

the yetzer hora keeps beating me

Posted by ataglance12345 - 02 Jul 2015 15:45

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First time poster...So here is my issue. I have run out of any ability to stop the following behavior: I will go to a bar. First mistake. Then I will drink too much. Then I will start flirting with women. Then I will sometimes go to a dance club from the bar. Then I will pay for services...all types. I have also been known to sometimes have had actual relations with these woman as well, sometimes quasi-prostitutes other times just loose women that I meet at a bar. Then I usually will go to a nearby restaurant and eat everything on the menu that is not kosher. Last night I had a bacon cheeseburger, french fries, pancakes and steak and eggs. Then I go home and go to bed. The next day I will feel horrible, beg Hashem for forgiveness, maybe go to the mikvah to make myself feel clean, and then stop for a week or two. Then I will go to a bar, and the whole thing starts over again. Oh, and let's not forget that I will access pornographic sites as well and sometimes finish myself that way. Talk about a yetzer hora. I am not sure what else I could be doing that is worse. I am a Shomer Shabbos Jew. Obviously, I know that what I m doing is terribly terribly wrong, but I cannot seem to stop. Even when I stop for months at a time, I still go back to this behavior. And it is getting worse. Just as an aside, when I am sober, I do not engage in any of this behavior, but am a good Jew, learning and davening, keeping kosher etc. I always seem to drink to drunkenness at the bar as well. Binge drinking they call it. I do not drink at all during the day and can actually go weeks without a drink. Obviously, I feel like a horrible hypocrite. On a "postive " note, I have never had a long term affair with another woman, only one time sexual trysts. Of course, I often fantasize about having long term affairs with my coworkers or people I meet. I am a basket case, living a double life, and fully aware of the spiritual damage I am doing to myself and my family. I keep praying to Hashem not to punish my family on account of my sins, as that is my worst fear. I also find myself wishing that I was dead after these incidents, but have only thought about it and said it to myself, I have never attempted to take my own life, but it scares me that I could if I get so low. Oh, and lets not forget how many times I have driven while drunk, clearly breaking the law. I always pray to Hashem to get me home safely and not let me be pulled over and arrested while driving drunk. How is that for scary stuff. So, what am I? Alcoholic, sex addicted, or just a creep with a nasty Yetzer Hora that he can't control. G-d, writing this down and actually seeing it on paper scares the daylights out of me. Help! What should I do?

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Re: the yetzer hora keeps beating me

Posted by ataglance12345 - 03 Sep 2015 21:38

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thanks for the chizzuk, not.

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Re: the yetzer hora keeps beating me  
Posted by serenity - 03 Sep 2015 22:45

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I fought them for years to no avail. I finally surrendered them and they mostly leave me alone if I leave them alone.

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Re: the yetzer hora keeps beating me  
Posted by waydown - 03 Sep 2015 22:51

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Ataglance,

I just noticed your post here From Aug 13. Your post hits home in so many ways. I actually have a chasidiac cousin whose ex-husband (And to a certian extent her) were as you described. Not formally OTD but chasdic yet running after other marrieds and zunas. Thats one of the driving forces that pushed me to join GYE. I saw how fake they were and said I am next.

As to Serenity's line here is what he meant.

If you browse thru this website you will see there is a sexhlics anonyoumus approach, That approach is fighting, struggling & controlling lust is too difficult. We are addicted and can't win. Rather we stregngthen our resolve in believing there is a higher power. We surrender to him. We say we can't fight. We need g-d to fight since we are powerless. Personally I am still struggling to fully understand this approach. I think you need a combination of the two. Yes we are powerless but we must also be willing to fight. Primarily we must be willing to give up our old behavior. Throw out old contacts gets filters and even more change behavior patterns that cause lust to seep up. It may be what the pros call surrender. But i think it takes stregnth resolve will power and ability to fight in order to "fully surrender". Once we give up and alter our lifetsyles then we turn to a higher power and say we are powerless to win. We do have power to alter ourselves so that we don't dabble with the enemy all day. but ultimatley lust is the devil that we can't beat. So we say we try to take steps to avoid it now the rest is hashem. Others may disagree with my wording but I think people are partly fooling themselves when they say oh I don't fight lust. Once they do their part they no longer fight lust. But you did try controlling it at one point. You did have to change your lifestyle. Thats a fight too. Intially its a tough fight. Once you get passed that then perhaps you won't look at it as a fight.

As a side note re change life style, I mean based on your posts, it sounds like your method of

letting out stress or letting loose is lust. Find another method thats fun and enjoyable to relax too. In my case I couldn't sleep without lust. So I started listening to clean podcasts as relaxation rather than lusting.Maybe in your case its a game of basketball or signing up at the gym. Whatever there has to be somethng kosher but not too jewish (too jewish will bore you out) that you enjoy.

