

SO MUCH PAIN

Posted by iwannabeholy2015 - 20 Apr 2015 09:00

HI EVERYBODY! It goes completely against my nature to put my problems in the open but hey maybe it will help. I HOPE I DONT BORE YOU.

I just want write to you my situation to see how I can get out of it.

When I think about it I was masturbating from a very young age without realising what I was doing as I got older it was a comfort when I was upset hurt ect it was my escape.

When I was 14 I discovered porn and I used to act out and for years I battled with it paying large sums to tzdoka fasting ect I was in so much pain learning well but having these awful slips.

At one point I went to discuss it with a maggid shiur in my yeshiva he told me to stop listening to non jewish music and magazines after that I never bothered asking anyone again and just tried controlling myself but kept on falling from time to time.

(i have no doubt its affected my learning my life and now my marriage I NEED IT TO STOP)

Before I got married I thought ok now we are sorted thats just what I needed a wife I know that sound awful but.....

I feel so bad now for my wife because I had always been controlling my urges now once I started my body just needed it it must of been very diifcult for her shes IS VERY SPECIAL but when she was a niddah id find myself acting out again eventually after a while i got into my normal routine of self control and was acting out around 4 times a year.

Than we had a child who is very disabled and at this time when i was meant to be closer to hashem my struggle over the last years has been more intense i found this website i tried the taphsic method but kept on falling through it.

Now my wife wants another baby and I am not intrested in bringing another child into this worlds when i cant even control my yetzer i need to be totally clean for a year first.

so I came back to gye 2 days ago and read it very carefully and eventually realise we are dealing with an addiction which is painful for me to accept because i like to think im a clean person in control of myself.

What I am asking you now is I am ready to work hard to get out of this where should I start ? and is it truly possible? and do I have to talk to my wife about it would break her heart

Thanks for reading please help

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Re: SO MUCH PAIN

Posted by iwannabeholy2015 - 26 Apr 2015 13:58

Thank you so much for all your support.

I had a great shabboss and I am feeling much stronger, which is dangerous!!because

Pidaini and others you are so right about not playing g-d in effect to explain why we have been through such a difficult time, now that I think why I blame it like that is when something is so painful and tough and difficult I want to answer myself why hashem would do this to me.

I GUESS I HAVE TO WORK ON MY EMUNAH!

BECAUSE WHEN I SEE MY WORDS IN WRITING THEY LOOK SO WRONG! BUT IT THE

BARE PAINFUL TRUTH

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Re: SO MUCH PAIN

Posted by serenity - 26 Apr 2015 21:41

Maybe you have to work on your emunah and maybe your emunah is staunch. We can believe in one thing and do another, no matter how strong our belief is. What about our trust in Hashem. That's a little different isn't it?

Hatzlacha!

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Re: SO MUCH PAIN

Posted by Pidaini - 27 Apr 2015 11:49

Dear wannabe,

Your honesty is truly refreshing. It is indeed painful to realize that we are so far from something which we thought we had instinctively.

But see also the blessing in that realization, because I had gone for years thinking and believing that I was following what the books wrote but since the outcome wasn't as they wrote, I subconsciously doubted them. Being in that state is terrible because I don't know where to go, what to fix.

But now I have direction, I know what the problem is and where I am heading. Now there is hope where there was none before!!

The fact is that we will always have to work on our Emunah. The fact that we are alive is almost

a contradiction to Emunah therefore making it a life long process.

Just as a side note, we are not the only ones who play G-D. Just this week, two of my sister-in-laws went through quite painful experiences, their immediate reaction was "this is happening

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Re: SO MUCH PAIN

Posted by cordnoy - 27 Apr 2015 13:47

~~because I am not doing a b, and c!"~~
There are different types of playin' God.

I would get very turned off when people, even big people, would say that this episode or tragedy happened because of this and this. How da hell did they know? Now, if they would have ruach hakodesh or if they would be a navi, I would understand.

However, God does send us messages, and we must be adept at pickin' them up.

what we cannot afford to do is to get down and depressed because of it, for that is not what God wants.

So, you see, a message from God is a message to do better, but bein' down does not allow that, so that cannot be part of the message.

b'hatzlachah

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Re: SO MUCH PAIN

Posted by iwannabeholy2015 - 29 Apr 2015 09:23

Hi Dear brothers on the gye forum.

I haven't been posting because I haven't felt I had what to write.

