

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 shlomo613 - 10 May 2015 15:27

My mikva night is also tonight. Let's both report back to each other that we reached it clean!!

And tomorrow's a day we dont need to worry about

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Re: Found my way home thanks to GYE
Posted by shlomo613 - 10 May 2015 15:33

I do feel for you. But I don't think sympathy is something any of us need.

You're an addict and you're not managing. What are you going to do about it? Are you going to SA meetings. Phone conference?

I've got less sobriety than you but I've been working at it for a few years - so a sponsor I'm not. You're welcome to PM me for my number but I'm not in the states. And I don't promise to be nice.

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 10 May 2015 15:38

Shlomo to the rescue again! Gonna make it tonight!!

Goin out for a long walk now hopefully attack will go away....

An aside note, with these thoughts in my head now, we know how tonight will look, like (cordony , dov, ?) says the bedroom is just a stage with the wife the actor and me acting out my fantasies.

So Is that considered victory if I don't act out now? All I'm doing is waiting to act out in a heter way.... Not really a "won" battle....

Or is this my YH talking.....

Hope

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 10 May 2015 15:52

[shlomo613 wrote:](#)

I do feel for you. But I don't think sympathy is something any of us need.

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I've got less sobriety than you but I've been working at it for a few years - so a sponsor I'm not. You're welcome to PM me for my number but I'm not in the states. And I don't promise to be nice.

Yea sympathy just gives people the excuse to stay stuck, I'm not looking for that. I need to get out of here once and for all.

As for the 12 steps, 2 points 1. I'm afraid and ashamed to go. 2. Originally I thought I would have to go especially since it's helped so many people and endorsed by so many as well. R' Twerski says it's the only way out of an addiction.

However my problem is that the more I read about it the more I see who different of an approach it is from what I believe -and I could be wrong - my addiction stems from. I know everyone says here on GYE that this addiction is like leading a double life, not honest, and all about "me".

I don't see it that way. I believe I have a serious addiction and I'm not shirking my responsibility towards it, but I believe it comes from lots and lots of stress and emotional issues, and not having the tools to deal properly with life's stresses.

It's my limited understanding -from just reading here on GYE - that the 12 steps go in a different direction.....

Hope

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Re: Found my way home thanks to GYE

Posted by serenity - 10 May 2015 16:12

Daily Sobriety Renewal

1. Are you willing to admit you are powerless over lust and self?

2. Do you desire sobriety and freedom from the actions and obsessions of lust and self for the next 24 hours?

3. Are you willing to do whatever is necessary to protect your sobriety for the next 24 hours, including: a) rigorous honesty b) praying to God c) calling on others d) forgiving all resentments e) refusing all hits as toxic f) reading literature g) going to meetings h) setting boundaries i) maintaining an attitude of gratitude

4. Do you realize that this renewal does not keep us sober - GOD DOES - however, it does help us to be aware of ourselves and to be accountable to others

5. Do you understand that this renewal is for this 24 hours, and that tomorrow you are free to go another way, make other choices?

6. Are you willing with me now, to turn your will and your life over to the care of God, the one who kept you sober yesterday and protected you from the full consequences of your lust in the past?

7. Have you done anything in the last 24 hours that you are ashamed of? violated any boundaries? Have you done anything you are grateful for during the past 24 hours?

8. Are you planning anything you would be ashamed of during the next 24 hours?

Anything you would be grateful for in the next 24 hours?

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Re: Found my way home thanks to GYE
Posted by shlomo613 - 10 May 2015 16:25

To repeat what I've heard others say in similar contexts: Your way has not been working for you so well. You're a valve waiting to explode. You need to be doing something different. And the 12 steps promises it, and many have seen success with it. So, hello??

I think you were honest and revealing in the first thing you said: you're scared. With regards to that point here goes:

First I confess to only having been to live meetings and phone conferences a few times - so no pretenses here. (If you want to see more about why hat is look at my thread).

I can tell you that I was scared before I went to the live group but it was okay. The fear was before, and there was a moment I discomfort when I met guys I know - but we're all dirty addicts and in the same boat so it was really a shared bond we felt we developed.

The white book and I'm sure the big book explain the maalos and imperative of group work.

I think I've seen somewhere something to the effect (and this is my experience) that going to a live group is really a big demonstration of 'bitul' - and it brings a huge amount of shefa from shamayim in getting over this addiction.