Good luck and I don't envy your struggle

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Re: the yetzer hora keeps beating me  
Posted by waydown - 03 Sep 2015 22:57

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Serenity

Your surrender was a fight too. Now after the surrender its not a fight. To make it simple say one is having an online or worse in-person extramarrrtal affair. He must first break off all contacts. He must divorce himself from that lady website or facebook page that he found her. Its a fight to surrender. After he suurenders then he can say Ok its not a fight. For us beginners I think you oversimplify it.

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Re: the yetzer hora keeps beating me  
Posted by serenity - 04 Sep 2015 00:59

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I don't believe that was my experience, Waydown. I walked into an SA meeting feeling totally defeated. There was no fight left in me. The conclusions I came to were forced upon me in the crucible of my experiences; to paraphrase from SA. I don't think there is any reason to complicate recovery. Those who really want it, will get it. Those who don't want it, will make excuses. For many, like me, I had no other choice. If you are still fighting lust, that by definition means you are not ready to accept a life devoid of it. That isn't a judgment by any means. It's where I was for over 30 years; not that I am anywhere near perfect or claim to have all the answers.

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Re: the yetzer hora keeps beating me  
Posted by waydown - 04 Sep 2015 03:45

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Serenity,

I don't know your personal story so well so forgive me. But I'll gather that you tried fighting it before SA. Another pointer the initial step of walking into SA is a tough one. Also we all know a prerequisite to powerlessness and surrender is to give up and alter your behavior. Say what you want but you have to physically be ready to throw out your old behavior. That is a struggle. I totally disagree with your statement of "those you don't want it make excuses" Most of us want it. But it's a tough battle. It's not as simple as apple pie. It's a sickness.

Re "If you are still fighting lust, that by definition means you are not ready to accept a life devoid of it." That's nice mushy white book psychology stuff but come on bring it down to real life. I am trying to fall asleep and have no interest in masterbating. In comes my lust and causes a create itch like a mosquito bit. I twist and turn for two hours. I am not willing to live without it??? HUH? Baloney. I wish that stupid itch would go away so I don't have to fight lust. Of course I want a life devoid of it. But my DNA is pushing me into it. Sorry if I came off tough on that one.

Here is my take. We have to start with a true desire for change. The initial reaction will be for your body to want to run back to its old ways. Thus step #1 fight that urge. You fight it by doing stuff to get your mind off it and altering behavior patterns. That's tough. Now if you white knuckle it forever you will loose. If you look at it as a life long battle you will loose. But eventually that lust urge will slow down due to your behavior changes even if you have some outbursts. Your body is now used to the idea that hey I didn't die without my lust dose. I fought it and won many times even if I had a few losses in between. Most of all I am now cognizant of my triggers because I battled it. Now it's time to embrace SA, powerless and surrender. You build on your battle field experience with a new serene level called surrender. Because yes you can't beat the disease so now we must leave it to a higher power. Once I made the effort Hashem does the rest. You must make that pesach shel machat then Hashem opens the wall up for you.

Truthfully though I can agree that "If you are still fighting lust, that by definition means you are not ready to accept a life devoid of it." The key is "if you are still" It can't be a forever fight but it's how it has to start. And I content it's how you started too. You just never connected that to your SA steps.

As a side note, this is why I don't believe that those that slipped are a failure and must reset the clock. Every day clean is a victory towards the ultimate goal of "serenty"!! Thats whether you remain clean or not.

Again I just think you oversimplify it

Bottom line, That higher power will only help you, if you make the first effort.

Here is my general take on the whole thing. Initially you build your will power

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Re: the yetzer hora keeps beating me

Posted by ataglance12345 - 04 Sep 2015 15:56

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B"H I had a very positive experience last night. I was in a situation where it would have been perfect for me to go to a tavern and engage in my negative behaviors. I was really really having a hard time fighting the urge. So I went on GYE, and put out a message to ask for strength for this specific urgent situation. Instead, I ended up reading my earlier posts and said to myself...do I want to go through this again???? I could not believe what I had written the "day after". So B"H, I got in my car, and went home. Went to Mincha Maariv came home and went to bed shortly after. No waking up full of tumah and guilt. A small victory, but a good one.

I did notice something very interesting, though. I did not go home and have a drink, or even crave one. What I was craving was the experience of going out to a bar, and all the schmutz that it entails. This tells me that this is not a substance issue, but an emotional issue completely. And I will be very honest, I missed not going out, I craved it terribly and felt like I was missing out on something by not going out to a bar. I was missing out, but that is for the good. So, B"H since Rosh Chodesh Elul I have not gone out to a tavern, period. I hope with Hashem's help, that I can stay out for all of Elul, and for the Aseress Yamei Teshuvah, and G-d willing through Simchas Torah. I thanked Hashem profusely last night for giving me the tools to fight my Yetzer Hora. I can daven as much as I like to ask Hashem to REMOVE my Yetzer Hora but that will never happen. What I need to daven for is the strength and tools to FIGHT my Yetzer Hora. So, to sum up, GYE was a tremendous help last night, if only that I read my past posts and did not want to go there again. Is there some sort of "hotline" though that we can call when we feel we are going to go over the edge...I could have used some support last night, but in reality, I got plenty of support by reading the posts from some very caring and truly concerned people so Yasher Koach to you all.

