 Mar 2015 03:40

Now it's time to take the 3 weeks and add to it!

Hatzlacha!

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Re: Climbing out of the deep abyss
Posted by serenity - 11 Mar 2015 04:04

All we ever have is one day! Hashem continually creates the world yesh maAyin. So the only thing we have is the present. The past is gone and the future hasn't arrived. One second of teshuvah and maasim tovim here is greater than the whole olam Habah. I see that you have a lot of kind words and encouragement for guys in the forum. You're a good yid and Hashem loves you!

Hatzlacha !!!

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Re: Climbing out of the deep abyss
Posted by GYEmember - 11 Mar 2015 04:24

Drew, you have a good outlook.

You give me chizuk, and thanks for giving us your bracha.

Hatzlacha rabba, please keep us posted on your continued succes.

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Re: Climbing out of the deep abyss

Posted by Shmuel Zev - 01 Mar 2016 14:11

Hi! It has been a while since my last post (almost a year). A lot of things have happened. Hashem has blessed me with becoming involved in SA and to getting more insight into my disease. I have to learn to be a human before I can even start being a Jew. Long story short, I fell yesterday after being sober roughly 60 days. The only reason that I was sober those 60 days was because of Hashem and the SA fellowship. I had an essay to write yesterday (still due) that raised my urge to act significantly. Not to play the victim role (which I am doing now), my phone was also out of commission; so I was unable to call anyone to put out the fuse of my bomb called lust. I fell physically sick, as I am writing this. After acting out, I decided to go to sleep in order to help forget some of my pain. It helped a bit. My sleeping was fragmented, and I still felt sick to my stomach. I am writing this in order to stay alive. If I do not tell someone what I did, the secret will fester inside me and feed my lust. "I am only sick as my darkest secrets." I apologize if I am spouting too much SA stuff, but I have found that it is the only thing that works for me (when I work it). This is one scary disease. I have to understand that if I do not work the program, I will die. Simple as that. I understand that the next sentence is dark, but it is something I must say regardless. I understand why people commit suicide over this disease. They think that they have no hope for getting better, and would rather die than live such a miserable life. But I know there is a way to get better (not cured!). Hashem has led me there. There is a part of me that says, "why?, why did you give me this horrible, crippling disease? How can I have a normal life with disease? Why did you give me this?" Another part tells me, "Shmuel, hashem knows what best for you. He gave you this for a purpose. Which purpose? I do not know. But have some trust in your creator, I think he know's what he is doing. You are meant to recover in order to become the person you are meant to be." I love you Abba. Thank you for carrying me all this way, and please do not stop until I completed my purpose in this world. Thanks for letting me share.

Shmuel Zev L. , Sexaholic

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Re: Climbing out of the deep abyss
Posted by cordnoy - 01 Mar 2016 15:14

Thanks for the share.

We are here for you.

B'hatzlachah

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Re: Climbing out of the deep abyss
Posted by Shlomo24 - 01 Mar 2016 16:32

Welcome back.

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Re: Climbing out of the deep abyss
Posted by ddm11219 - 01 Mar 2016 20:36

[Shmuel Zev wrote on 01 Mar 2016 14:11:](#)

..... I have to learn to be a human before I can even start being a Jew.

sorry for my not understanding

according to a few members here this quote is the opposite from the Torah,

im even upset that i saw that line.

not ch"v to offend or something, but for sure a turn off

pls explain

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Re: Climbing out of the deep abyss

Posted by Gevura Shebyesod - 01 Mar 2016 20:40

Look for all of Dov's speeches about 'Derech Eretz Kadma Latorah" and how it applies to recovery.

Links anyone?

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Re: Climbing out of the deep abyss

Posted by goodchange613 - 01 Mar 2016 20:43

congrats !

so good to hear!!

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