

Tired of fighting this thing on my own
Posted by David de Oude - 18 Apr 2015 18:22

Hi everyone,

I am David, I have been a sex addict ever since I gained internet access, which was back in 2008, when I was 16. Perhaps it goes back deeper, when I discovered masturbation as a boy, but I have managed 14 weeks of sobriety at most, ever since 2008. It has never really interfered with my work, and I have never been in a serious romantic relationship due to my studies, so it has never interfered in romantic relationships mainly due to the fact that there hasn't been any relationships to interfere with. What it has interfered with is my relationship with G-d. I have felt myself floating further and further away from my Creator, and I have had enough of fighting this cursed addiction on my own. I wish to become sexually sober, firstly to mend my relationship with G-d, and secondly to be able to find and marry my future wife with a clear conscience. I am glad to have discovered GYE, I feel that this is the place where I will finally be able to slay this monster.

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Re: Tired of fighting this thing on my own
Posted by serenity - 19 Apr 2015 01:27

Welcome to GYE! Keep posting and sharing!

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Re: Tired of fighting this thing on my own
Posted by David de Oude - 19 Apr 2015 07:17

Thank you so much!

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Re: Tired of fighting this thing on my own
Posted by gibbor120 - 20 Apr 2015 16:25

WELCOME! You have come to the right place. Stick around. read the handbook, keep posting!

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Re: Tired of fighting this thing on my own
Posted by Pidaini - 20 Apr 2015 17:26

Welcome to GYE!!

I got into lusting even before I had internet access, as Duvid Chaim says "When I was born I
My lusting started with books and pictures.

You write that you felt yourself floating away from G-D, that indicates that you felt closer to Him
in the past, would you mind sharing how so?

Whatever the case, you have certainly come to the right place, among friends where we can be
open and honest, get support and care, and have some fun too!!

KOP!!! KOMT!!

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thought right away "I need more of that!"
Re: Tired of fighting this thing on my own
Posted by David de Oude - 21 Apr 2015 16:54

I am a Christian, pentecostal. Born again. My religion owes much to Israel and Judaism, and as
such I am a staunch supporter of Israel, the IDF, and of Jews and Judaism in general.

I find that to understand Christianity one must understand the roots of the religion, which is
Judaism. That is why I chose GYE.

My problem has left me with guilt, which in turn caused me to have quiet prayer time less and less, my guilty conscience prevented me from speaking to G-d. That is what I meant by floating away from G-d.

This is the extent to which I will discuss my religion, this is the one place that I do not wish to have debates. I hope you will understand.

Kind regards,

David

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Re: Tired of fighting this thing on my own
Posted by yiraishamaim - 21 Apr 2015 18:36

Thank you for being so honest and upfront. Judaism teaches that all people are created in the image of G-D.

I hope we can be of help to you.

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Re: Tired of fighting this thing on my own
Posted by David de Oude - 21 Apr 2015 18:49

I have every confidence that you can and will be of help to me. I am fairly familiar with the teachings of Judaism, I have also visited Israel 4 times in my life, and you must remember that the Torah and prophets form part of our Old Testament.

Thank you for being so welcoming and open-hearted to me, it really means a lot to me!

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Re: Tired of fighting this thing on my own

Posted by serenity - 21 Apr 2015 19:28

Thanks for your honesty!

Hatzlacha!

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Re: Tired of fighting this thing on my own

Posted by Pidaini - 22 Apr 2015 18:52

Accepting G-D's plan for us and surrendering our expectations to Him is the same for everyone, no exceptions.

Talking to Him is a great exercise to strengthen our connection and awareness muscles.

What is your plan for staying clean?

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Re: Tired of fighting this thing on my own

Posted by David de Oude - 22 Apr 2015 19:51

Very true!

I find that if one overly complicates a plan it becomes unreachable. I therefore try to keep my plan as simple as possible. Keep a regular schedule, which includes prayer time. Using whichever tools necessary from GYE to help me stay focused, such as the 90 day journey. A few measures and distractions from temptation such as a walk, or exercise, or prayer. I would like to hear your suggestions should you feel to express them

Regards

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Re: Tired of fighting this thing on my own
Posted by dd - 22 Apr 2015 21:04

Hi David!!!

The plan doesn't have to be something major that becomes unreachable. The idea is to do something different then in the past. In other words do at least one thing out of your comfort zone that can help you stay clean. And you know what if it doesn't work try something else.

Remember one day at a time and one step at a time!!!

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Re: Tired of fighting this thing on my own
Posted by David de Oude - 23 Apr 2015 19:09

Thank you dd,

I agree with you entirely. The fact that I am using GYE is a step outside of my comfort zone. I feel progress, even after falls.

Thank you so much for your support.

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