

Starting anew. again.

Posted by shmiraShachaim - 08 Feb 2016 19:28

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Hi everyone. I have introduced myself in the past but I decided to open a new account because I haven't been on top of my GYE game and after falling a couple times after a long streak I decided to start afresh. No point explaining more so I'll get down to what I have been going through: I go by Chaim and I'm 23. I started a rollercoaster of depravity and *teshuvah* about four years ago which began with lusting and masturbating, and progressed to pornography. During this period I dealt with being diagnosed with OCD, ADD and depression, and my mother passing away. As is common with addicts, my image completely clashed with my activities and thoughts. I was viewed as a masmid, bal medos, tzadik, etc. but I had this storm going on inside me going on without anyone noticing it besides poor lonely me. True, I might of lacked self-esteem and overly cared about what people thought about me and feigned who I was somewhat, but I didn't view myself as a *complete* fake because I *did* care about growing and coming close to Hashem. Instead I saw myself as a very confused and depressed person. With a few therapists under my belt and signing up on GYE, I have been working on myself by attaining a better understating of my addiction and attempting to address my diagnoses and circumstances which are interrelated with each other and my addiction. B"H, I have gained clarity through GYE in the nature of my addiction and the means of going about it. I was able to stay clean for a month and a half and I felt it was time to start dating. I felt clear headed going out with my first date. I haven't done more than having the occasional fleeting sexual thoughts in a while and as far as I can tell I didn't view her as a sex object. I didn't fantasize about her and I'm pretty sure I was evaluating it with my usual methodical and even OCD thinking and I really truly believe it's a neis that I am engaged to her. She is sweet, pure, and has a very similar outlook and goals that I do. I was clean for a while but I was still working on a TaPHSIC shvuah. I was able to think it through and write it down, but I acted out before I actually said it. I acted out once after that by paying my "small" kinas. I am so scared. What has gotten into me? I need to prepare for marriage and not hurt this girl whom I committed to take care of in a loving and healthy way. Please Hashem help me on this never ending journey!!

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Re: Starting anew. again.

Posted by mggsbms - 11 Feb 2016 15:26

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It makes sense. You're not out of your mind.

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Re: Starting anew. again.

Posted by Gevura Shebyesod - 11 Feb 2016 15:27

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Sometimes we are only sane when we are out of our mind.

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Re: Starting anew. again.

Posted by shmirashachaim - 11 Feb 2016 18:04

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[realsimcha wrote on Unknown:](#)

It really takes koach to do this. When i am doing well i feel like **I dont need this... I am better than the rest of these guys** and when I am not doing well I feel like **whats the point I just cant do it...** Either way, it really takes work to keep at it. Thanks to all of you for your chizuk. Shmirashachaim you are awesome for getting back involved....

When I look back at the old old posts from years ago I wonder... What happened to those guys? Where are they now? I imagine that some of them moved on, and probably unfortunately, some have not. I just read these old posts and wonder where I will be in a few years. A blip on the radar of GYE? A regular? Someone who stuck to it? i know...i know.. Its all about today.

Yes I likes how you put how its usually hard to keep up with recovery.. Even when I am doing well I become overly confident and beleive the sickness has disapeared. I have to learn that this isnt true. The sickness is there and waiting to jump at me at any given moment. I was clean for MONTHS and the first time an intense urge came on me I fell because I wasnt prepared.

Simcha, I look forward to seeing your future posts and being part of your journey.. and I will try my hardest to continue posting here as well!

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Re: Starting anew. again.

Posted by shmirashachaim - 11 Feb 2016 18:14

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Day 3. I would 100% not have gotten through yestersay without GYE. So thanks thanks thanks. I wish that I could be past this point and looking back at the past few clean months and feeling like I am not swallowed up by all the garbage. I know its not helpful to think this way but since when am in charge of my insane thoughts? I feel this anxiety to log in and click on "I am clean".

Does this make sense? Am i out of my mind?

Yah I get the same feeling... So were both out of our mind! I am naturally anxious about everything in general which is I think one of the causes of this addiction in the first place! I feel the day by day process to be impossibly slow and don't see much change.. still craz. y me! But on the other hand the beauty of one day is thats its so much easier than focusing on the pain of not giving in for months! I keep saying One day! its only until I'm able to fall asleep tonight! One think I felt was helpfull was what I am doing new *today* for my recovery. Writing my feelings down and compiling something on my life and addiction, and setting up new reading material to read.. I place my focus on what I am *doing* rather than where I will be in the future!

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Re: Starting anew. again.