Imagine - when you go there you are saying: I prefer to kill myself - my pride - in order to live a good life of health, integrity and sobriety. What bigger korban do you have than that? This was my experience of it. In every area of my life where I have been prepared to let go of all pride I have seen ENORMOUS bracha.

Do try to come round to the idea of a live group. Arrange one for this evening (before mikva) or for Monday night. Just making that commitment will already be a down payment that Hashem will carry you forwards with.

If you can only bring yourself to join the phone conference that's also a good step. But you must confess your addiction clearly - and admit what you want to do.

That's my tuppence worth - from someone with less sobriety than you.

With regard to your other reasons for not going: I'm just hearing blablabla. And by the way,

before I developed sobriety I had stress, anxiety, anger - every mental and emotional affliction. They fell away with the 12 steps (and a hisboidedus guided by them).

With love.

Shlomo

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Re: Found my way home thanks to GYE
Posted by shlomo613 - 10 May 2015 16:37

And with regard to your concerns that being with your wife is a stage for your lust.

I admit that I must have been disgusting to my wife in the past when I was completely in the grips of my lust. And I'm far from free and I'm sure there's a load of lust still at play. And I know that I'm not selfless enough in bed.

With regard to you: Given the challenges on your plate, I think the success Hashem wants to see from you is a decision to attend a live group. And maybe JUST an aspiration to give your wife pleasure because she is a a person with needs. And she is your wife in your care.

And practically speaking, based on what I've read so far from rabbi shalom arush (my rebbi if I may say so): Do negel vasser both of you before. Do it under the blanket in the dark. And that's plenty good for now.

In two years time maybe you can move on to something more.

What I've said is from my gut and heart - cos I've got little in my head.

Hatzlacha

Shlomo

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Re: Found my way home thanks to GYE
Posted by cordnoy - 10 May 2015 17:25

don't know if you're addicted or not, but the 12 steps help a person deal with life's stresses.

There are other ways as well.

b'hatzlachah on tonight and all other nights.

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 10 May 2015 17:38

[shlomo613 wrote:](#)

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I think I've seen somewhere something to the effect (and this is my experience) that going to a live group is really a big demonstration of 'bitul' - and it brings a huge amount of shefa from shamayim in getting over this addiction.

I agree 1000% I'm a valve ready to explode. If I don't take charge now, I'm extremely close to the next level..... Secretly I'm hoping I'll fall now so I can have the excuse to fall to the new low after that..... And say, "see I tried but I can't". Hashem's not helping me.. Etc....

Maybe it's cause I haven't reached rock bottom yet. I have gotten away with P&M forever so I'll

get away with other stuff too.... I don't know I'm so confused,....

I was doing so well the last 75 days, not sure why this is happening....

Thanks serenity for your post I'm just too overwhelmed to read and respond....

Hope

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 10 May 2015 17:51

[shlomo613 wrote:](#)

With regard to you: Given the challenges on your plate, I think the success Hashem wants to see from you is a decision to attend a live group.

I agree with you on this too, I think right now I must work on getting myself to a live meeting. I thought I can do this alone and just through posting and charts... Not enough for a sick guy like me:(

Hope

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Re: Found my way home thanks to GYE
Posted by shlomo613 - 10 May 2015 20:12

Thank you. Really do try to make yourself go. You will most likely be pleasantly surprised by the experience. And it will help you so very much. NOW find out where there is a group. I think the GYE website might have a directory somewhere. If not maybe if you post a message on the forum or on the chats I'm sure people will direct you. Remember the groups does not work its magic by needing to use all the immense effort your expending now. It's admitting your weaknesses to a group. And somehow it works its magic over time.

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Re: Found my way home thanks to GYE
Posted by shlomo613 - 10 May 2015 20:29

Reb Cordnoy,

Sorry. I never thought that he may not be an addict. I suppose you mean that it can be detrimental for a non-addict to attend one of these things.

But what do you suggest he does, seeing that he can'y manage alone?

Shlomo

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Re: Found my way home thanks to GYE
Posted by Hopeful2 - 10 May 2015 20:42

I fell

Why!?!?

(no)Hope

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Re: Found my way home thanks to GYE

Posted by bestNYC - 10 May 2015 22:37

A fall is just so you can get up again. We all fall. It is what we do afterwards that counts. We say in Maariv: ??????? ????? ?????????????? ?????????????????? - Yes, it's sometimes not the fall itself that will keep us down... It's the afterwards that we now have to watch. You're already after the fall, just ignore this and get up clean again and move on. Don't let this dwell on you. It's the next day that you have ahead of you. Make it your best day to come.

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