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Re: the yetzer hora keeps beating me  
Posted by AlexEliezer - 04 Sep 2015 17:38

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Wow!

Just read through your entire thread. Very engaging.

What struck me is not the binges that everyone is focused on.

These are the tip of the iceberg -- the unmistakable mountain of rock-ice that can sink your cruise ship.

But the real iceberg is underwater. You know it's there but you can't see it. Actually you can see yours. You said so. You said that you are obsessed with women and lustful thoughts. I relate. Did it for over 30 years. Have been to clubs as an OTD young adult. Was too afraid of catching an STD to do anything live. So I crawled deeper and deeper into fantasy and porn.

My mind wasn't my own. Intrusive, ever-sicker erotic thoughts all the time. Compelled to direct my eyes to the tantalizing parts of every female that crossed my path (or that I crossed the street to get a better look at.)

Yeah, I fought the urge to masturbate, but my incessant lusting made it inevitable.

The way to fight this war isn't at the bar door.

It's with your eyelids and your mind's eye.

Working on being lust-free every waking minute is the real battleground.

I write about the ABC's of this a lot. Too much maybe.

You've probably seen it. No checking out women. Surrendering lustful thoughts and images to Hashem.

And fully engaging in real life, real loving relationships. Not fantasizing with the wife, making it

about her, not me. Connecting to my children. Given them time, patience, consistency.  
Learning. Davening. Talking to Hashem. Exercising.

Let's all stop escaping life and start living it.

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Re: the yetzer hora keeps beating me  
Posted by ataglace12345 - 04 Sep 2015 18:50

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So true so true.

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Re: the yetzer hora keeps beating me  
Posted by Here 2 improve - 06 Sep 2015 11:57

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Was bored last night and checked out your post.

You turned a fruitless night into a night of mussar.

You taught me however low a soul is there is NEVER room for yiush.

My brother your amazing, keep climbing and stay strong.

When the going gets tough (it inevitably will) the tough get going.

None said life was easy, as the steipler said our sole reason to be born on this earth is to  
overcome our negative traits.

My brother, my friend you are fulfilling the steiplers words.

Boy will you feel a million dollars when you come out on top.

Although it seems like you are not totally clean yet, but you will get there just have faith.



Your story will be called *From the depth of despair to the height of jubilation*.

Good luck in your journey my friend.

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Re: the yetzer hora keeps beating me  
Posted by waydown - 06 Sep 2015 16:17

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Here2Improve,

Thanks for your comment I loved it. Although you didn't intend to tell that to me I got chizuk from your message.

As a sdie note I know some people feel that the going never gets rough. Its all about surrendering then its never a struggle. Its all just paradise if you surrender. But like you so elquently put it, you need both.

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Re: the yetzer hora keeps beating me  
Posted by cordnoy - 06 Sep 2015 17:00

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[waydown wrote:](#)

As a sdie note I know some people feel that the going never gets rough. Its all about surrendering then its never a struggle. Its all just paradise if you surrender. But like you so elquently put it, you need both.

You had a claim that other people are oversimplifyin'.

I think you are misrepresentin'.

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Re: the yetzer hora keeps beating me  
Posted by waydown - 06 Sep 2015 17:13

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Cordnoy, I did not mean you. You think your realize that its a struggle. Thanks for all the chizuk. I'll just repeat my unexperinced silly understanding of powerless and surrender. Yes we can't win lust we are powerless. However, we must make an effort to stop it. We won't win that alone. But the key is we make an effort and leave the rest to a higher power. And especially as jews, I think the key is once we try hashem helps us do the rest. But we must try. And its hard to make that effort and its a struggle. I suppose that altitude shouldn't be we are fighting rather we are doing our best and leaving the rest for hashem. So yes its probably incorrect to call it a fight. After all hashem created lust and he can take it away. So who are you fighting exactly. But it may be fair to call it a struggle.

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Re: the yetzer hora keeps beating me  
Posted by AlexEliezer - 09 Sep 2015 15:43

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Had a fun date with my wife last night.

We haven't done this in a long time.

We went to an empty bar not far from home (Tues night after a holiday weekend).

We each had a beer and just sat and talked.

Then we took a walk along the trendy block and looked at the various shops and such.

We wandered into an unlit area and kissed.

Then we went home.

A *real*, very good time was had by all.

What if...

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