

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 - 20 Apr 2015 23:02

[cordnoy wrote:](#)

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[/quote]

Not that I'm looking for new fears, but what is it that your afraid of being sober?

Hope

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Re: Found my way home thanks to GYE

Posted by Hopeful2 - 21 Apr 2015 16:08

Ive been reading all over the forms how our disease is all about selfishness and our our egos, and how its always about ourselves. Not that I'm disagreeing with it. I'd just like to understand.

Yes i believe its a selfish act and it make ME feel good, but every person is born that way. We naturally - like animals - seek out whats in it for us. Naturally we seek to pleasure ourselves. Obviously we need to work on this and that's why were down on here this world, but this isn't limited to people who are addicted to porn. It's a universal problem, no??

And if we were to get really technical, even getting sober is an act that one does to pleasure himself, cause it makes him feel good.

Do i make sense or I'm totally off?

Hope

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Re: Found my way home thanks to GYE
Posted by gibbor120 - 21 Apr 2015 16:18

First try to give selflessly and see what happens. Do you lust less or more? Report the answer, then you can philosophise about it.

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 21 Apr 2015 16:46

Good advice gibbor! I'll keep you posted.

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 21 Apr 2015 17:42

Just a quick update since my last post how i felt like i was slipping.

BH my thoughts are much better and i don't have such a strong urge to act out. However, that familiar euphoric feeling of lusting still pops up and is pretty strong. When these thoughts come up, i hear myself saying "if only i can just..." abstaining from my lusting thoughts is almost like a real physical pain! I actually feel it in my heart, the blood rushing, flushed face etc..

I feel as if my hearts gonna burst! Nah, I know its the addict inside, trying to scare me!

Just realized, my 90th day is being Erev Shavous. What a way to enter Yom Tov! All clean for Kabbolas Hatorah! Instead of shloshes yimei hagbolah its 90 yimei hagbolah!

An extra incentive to stay clean! Thank you Hashem!

Hope

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Re: Found my way home thanks to GYE

Posted by cordnoy - 21 Apr 2015 19:47

[Hopeful2 wrote:](#)

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Hope

the 12 steps are for everyone.

a non-addict can get on with his life bein' a little bit selfish, a little bit resentful, a little bit fearful, etc.

an addict, on the other hand, will have a much greater task livin' his life if he is selfish, if he has tremendous pride and ego. Workin' on these areas is extremely beneficial in all facets of life.

b'hatzlachah

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Re: Found my way home thanks to GYE
Posted by fightingyid - 21 Apr 2015 20:12

Wow Awesome Chizuk! I have a simular story as yours and i just started the 90 days. today is day 3!

it feels comforting knowing that I'm not the only one with struggles like this.

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Re: Found my way home thanks to GYE
Posted by serenity - 21 Apr 2015 20:39

Ditto to what Cordnoy said. And notice that he didn't limit it to selfishness and ego, although those are significant defects for many.

Concerning our natural desires, lust is when we use a natural desire for an unnatural purpose. The purpose of the desire for sex is to procreate and to share a loving relationship with another human being. Many of us use sex as a solution to our problems, to relieve stress and to fill a void and emptiness. It is much like a food addict, who eats when he's sad, happy, angry or depressed etc. He is using his natural desire to eat for a unnatural purpose. The natural purpose of the desire to eat is so we have sustenance. To use food or sex for the unintended purposes is to lust. Food and sex become a means to escape from life.

Please give me your thoughts on this, thanks. Can you relate to this and how?

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Re: Found my way home thanks to GYE

Posted by Hopeful2 - 22 Apr 2015 00:14

[serenity wrote:](#)

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Please give me your thoughts on this, thanks. Can you relate to this and how?

Oh I can definitely relate!!

I have many voids to fill and have lots of stresses in my life that cause me to act out and suppress my emotions. And yes I lust in order to escape from reality. However I don't see it as selfish or egotistical.

I see it, that it's extremely unfortunate that me as an individual never learnt how to deal with the normal daily feelings a healthy person goes thru. Such as sadness, anger, resentment, fear, worry, feeling inadequate, and the whole list.

As a highly emotional person, I was never given the tools of dealing with the power of emotions. I never learnt - or even aware of such a concept - how to channel them correctly, and instead I would numb those emotions by watching and obsessing about pretty girls. I was brought up in a house where sadness was considered childish. Who cries when someone hurts you? You just

wash it off and move on.

Now that might work for some, but as an emotional person, not dealing with the emotions and just pushing them away will ultimately lead to some form of expressing those emotions. Either thru anger, or to be withdrawn and depressed, feeling inferior, whatever the case, these emotions never ever go away by suppressing them. And when you pull the lid on them, and finally take a look at what's going on inside, you'll see the volcano, just spewing out emotions on things you've thought you long had a handle on.

It was/is a coping mechanism. Once I learnt about this world of emotions I would actually be able to feel a release of energy each time I would act out! It was a "real" way of getting rid of inner pain. Albeit very temporary. Learning how to deal with them is key

And that's what I think - in my humble opinion - is the cause for me acting out and living in fantasyland.

So that's why I'm asking about the selfishness part I keep on reading about, cause I don't really understand it.

