

Found my way home thanks to GYE

Posted by Hopeful2 - 09 Apr 2015 04:02

I can't believe that I'm actually starting to post, especially about something I always thought I'd take with me to my grave alone. I've long ago (before I signed up for GYE) given up on ever beating this horrible disease. It seemed like a losing battle, so why try, right? But then I came across GYE and it's been beyond anything I could've hoped for. But let me first introduce myself to everyone and get to know each other. Everyone here seems so open and honest with themselves it's so refreshing....

I can't seem to remember when and how it all started but i can remember mast..... when I was 13 (maybe even younger I'm not sure) I remember doing it in the shower at home fantasizing about my next door neighbor -who was much older and I had nothing todo with ever, no girl friend or anything - who was just really pretty and I would get lost in fantasy. Lots of just looking at magazines, bikini clad women... And some more mast.....

And then the promises. The promises how I would never do it again. And the guilt. And how much of it! I would feel so horrible about myself. Years of trying to stop and years of feeling how Hashem must hate me, obviously didn't help, other then make a bad situation even worse. Later on in yeshivah I would to run to the bathroom to mast.... (can't remember the frequency) often and berate myself and try to stop but couldn't obviously.

I would buy newspapers. Even Jewish ones. Anything that had pictures of girls. I wasn't picky if it resembled a girl it was fine. I even had a book in yeshivah which was actually a holocaust book, that had some family pictures and I'd mast.... on those. And how I would feel so guilty that I'd mast..... I mean on a holocaust book!?

I'd beg and cry to Hashem to help me that He take away this nisayon, even if it meant never having kids. I'm sure you can relate...

Then came technology cellphones and movies. I'd buy a SIM card and surf for naked images on my phone and mast... Then I'd break the SIM card promising myself never again.... Yea yea.... Then go and buy some more SIM cards. I always wanted to break the phone out of frustration but was never able to.

Then I got married and whadda you know?? Marriage did not solve the problem! No chiddush here....

Just another incident I remember.... before I got engaged even before the shidduch was redt, I made a Kabbalah that I would abstain, as a zchus for myself to get engaged. It was so painful. White knuckling all day. Wrestling back and forth yes no yes no, and I wasn't even successful. I made it for about 4 weeks (longest probably ever, until now) and mast...even before I got engaged. Hashem did his part of the deal but I couldn't come thru,.... I remember not actually touching my eiver because I said I wouldn't, but I writhered in bed rubbing myself until I just let lose....

I was convinced I'd never have any kids as a punishment from shamayim. I believed Hashem hated me and so I grow up with a relationship with Him that if I'm good Hashem will take care of me and if not He'd hurt me very badly. A real childish way of thinking, but something I struggle with until this very day. I'm trying to feel His infinite kindness and mercy, but it's tough.

So I got married and have the most adorable kids. But my addiction didn't get better. Especially with an iPad at home that was filtered and not supposed to be at home in the first place.... It was then, about 4-5 years ago, then I started watching real hard core p..n and it just got worse and worse. Weekly, daily, anything stressful would send me straight to my iPad. It didn't help that my father passed away, which added loads to my plate and I just needed my drug even more then ever

After having been hooked on mast.. & p..n for so long I couldn't imagine ever stopping. Until I watched the GYE video last month. I said I gotta give it a try. I signed up. Took the 90 day challenge I'm up to 45! days clean. Never reached that, I don't think. I started reading the attitude book, the white book, the 12 steps, the forums, and it's all been such an eye opener for me. I now realize that porn comes after lust and lust means (for me) just looking at modestly dressed women who are pretty. I never realized how harmful just looking was for me. Then I realized that after every look came a fantasy. On that woman or about others. I have come to realize -thru GYE - that looking for me, equals watching porn. Cause if I look today I will definitely be watching porn tomorrow.

And as a result the past few weeks my eyes are sealed shut. I don't look anywhere I shouldn't. On the streets on the subways, I even took of my glasses when day last week, when I took the train to Manhattan. And I was like that's for frummies, c'mon! Be normal, but yea for someone as sick as me, I need to do that for my sanity.

Not looking has helped me take the battlefield away from porn, where I stand no chance, to a bit smaller fight, (still mighty hard, but doable) my thoughts. Anytime a fantasy thought pops into my head I remind myself, if I delve into it, I'll end up at the screen where I will definitely lose. It's also helped not have to feel as if I'm fighting and fighting and tiring out. I'm actually surprised, I thought it would've been much harder. The other times I've tried to stop were white knuckling and impossible. This time it's tough and hard, but it's about me not lusting. If I lust in my thoughts about other women I cannot abstain. However if don't fantasize, I stand I chance.

The past few weeks have been extremely stressful for me yet I haven't had too many urges to act out bh.

Its allowed me to finally feel good about myself and be closer to Hashem in many ways. Closer to my wife and kids. Much calmer with myself. This pesach I feel a real personal yitzias mitzrayim. Finally out of slavery. Finally some real hope.