B'H I am 7 days clean (besides for a non jewish colleague showing me a picture on his phone)

I am writing today because I feel after 7 days I am starting to lose that initial feeling of empowerment that nothing going to knock me down! and I am nervous that I going to get nonchalant and fall!

What can I do to make a concrete sign to remind me who I am and that if i slip I am playing into the hands of my addiction.

I have read the forums over this past 7 days and taken on board your valuable comments I have also listened to some of the big book phone conferences and the one thing which I have picked up is that I am not in control God is my job is to stay clean each day and not fall for my addiction.

Are my on the right path?

Thanks guys and have an awesome day

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Re: SO MUCH PAIN

Posted by iwannabeholy2015 - 11 May 2015 08:50

I am now 19 days along towards the 90 days! and it has started to get much more difficult I have not fallen but I just feel too comfortable like I could fall anytime.

I have been working very hard on advice from other threads mainly on not lusting over my wife it has been VERY difficult and I have not been successful the entire time but its good feeling of self control.

Is it imperative if I want to kick this addiction to read the big book? or can it be done my working on myself reading gye understanding that I have an addiction being careful what i look at ect?

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Re: SO MUCH PAIN

Posted by cordnoy - 11 May 2015 13:39

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trial and error

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Re: SO MUCH PAIN

Posted by serenity - 11 May 2015 19:27

I can relate to the struggle. Remember that we only have today. We don't even know what tomorrow will bring, or if it will even come for that matter. What can we do to make today better?!

Hatzlacha!

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Re: SO MUCH PAIN

Posted by iwannabeholy2015 - 10 Jun 2015 10:37

Hi Guys,

I have managed 49 days of being basically sober the longest stretch I have ever done.

But I have lost the spark and I can tell because when i came into work this morning I started watching music videos I know its not porn but for me it as bad!!!

How can I keep the spark alive I really don't want to fall!

I listened to a few phone conferences but I am way to embarrassed to get involved what can I do im very private by nature scared someone will find out my dirty secret.

Any advice please help

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Re: SO MUCH PAIN

Posted by fulfillinglife613 - 10 Jun 2015 12:53

Hi Wannabe!

I see we started around the same time. It's nice to be on the ladder with someone like yourself.

I read through the thread and my one comment is that you once wrote that you haven't posted because you had nothing to say.

I think that it's important to post frequently.

Posting helps you remember that you are part of a "club" of special people and this club is out there rooting for your success.

Being part of this incredible club is what helps keep me fresh and excited about my journey. If you look at some of the people posting, they have been clean for years and yet they still come back and post. I'm sure some of the reason is because they want to help others (really special people!) but also because it keeps them sharp and focused. We can never let our guard down and complacency leads to falling back into old habits.

Hatzlacha on your journey and I hope to see you at the top!

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Re: SO MUCH PAIN

Posted by serenity - 10 Jun 2015 15:50

Nice to see guys supporting each other, thanks!

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Re: SO MUCH PAIN

Posted by Kedusha - 10 Jun 2015 16:34

Dear IWBH,

I just read through your entire thread, and was very moved. "So much pain" very much describes the periods of my life when I was falling in this area. In fact, the pain we experience when falling is a tremendous gift from Hashem - otherwise, we would have little motivation to change.

Chazak v'Ematz - one day at a time!

Kedusha

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Re: SO MUCH PAIN

Posted by pischoshelmachat - 10 Jun 2015 16:52

[iwannabeholy2015 wrote:](#)

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Any advice please help

Hi IWANNA,

I also wanna and I also am embarrassed but noone will ever recognize you on the calls and they will help you. I recommend you make some private friends through this site. I have a list of people that I call. I try to make a call one time each day. I only got any relief by cutting out all internet use that was for entertainment. No news, no videos no nothing. I use the internet freely for purpose such as business, purchasing online, and researching online.

This made a massive difference.

I also call someone every day which has a massive positive impact.

Before I speak with anyone, we ask each other some questions in a private email like where are you from?, age? etc. to make sure we do not know each other.

You can send me an email anytime to pischoshelmachat@gmail.com.

You are young and have a whole wonderful life ahead of you. It will be so much more enjoyable if you get this life killer under control.

I feel for you and know exactly how you feel.

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Re: SO MUCH PAIN

Posted by hwhap@gmx.com - 10 Jun 2015 17:52

It is embarrassing, it's true. But if you find the resolve to do it after you hang up the phone you will have a tremendous wind behind your back. Attacking your shame and watching it wash over you and crash is an awesome experience.

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