Hope

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Re: Found my way home thanks to GYE
Posted by serenity - 22 Apr 2015 02:02

I'm far from an expert but this is my understanding. Anger, resentment and fear are toxic for addicts. People, institutions and ideas cause us to be angry; (mostly people per Dov, if I remember correctly). The reason we get angry at people is because their actions affect our lives negatively in some way. We have a part in those actions of other people and/or we have a part in the reason we get angry over it. Our part or our mistake in due to our character defects. The four main character defects in play at least in terms of causing anger that effects sobriety are: Selfishness, Dishonesty, Self-seeking and fear. Each person may have one or two prevalent defects, more than the others. So, if it weren't for my Selfishness, Dishonesty, Self-seeking and fear I wouldn't be harboring resentments, feeling self-pity and feeling restless, irritable and

discontent. The purpose of the 4th step is to identify these character defects together with a third person who is objective.

I will give you an example:

A. I'm angry at my sister. B. She lost our family pet when I was a kid. I've carried this resentment through my life. C. What she did affected my security. I was very close with the cat and it made me feel secure. It also had a deeper emotional impact causing me to be insecure about losing important things in my life. And my sister is important to me and I thought I could trust her. Her trust was important to me. She represented stability in my life. I now had doubts about that further affecting my emotional security. D. (I'm going to look at this 2 ways) As a kid I was selfish. I didn't consider the reason my sister had the cat. That she was taking care of it. Maybe she didn't want to take care of it. Maybe it forced upon her. Whatever I never considered her feelings. I only wanted to know that what was mine was taken away. I forgot all the good she did for me and was just angry and selfish. The fact that I have harbored the resentment for so long, I think goes to my dishonesty. I'm really not angry about the cat, it's just a manipulative tactic that I can throw up at her to get my way. That would also make it self-seeking. The truth is that she loved me with all her heart and would do anything for me. She is also a spiritually sick person.

So now I can start to see that I get angry because I'm dishonest, self-seeking, selfish and I guess afraid as well. That causes me to be restless, irritable and discontent. Is it any wonder that I need an escape?

I can do an example that is exactly on selfishness only, if you need me to. The above was a real example, so thanks for giving me the opportunity to work through that. I probably didn't do it perfectly, but that's okay.

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 22 Apr 2015 02:40

Thanks for that response serenity i really appreciate it. Off topic for a moment, i read your thread and i found it immensely insightful and refreshingly honest along with obviously all your

responses to my questions here on my thread & i will be giving you a present for it!

Warning: Spoiler!

But back on topic, I'm assuming this view is the 12 step view of lust addictions, or any addictions for that matter, correct?

I will need to review this a couple of times since I never saw it this way. Its something drastically different then i viewed this addiction, but then again who am i to say? I'm no expert either just a simple Yid looking to cleanse his neshoma.

Hope

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 22 Apr 2015 02:47

Thanks for your comment! Mazel tov on your new journey! keep it up, stick around and keep on posting. Its helped me already so much with just the few posts that Ive posted. I cant forget the yeshivah days when i thought i was the only freak with such thoughts and bad actions. We're all in it together!

Hope

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Re: Found my way home thanks to GYE

Posted by serenity - 22 Apr 2015 03:05

LOL, LOL, that's funny. Took me a minute. I guess you really read my thread! A Karma boost
. Also I loved that you used a spoiler alert function. Seems like it's been so
serious around her lately.

Yes, that's my understanding of the 12 step approach, step 4 Step identifies the character
defects. 4-7 deals with character defects and asking God to remove them. 8-9 is amends. 12
step believes you need amends to have true serenity. You're not likely to have proper amends
without steps 4-7 first. The trip from 1 to 8 shouldn't be as long as many of us make it.

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~~never hurt anyone~~

Re: Found my way home thanks to GYE

Posted by Hopeful2 - 23 Apr 2015 13:47

Quick update.

Day 60!! BH! what Chesed Hashem! Never thought this was even possible for me!

Quick observation, the more in-tune i am with my lusting, the more i realize how many things
trigger me. And I don't mean trigger as in automatically wanting to watch porn, I mean triggering
thoughts, triggering desires.

Here's an example, I see a couple walking down the street. 2 months ago i would've looked at
the wife just out of "curiosity and enjoyment", and later find myself in front of the computer with
an insane urge to act out and wonder why. But now I learnt its a trigger for me so I don't look,
but I can still see who the husband is, right?

However i realize that if i know the family, or when just looking at the husband, out of the corner
of my eye i can see what shes wearing etc.. I would be thinking in my thoughts hey! he's so

lucky he has such a pretty wife... and that would trigger lusting thoughts. But i would never have thought that looking at a man/husband would be a trigger for me to lust women!

Another example:

Looking at my wife's phone when i come home from work to see her text messages with her friends. All spouses swap phones at the end of the day, right?

Sounds pretty innocent, no? Not for me i realize! I now see that I'm triggered to think about other women when i read their texts. How cute they sound, how smart, etc..

I would never have dreamed that these things would be a trigger for me, without all the realizations I've been learning here on GYE. Who knows what other "innocent" things I'm doing that are actually triggers!

Now my battle isn't about watching porn, it's holding myself back from reading my wife's texts! Those texts are toxic for me! Its much easier not to look at the phone, then fighting the urge to watch porn. Gotta move the battlefield as far back as possible!

Hope

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