

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.

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Re: Found my way home thanks to GYE
Posted by serenity - 22 May 2015 03:29

While we are mentioning AA, let's look at AA sobriety. Sobriety in AA is simple, don't drink alcohol, not one drop. The reason simple, no AA can stop at the first drink. For us it is really no different. We can't drink in images of people that we lust over. We can't entertain thoughts of lustful desires. The reason is the same, we can't stop at one drink.

I recently read an article by an ignorant psychologist who maintains that there is no such thing as sex addiction. That it's not a real addiction and it's just an excuse people use to justify their pathetic lack of self control. This is obviously a bunch of malarkey and the guy is an idiot, but he makes some good points. The first is don't use addiction as an excuse or justification. That's also one of the reasons we don't rush to call someone as addict, before they are really ready for

recovery. The other good point he makes, and that is my main point here, is that the choice to stop is many steps before the actual final act, whatever it may be. He claims, and rightfully so, the we have the choice not to take that first step. In other words we have the choice whether or not to take that first drink of lust. We don't have to put that drop of liquor on our tongue. The second a guy thinks "is there a way I can get around my filter" he just put a drop of lust liquor on his tongue. The second a guy thinks "sure with I could look at some pics" etc etc

Here are some parts of the article by Dr. David J. Ley, PHD in Psychology Today

"it is because he is making a choice to do so. Sometimes, that choice, and the level of control over it, happens earlier than we think. Some men describe that when watching p....., they feel unable to exert control, and turn it off. But, when they first turned that computer on, or chose to go into the room where the computer was, locking the door behind them, did they have control then? When a person drives down the road looking for ...(pritzus) ..., they have enough control to safely operate a car, ... When they made the choice to drive home in the way that took them by that corner, did they have control then? At some point in these people's lives, there are decision points, choice points, things that we sometimes call Seemingly Unimportant Decisions, or SUDs. ... It can be hard to avoid making ... unhealthy sexual decisions, when in the heat of the moment. This is why I teach people to identify those SUDs, those early choice points, where they can exert control, and avoid putting themselves in situations where they might be tempted to make bad decisions.

But this requires a significant level of self-knowledge and commitment. And it might not be as much fun or exciting, making good decisions. This is a place where people make choices, about what they want to do with their lives, and what their priorities are. People make these choices, not diseases."

It took me a long time to learn that the second I would take a little detour on the way home to look at pritzus, it was at that moment I was already drinking. The second I would allow myself to just watch a little pritzus on youtube, it was the first drink. The second I allowed myself to fantasize a little, I was already making the wrong decision. I'm obviously far from perfect, but I'm learning.

Hatzlacha!

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Re: Found my way home thanks to GYE
Posted by cordnoy - 22 May 2015 08:07

From that which you quoted, I wouldn't refer to him as an idiot - just yet.

I actually have spoken to dov about that same issue several times, and have written about it.

We are somewhat in control of our SUD's is probably true by many of us.

I don't know how many bad SUD's get me into my addiction mode, but after several, it gets pretty difficult to turn it around.

I like it....thanks for that.

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 22 May 2015 20:36

[serenity wrote:](#)

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Hatzlacha!

Interesting read. And what's the difference between a alcohol or gambling addiction? There are also SUD's involved before actually sitting at the table?

Where I'm holding now, my shmieras einiyom is bh better then ever. I'm working really hard to turn away after each 1st glance and I make sure not to take a second look, and not sip. The simple 3 second rule helps me realize when it's just a first glance and when I took a second look.

But in regards to my thoughts, I find myself unable to "turn my head away" once a thought pops in it's stuck. On the street I can fight my eyes and just close them and wait for the women to pass, but how do I do that with my thoughts? And the more you fight it, the more stuck it stays!! And the giving it over to Hashem thing, ain't really working for me.... I mean she's still in my head and keeps on coming back over and over again! And anything related to her makes me trigger without even seeing her. And then I'm just all over in my thoughts....

How to I keep my thoughts clean?

Gut Yom tov all!!

Hope

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Re: Found my way home thanks to GYE
Posted by shlomo613 - 26 May 2015 13:33

[quote="Hopeful2" post=255327][serenity wrote](#):

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Hope

This is a big one for us. I wonder what the oilam think?

Does the obsessions of the mind reduce when we haven't indulged our eyes and our thoughts for a long time?

(I remember learning an Orach Chayim in Sefer Dvarim on this topic. Maybe I'll quote it when I find it.)

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Re: Found my way home thanks to GYE
Posted by serenity - 26 May 2015 13:53

Yes it gets better, but shmiryas anayim and not indulging my thoughts is only part of the solution for many of us. Surrendering the thoughts to Hashem to another part. There is a lot more to do.

Hatzlacha!

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Re: Found my way home thanks to GYE
Posted by cordnoy - 14 Jun 2015 21:27

When one finds himself in lust mode, he probably should think about what SUDS led him to this point.

Perhaps jot it down on this thread. Maybe we can learn somethin'.

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Re: Found my way home thanks to GYE
Posted by shlomo613 - 15 Jun 2015 16:18

What does SUDS stand for?

I can say that I'm extremely lustful today this is one of my most challenging days if not the most of the past 85. I'm seeing women and body parts I won't elaborate on over here.

I'd say there's a 50% chance I won't last out the evening. I'm not sure what to do.

I've reminded myself my TAPHSIC and I've told myself that I will stay away from internet period tonight.

I don't have a sponsor or much in the way of friends to speak with about this (since being active

on GYE forum over past 4 months I kind of let that fall by the wayside).

What printed this? I don't know. I do know that today was the culmination of a fortnight of build up and action and pent up tension where I had to make irrevocable weighty decisions. And I do feel emotionally and physically ill now that it is over.

I have literally been seeing attractive women everywhere - and noticing them. Normally I don't look and generally manage to see pretty much zero but as I said today has been not like that at all.

I've called my rov for a meeting about other stuff - and hope we can meet as I talk about these things with him.

But the fact is I'm hanging by a thread.

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Re: Found my way home thanks to GYE
Posted by serenity - 15 Jun 2015 21:43

email me and I'll give you my number to call.

Thanks for sharing. Hatzlacha!

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Re: Found my way home thanks to GYE
Posted by cordnoy - 15 Jun 2015 22:30

Seemingly Unimportant Decisions (that lead to bad ones).

How are you doin' now?

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Re: Found my way home thanks to GYE

Posted by shlomo613 - 15 Jun 2015 22:59

Thanks for asking. Been on a phone conference. Feeling a bit ill so am not going out. Lounging on GYE and holding with. I plan not to fall.

My rov couldn't meet

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Re: Found my way home thanks to GYE

Posted by eny - 24 Aug 2015 12:00

I did a search for material on the differences between alcoholism and SA, but then found this posting, with some extremely helpful material about the definition of addiction -

It has practical ramifications for me: Do I dabble on this site and grab a tool here and there (wrong approach), or do I relate to myself as a potential or actual addict (I definitely have felt helplessness and acted in a self destructive manner and have felt drawn in a powerful way) and take a serious and systematic approach.

Right now I'm working on 90 days, on realizing that I need special siyata dishmaya to deal with this (as everyone does about everything), and on living day to day.

Thanks for the posting

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Re: Found my way home thanks to GYE

Posted by Dov - 14 Oct 2015 00:42

...so what's been happening since your post, chaver? What method did you end up using and how has it been going for you?

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