Posted by realsimcha - 12 Feb 2016 13:42

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Hey, Shmirashachaim, how are you holding up? I hope that you are doing well, staying with us, and posting!!

, meaning, the days seem to go on forever. until I can log another clean day. I know that the better way would be to just enjoy each and every day. and live it to the fullest. I guess I have a hard time doing that becasue I feel so unsuccessful so much of the time. I just cant seem to hold it together and to be able t get things done the way I should. When I am acting out I have an easy thing to blame. when I am not i just feel like a shlemazel that things are so unorginized, parnassah is slow, i cant seem to be on top of my game.

Well... there's always Day 5 ...

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Re: Starting anew. again.

Posted by shmulyz18 - 12 Feb 2016 18:59

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[shmirashachaim wrote on Unknown:](#)

Hi everyone. I have introduced myself in the past but I decided to open a new account because I haven't been on top of my GYE game and after falling a couple times after a long streak I decided to start afresh. No point explaining more so I'll get down to what I have been going through: I go by Chaim and I'm 23. I started a rollercoaster of depravity and *teshuvah* about four years ago which began with lusting and masturbating, progressed to pornography, and finally ended with strip clubs and prostitutes. During this period I dealt with being diagnosed with OCD, ADD and depression, my mother passing away, and the realization that my father is a narcissist.

Hello Chaim, welcome back,

First of all , I am sorry to hear about your loss.

Second, I have OCD as well, and at times I feel like I need a "fix" even tho that will ruin me.

Thirdly, lust is a natural human reaction. My thought is that it is a test from G-D to see what you will do.

Fourth , prostitutes and strip clubs are fine for the world, but we Jews are supposed to be set apart and also we are a light to the nations. I am 19, and my parents have guardianship over me, so I can't go to such places, but I want to, and I don't.

I hope this helps... Good Shabbos... Shmuly Z.

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Re: Starting anew. again.

Posted by shmishachaim - 12 Feb 2016 20:34

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[realsimcha wrote on Unknown:](#)

Hey, Shmirashachaim, how are you holding up? I hope that you are doing well, staying with us, and posting!!

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until I can log another clean day. I know that the better way would be to just enjoy each and every day. and live it to the fullest. I guess I have a hard time doing that because I feel so unsuccessful so much of the time. I just can't seem to hold it together and to be able to get things done the way I should. When I am acting out I have an easy thing to blame. when I am not I just feel like a shlemazel that things are so unorganized, Parnassah is slow, I can't seem to be on top of my game.

Well... there's always Day 5 ...

I am now working on how to deal with a Narcissist father as a husband. I worked very hard on my relationship with him until now and now need new insight as dealing with him with a wife.. spent a long time on phone with brother-in-law about that. One thing about OCD and addicts in general is that they have a need to have situations under control and get frustrated when this can't happen. I am learning that I have to do the best hishtadlus I can to allow the situation between my father and me, my future wife and in-laws to be healthy and stable and leave the rest to Hashem no matter how many bumps along the road there might be.

Simcha, I never thought about it the way you put it... it's harder to focus on each and every day when each and every day has life stinking, which is a reason why we act out in the first place: because life stinks! I act out when I can't hold things together and when I can't get things done (often due to my ADD) and get very frustrated and anxious about it. My twisted mind gives me a two fold solution by giving me 1) a new "goal" of seeing how perverted my sexual activities can be and 2) gives me depression which is actually easier to deal with than anxiety and frustration. The depression takes away my responsibilities as much as doing them because I don't care about them when I'm depressed! How twisted my mind can work! Do you feel similar things Simcha? What do you mean by it giving you something easy to blame?

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Re: Starting anew. again.  
Posted by shmiraShachaim - 12 Feb 2016 20:38

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Hello Chaim, welcome back,

First of all, I am sorry to hear about your loss.

Second, I have OCD as well, and at times I feel like I need a "fix" even though that will ruin me.

Thirdly, lust is a natural human reaction. My thought is that it is a test from G-D to see what you will do.

Fourth , prostitutes and strip clubs are fine for the world, but we Jews are supposed to be set apart and also we are a light to the nations. I am 19, and my parents have guardianship over me, so I can't go to such places, but I want to, and I don't.

Thank you.

Is nice to see other people relating to me. OCD is very similar to addiction because of its compulsive nature. May we be zocheh to deal with all our issues and use them to make us into better people and more meaningful lives!

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Re: Starting anew. again.

Posted by shmulyz18 - 13 Feb 2016 21:44

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Hello Chaim, how are you doing?

just remember. ODAAT.

I hope you are better.

If you wish, you can PM me.

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Re: Starting anew. again.

