

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 Hopeful2 - 19 Apr 2015 02:18

Git voch!

Help!! I'm slippin and slidin, and I don't want to fall. please help!

I'm slipping in my thoughts and looking where I shouldn't on the streets a bit, but this battle is mainly in my thoughts. I'm having the old garbage come up again! I'm clean for almost 2 months, I was able to fight these thoughts and push them away, but now they've resurfaced and I feel like I'm about to fall!

I really (DONT!!!) want to sit in front of my computer and just indulge!! I even read other peoples threads here and see what they have done, clubs etc.... and I hear myself saying go, you do it too!!

It's been a couple of days already like this and I'm fighting it, but I feel my strength waning..... I so badly want to stay clean!!

Help!!

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Re: Found my way home thanks to GYE
Posted by TriggerMeNot88 - 19 Apr 2015 02:42

Hang in there buddy. Try to occupy yourself with something else you enjoy doin a lil. Try not to focus on the fight so much. When you fight, even if you win, you will inevitably get tainted by the lust you are engaging. Only to get slowly weakened until you succumb.

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Re: Found my way home thanks to GYE
Posted by serenity - 19 Apr 2015 03:12

Dov's Desperados is starting a new call tomorrow at noon. Maybe it's for you. When your thought come up, surrender them to Hashem and let Him fight them.

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Re: Found my way home thanks to GYE
Posted by yiraishamaim - 19 Apr 2015 03:21

We love you. we support you and we need you to overcome!

go away from the computer - Take a deep breathe and in a relaxed but serious way ask Hashem to intervene!

Expect *Siyatah Dishmaya* and continue to be the success you have been!

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 19 Apr 2015 23:39

Baruch Hashem I didn't fall last night! Thanks everyone for the chizuk and the tips. I actually did just as was suggested i left the computer and went to do other things to take my mind off this horrible fight and i was successful.

Although last night i had a wet dream, I'm trying not to get too discouraged by that...

maybe ill join Dov's Desperados, as you suggest serenity...

Hope

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Re: Found my way home thanks to GYE
Posted by yiraishamaim - 20 Apr 2015 00:05

How wonderful!

Thanks for the update.

I was wondering

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Re: Found my way home thanks to GYE

Posted by yiraishamaim - 20 Apr 2015 02:31

I agree with you about the wet dreams. We certainly don't want them. We can daven not to have them but I would not focus on them. Let's first work on the avodas Hashem when we are awake and aware.

Tafasta merubah loh tafasta

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Re: Found my way home thanks to GYE

Posted by serenity - 20 Apr 2015 02:52

I was on the call today and I will say it was a really great bunch of guys on the call. People on the call were engaging in their recovery and the energy was palpable. Wet dreams are a natural part of recovery and the best advice is to ignore them.

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Re: Found my way home thanks to GYE

Posted by Hopeful2 - 20 Apr 2015 03:10

Thank you yiraishamaim for the concern! It's really nice to know people with the same struggles are rooting for each other! Really beautiful!

In regards to the wet dream, it's not so much that I acted out in my sleep which bothers me, it's the fact that it is my thoughts throughout the day that trigger it. And my battle is in my thoughts. And so I feel like I'm losing this battle.

But I'm not letting it bother me and I will just ignore it.

Thanks serenity for the update about the call, I'm really considering joining.

Hope

Like you say, let's focus on the time that we are awake and aware! Good idea!!

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Re: Found my way home thanks to GYE
Posted by shlomo613 - 20 Apr 2015 05:00

Wow Hopeful2,

I've just stumbled n this thread. I love your first post and the subsequent ones too. This is a great thread with a lot of wisdom. The guys have posted such good advice.

You are doing incredibly, even surprisingly well with your first efforts at sobriety. You are bringing such kedusha and goodness into your life and Hashem must be so delighted with you. Just to introduce a dose of reality: Rabbi Tatz say that in the beginning of a Baal teshuvah's journey Hashem usually shows him the light, carries him and shows him what he can achieve. Then he lets go of the person, the person feels despondent and alone, but this is the phase where Hashem is saying: my son, I've shown you what can be achieved, now you walk this alone.

What you have achieved so far is incredible, and the battles you've had and overcome are priceless, but if you fall, know that it is part of the process of learning, growth and improvement. It will require the 'inside job' that so many on this forum talk about, ie a better way of living, more sanity. And it's so often our reflection and adjustments after the fall that lead us there. If anyone thinks I'm out of order already talking about the falls please do chime in.

Btw do join a phone conference.

Hatzlacha.

Shlomo

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Re: Found my way home thanks to GYE
Posted by yiraishamaim - 20 Apr 2015 14:24

thanks for your post

I am an enormous fan of Rabbi Tatz and what you, said is a fundamental point he says quite often.

undeserved inspiration - working on earning your stripes - success therefore ecstasy

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 20 Apr 2015 14:57

Thank you shlomo for your kind words. It really is my first efforts with sobriety as you say, all the other times were just fighting the urge to watch porn and ultimately falling, but that was before I discovered GYE and learnt how porn isn't my real enemy and that lust is the real monster.

I feel that's exactly what happened with me. Hashem sent a lighting bolt, -GYE- illuminated my dark world of pornography, I saw how it's possible to overcome & showed me there's a way out of this, but then bam, it's dark once again!! Back to the old dark world!

But this time it's with a lot more understanding and hope, and with a whole bunch of new friends! And for that I say thank you to Hashem and to everyone here at GYE, I wouldn't be able to do this on my own!

Falling is part of the recovery I'm sure, it's just that my addiction is telling me that if your going to fall even once then that just proves that you can't beat me, and that will be reason to give up. And while I know it's not true, I'm subconsciously believing it. And so I'm terrified of falling.

But so far I'm bh clean and so grateful to Hashem for that!

Hope

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Re: Found my way home thanks to GYE
Posted by cordnoy - 20 Apr 2015 22:01

[Hopeful2 wrote:](#)

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did you know that 'fear' might be one of the main reasons we lust in the first place?

By the way, I have a fear of bein' sober.

b'hatzlachah

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Re: Found my way home thanks to GYE
Posted by shlomo613 - 20 Apr 2015 22:43

[Hopeful2 wrote:](#)

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A perceptive observation. For want of more wisdom on the matter I'll paraphrase you with a cliché: life is a process.

I found that a big part of the addictive cycle is the regret, shame etc that comes after the falls. When I determinedly stripped it out, my addiction was far less pernicious. So many people talk about it. Rabbi sharfier, rebbe nachman and many others I believe.

You know the first bakasha in amida is for daas. Ask Hashem for healthy perspectives. Keep asking and you will receive!

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