Anyway I hope I didn't tire anyone reading this, it's just so exciting to be writing this out and I'm dying to get into the other topics around here but I figured I'd post here first. Reading the forums and everyone's tips and suggestions have proven to be a great help. So happy to be here Baruch HaShem.

=====

Re: Found my way home thanks to GYE
Posted by Keepclimbing5 - 13 Apr 2015 16:17

Wow what a first post! It gave me tremendous chizuk. Please keep posting and let us know what works for you... It will be a great help to all of us. I also only recently discovered GYE and it's changing my life one day at a time... The forty day mark is now in view! I've never done that before. Thanx for sharing and may you just continue with hatzlocha on your incredible journey!

=====

Re: Found my way home thanks to GYE
Posted by cordnoy - 13 Apr 2015 16:21

[Hopeful2 wrote:](#)

[cordnoy wrote:](#)

TWhy am I stressed? For I planned my life differently. If we begin to look at life usin' God's prism, and not ours, some of those attributes will fall by the wayside, and guess what? We won't be fightin' and strugglin' with lust....it will simply not be there.

That really resonates with me. I need to learn how to live life according to God's plan, not mine. Trying to constantly be in control, is highly stressful and counterproductive.

Glad to hear the 12 steps address these issues.

I know rabbi twerski says the only thing that works to recover from an addiction, - and I believe I'm addicted - is the 12 steps. My question is at what point do I join. Should I wait and see if I can do this on my own. If I can stay clean in my mind, IE no lusting or fantasies, and obviously no acting out, do I still need to program? Or will it be easier for me if I join a group and do it the right way?

I'm asking because I don't have the courage to join a 12 step group, not by phone and definitely not meetings in person as of yet, but if that's what I need to do in order to recover, then that's what I'll be doing...

Hope

I can't answer that for you.

You can continue doin' what you're doin' and see where it takes you (that's what i did in the beginnin' until i fell again (after 115 days), and then again (after 133 days)). You can also read

the literature and see if it speaks to you.

b'hatzlachah

=====
=====

Re: Found my way home thanks to GYE
Posted by Hopeful2 - 13 Apr 2015 16:36

[/quote]

I can't answer that for you.

You can continue doin' what you're doin' and see where it takes you (that's what i did in the beginnin' until i fell again (after 115 days), and then again (after 133 days)). You can also read the literature and see if it speaks to you.

b'hatzlachah[/quote]

I guess it's all about trial and error and never give up! Thanks so much!!

=====
=====

Re: Found my way home thanks to GYE
Posted by Hopeful2 - 13 Apr 2015 16:37

I guess it's all about trial and error and never to give up! Thanks so much!!

=====
=====

Re: Found my way home thanks to GYE
Posted by cordnoy - 13 Apr 2015 16:45

my pleasure.

b'hatzlachah

=====

=====

Re: Found my way home thanks to GYE

Posted by Hopeful2 - 13 Apr 2015 16:49

[Keepclimbing5 wrote:](#)

Wow what a first post! It gave me tremendous chizuk. Please keep posting and let us know what works for you... It will be a great help to all of us. I also only recently discovered GYE and it's changing my life one day at a time... The forty day mark is now in view! I've never done that before. Thanx for sharing and may you just continue with hatzlocha on your incredible journey!

Thanks for the chizuk! GYE really is amazing I just reached 50 days!! something I never had either. And it isn't so much about the quantity - IE the amount of days - it's the quality of it. My shmiras einiyom has never been so good and my mind isn't filled with nearly the same amount of garbage and shmutz it used to have, in the last 50 days since I found GYE!

I've never thought it was still possible for me!

Hope

=====

=====

Re: Found my way home thanks to GYE

Posted by TriggerMeNot88 - 13 Apr 2015 17:45

Great thread!

Welcome hopeful! Thanks for sharing, I was me hazel by what you wrote, as I'm sure many others were too.

I can only speak personally, I too used to wonder what it would be like to conquer this. Would the lust go away? How would I view woman, and so on. Well, I cant say I'm there on the other side to tell you what it looks like. But I can say that I have learned not to care. i can't worry about what will be, when my life now is not manageable. Maybe when I get things under control a lil more il start to think of what will be maybe not. Il let you know when I get there. I CAN tell you though from personal experience, that on the days where I wake up and really tell myself that today I'm not fighting, I can't, I'm sick and tired of fighting. Whatever happens happens. And I tell Hashem that I can't fight this I'm tappin out, whatever you give me today il take. I'm in your hands. Those days are not a fight at all. I don't meet lust any more that your average guy walkin on the street, and those guys can look away and keep walkin. However on the days where I feel I can fight this....let me tell you it's fight.

So if sobriety is every day like those days of really letting Hashem take charge then.....well that's somthin I'm looking forward to.

=====

Re: Found my way home thanks to GYE
Posted by gibbor120 - 13 Apr 2015 21:21

WELCOME! Thanks for a refreshingly honest post. We are all in the same boat and can relate.