Posted by realsimcha - 14 Feb 2016 01:55

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[shmirashachaim: wrote:](#)

Do you feel similar things Simcha? What to you mean by it giving you something easy to blame?

Hey, I hope that you are still fighting the good fight and hanging in there. Wow, your struggles sound intense. Nut you also sound like a smart and strong person .. so i guess hashem picked a strong soldier for the tough mission.

What I meant was that when I am in a bad place I can waste away hours. Then, stuff doesnt get done, bills dont get paid, work doesnt get done, family is ignored etc etc etc I blame it on this garbage. In a way, its an escape because when I am clean and stuff doesnt get done, then the only one to blame is myself. and that makes m feel lie a failure, and like acting out ... Can you see how its a endless cycle.

So this is what i try to do (not that i am the expert):

I tell myself that beng clean is already an accomplishment. And even if nothing gets done and i go to sleep at night with piles of work that i didnt do, i am still not a failure. you know why? because i am clean thats why. and thats enough to make me a success. becasue this yetzer hara of mine was trying all day to knock me done, and i am still standing.

that doesnt mean that i should try to get stuff done so that i can feel even better about myself and be in a better place all around. but this, to me, is the first step. I am clean this minute. So i am already NOT a failure.

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Re: Starting anew. again.

Posted by realsimcha - 14 Feb 2016 12:53

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I committed to a post a day and its going to be a long day so i want to post something out now...

This morning it feels easy. I hae all of you, and i have 6 days (yay!), and I have the amazing posts that i keep finding here. But my paast tells me that this makes today dangerous. Everything just feels so normal... so doable. and our struggle is anything but normal or doable. so i am going into the day on guard for that sneaky YH who is going to try to find some way of luring me in. and i am going into the day with a commitment to fill the day with energy, fun, ). its all about today right?

Any chizuk ... means the world.

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Re: Starting anew. again.  
Posted by shmiraShachaim - 14 Feb 2016 20:36

laughing, love (the good kind

.. You are basically saying that you feel like a failure because you havn't gotten anything done (because the pressure of actting out) and therefore you act out because you feel like a failure! Thats great how you decided to focus on how you are *not* a failure eventhough you didn't get any work done because you acheived the biggest success by keeping clean. Thats amazing and thanks for sharing!

I would say that perhaps could add that without getting clean you will never be able to get your work done because an addict has a very hard time focusing on tasks beacuse he gets side tracked for hours just filling his endless desire for lust and not being able to work afterwards due to his depression. So its worth it ti have spotty work inorder to be more successful in the long run. So besides the obvious success of staying clean but also the success of enabling success in the future.

As far as me having intense struggles and being a strong soldier.. I definitley believe Hashem gives nisyonos tailored to each of us and I am ready to build myself from those nisyaaonos, but I feel I have to *make* myself strong enough. I still see myself weak because eventhough I seem healthy and have much to say, I am petrified for what will happen when lust *does* take a hold of me because last time I was clean and "healthy" for a while, once lust came I fell like a pin. I am still looking for guidance, help, and support in any way I can!

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Hey! I wouldn't call great advise "yammering"



Re: Starting anew. again.

Posted by markz - 14 Feb 2016 20:41

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"I have to make myself stronger"

My friend - were gonna succeed together beH

My advice?

Put down the Dumbbells - don't work on strengthening....

Lets focus on our weaknesses and surrender them to Gd. There's more to recovery than that - I'm oversimplifying cos im a simple guy - perhaps ask someone wiser than me for more input

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Re: Starting anew. again.

Posted by shmiraShachaim - 14 Feb 2016 20:45

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[realsimcha wrote on Unknown:](#)

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This morning it feels easy. I hae all of you, and i have 6 days (yay!), and I have the amazing posts that i keep finding here. But my paast tells me that this makes today dangerous. Everything just feels so normal... so doable. and our struggle is anything but normal or doable. so i am going into the day on guard for that sneaky YH who is going to try to find some way of luring me in. and i am going into the day with a commitment to fill the day with energy, fun, ). its all about today right?

Any chizuk ... means the world.

Hope your day is going OK! Yes thats what I have to drill in my mind now: that I have to be on my guard and that the YH can come at all times. I *cant* do this alone and no matter how healthy

I feel I need Hashems help, continuous learning, and conection to others. My chizuk is that you can do this and you can give me chizuk as well because giving others chizuk is the best chizuk for yourself!

So i'll ask from you or anyone on this forum if I can get chizuk on how to be engaged/married with this sickness. Is there any resourses anyone recommendds? Tips? thanks.

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