=====

Re: Found my way home thanks to GYE
Posted by Hopeful2 - 13 Apr 2015 23:34

[TriggerMeNot88](#) wrote:

Great thread!

Welcome hopeful! Thanks for sharing, I was me hazel by what you wrote, as I'm sure many others were too.

I can only speak personally, I too used to wonder what it would be like to conquer this. Would the lust go away? How would I view woman, and so on. Well, I cant say I'm there on the other

side to tell you what it looks like. But I can say that I have learned not to care. i can't worry about what will be, when my life now is not manageable. Maybe when I get things under control a lil more il start to think of what will be maybe not. Il let you know when I get there. I CAN tell you though from personal experience, that on the days where I wake up and really tell myself that today I'm not fighting, I can't, I'm sick and tired of fighting. Whatever happens happens. And I tell Hashem that I can't fight this I'm tappin out, whatever you give me today il take. I'm in your hands. Those days are not a fight at all. I don't meet lust any more that your average guy walkin on the street, and those guys can look away and keep walkin. However on the days where I feel I can fight this....let me tell you it's fight.

So if sobriety is every day like those days of really letting Hashem take charge then.....well that's somthin I'm looking forward to.

I guess that's the step of just giving it over to Hashem. It's a great concept and I can understand why its such an integral part of recovery, however, I'm trying to figure out how to apply it in practical terms.

Hope

=====

Re: Found my way home thanks to GYE

Posted by Hopeful2 - 13 Apr 2015 23:39

Thanks gibbor120 for the welcome! Its a delight to ride the sea with you:)

=====

Re: Found my way home thanks to GYE

Posted by serenity - 14 Apr 2015 01:17

Just to add: 1. what has been explained to me (by Dov I think) is that therapy helps more with some of the later steps. I don't recall which ones, but definitely after step 4. Some of the early steps, I believe contradict what therapists are taught. My therapist has said about certain principles OF SA, "that flies in the face of everything I have been taught". She has less of a problem with AA btw than SA. They are taught a person needs sex for example, and SA teaches very strongly that we (addicts) have come to accept that sex is optional. What I tell her

is that she has to understand that lust addicts have taken themselves out of the norms, as we find in the SA White Book, "The sexaholic has taken himself or herself out of the whole context of what is right or wrong. He or she has lost control, no longer has the power of choice, and is not free to stop. Lust has become an addiction."

That doesn't mean therapy doesn't have its place. I go and I benefit from it.

2.: As far as lust in our lives, it will always be there, but it doesn't have to determine how we live our lives. Lust doesn't have to direct our actions. We aim for progressive victory over lust and I believe that eventually it becomes greatly quieted for many in recovery, but it's like a sleeping bear, if you stir it, it will again awaken.

Hatzlach!

=====

Re: Found my way home thanks to GYE
Posted by Hopeful2 - 15 Apr 2015 01:37

Hi all!

It's been day 52 today Baruch Hashem!! What an accomplishment! Hoping and praying for continued success iyh!

Other than the 12 steps (& therapy), are there any other treatments/programs that are effective any attaining sobriety? Or is the consensus here on GYE that the 12 steps is the only way out?

Hope

=====

Re: Found my way home thanks to GYE

Posted by Hopeful2 - 16 Apr 2015 00:01

In the past 52 days of tremendous growth, I've found that I was able to read all the fantastic material on this site and on the forums and apply it in real time and they worked wonders bh! However this last week since Yom Tov, my life has been extremely stressful and I find that I can't be mechazik myself when I walk in the streets and I'm finding myself looking where I shouldn't. And I know from there it's downhill pretty quickly and I'm trying to avoid that at all costs, obviously.

In the beginning I was so strong with myself I didn't look anywhere -it was like poison to me - and I was doing amazing, but now I'm really stressed out - lots going on - and I'm having a hard time!

The stress is not allowing me to fight the battle of lust.

Hope

=====

Re: Found my way home thanks to GYE

Posted by TriggerMeNot88 - 16 Apr 2015 00:36

"?? ?? ??????" as we say "this too shall pass". Hold strong my friend. It WILL pass, it WILL get better.

As a suggestion; If you have time, look up P.A.W.S. (Post acute withdrawal symptoms) Regarding addicts. This may be what's goin on with you, maybe not.

Plus there's a Sefer called ????? ??????? English version called "enlighten our eyes" good chizuk on shmiras einayim.

Where your holding now, you've backed the Lust into a corner. Its gonna come at you with all its got! Stress, self beratement, its gonna tell you everything you don't wanna hear about yourself. It will bring up past falls, feelings of inadequacy, anything it can to test your strength. And you can pass, because if you could not pass, you wouldn't be going through all this.

Don't listen to your lust keep your focus on the light at the end of the tunnel.

Keep in mind that were all rootin for ya, so don't give in now!

???

=====

=====