

Starting anew. again.

Posted by shmiraShachaim - 08 Feb 2016 19:28

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 Birshusi - 04 Jul 2016 13:29

[shmiraShachaim wrote on 03 Jul 2016 23:51:](#)

[Birshusi wrote:](#)

Wow.

What a m'chayev, the way you are pushing vyter.

And yet another person who spoke to their Rebbi. I still can't get myself to do it.

Looking at how you started off, seems that's you are a motivated guy yourself! That was the Yesod for me many times over: push vyter. It's a concept at times seems impossible but I tell myself that it is. It has to be.

yes I spoke to my Rebbi. One of the hardest things I have ever done in my life and I will be honest that I still cringe sometimes when I know he is aware. He knows that the innocent person he once knew isn't so innocent. It hurts my ego. But I feel that is persicly what I need. I don't regret it and I think I will see in the future how grateful I am for doing so. I don't know your situation seems your not as close to your Rebbe. I'm not giving advice to tell him or someone else. I'll just tell you that if you can figure out how to tell someone in person that you previously know not from GYE might be kidei.

pushing vyter needs others. With Hashems help we can do this together!

The plan is to tell my Rebbi soon, and I believe it will actually happen, because like you said, I think it'll be good for me down the road. I do have a close relationship with him in many ways, but this would be the most personal and sensitive topic I've ever discussed with him.

My parents are involved already, which is good, although also awkward some times.

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Re: Starting anew. again.

Posted by shmiraShachaim - 05 Jul 2016 02:37

Today was my mother's Yahrzeit. When she was in the hospital she liked when I sang to her. It was hard for her to speak at times, and she would just gently sway her head to whatever I sang. Her favorite song was ??? ????? ????? ??????. I basically sang it every day until the last when she

couldn't sway her head anymore and I swayed her hand instead. All teary eyed and imagining it was she that was swaying her hand.

Ever since that last time I sang the song to her, I couldn't take hearing the song anymore. Once at my sisters house they starting singing it and I rushed to the bathroom and cried. It was too much for me. However, some time after I was engaged I decided that it is not going to be a sad song anymore, but rather it will represent that no matter what is happening I am not alone. I don't have to be afraid. At times it seems dark. Dreary. No light at the end of the tunnel. But I can't extinguish the flicker of hope, no matter how faint it may be. I was in the darkest and most dreary tunnel, and B'H I got out of it and I see all the good Hashem gives me. And I have grown since then. A lot.

I thought about that passuk when I read it as I was going through tehillem today.

One of the many middos of my mother is that she knew how to remain calm. She was very busy always taking care of many things. Sometimes sleeping only a few hours at night. Many crises have come her way and she takes them all on with immense emunah and serenity. I am trying to internalize that middah. When things seems dark and dreary I will plug ahead. Last week a lot a lot of things came down on me at once and wasn't easy, but I got through. Today I was having a bleak day matching the weather, very frustrated about undone work and guilt about lack of being able to do a siyum. B'H I am not in a bleak mood. Wife knows how to cheer me up I guess, and her grandparents were here so got out a little bit tonight. But I still feel restless. In the past I would just go about those feelings alone, but know I want to stay tuned with myself and I do that by posting. I will be honest. Wife's chizzuk is great but I feel lust lurking somewhere in my mind as the most incredible way to get out of life. I feel the pressure. The sweet sweet pull is a little bit there. I am telling myself it's wont take me out of my problems and it might be sweet but it always turns sour. I am davening I can get through this as well- calmly.

Any chizzuk would be great. Thanks guys.

Sorry for the rambling if you made it to the end.

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Re: Starting anew. again.

Posted by shmiraShachaim - 05 Jul 2016 03:03

Just finished Maariv. I think might of had a little bit of what it means to "surrender". Told Hashem that if lust hits me head on I'm almost definitely going to fall. I don't want to fall. Asked Hashem to take this one for me. As far as I'm concerned... ODAAT. Just living for tonight and zehu.

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Re: Starting anew. again.

Posted by mggsbms - 05 Jul 2016 16:53

A very moving tribute.

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Re: Starting anew. again.

Posted by Abie - 06 Jul 2016 00:32

??? ???? ????,

(And of course, every effort on your part makes her proud, and elevates her [gives her ???? an
???? blaa"z)

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Re: Starting anew. again.

Posted by ColinColin - 06 Jul 2016 01:48

Amazing tribute Shmira, well done for sharing it.

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Re: Starting anew. again.

Posted by shmirashachaim - 06 Jul 2016 05:09

Today was an up and down day. Morning was tough with a lot of random images and thoughts in my head. Did breathing exercises during Seder and took a break. Once got home, caught up on a lot of work and had a great rest of the day. The end was rough though. Needed to get back on computer for work and that inexplicable pull happened again. I don't get it. I have a good life. An amazing wife. Didn't even stress today. But like a robot I am driven to look at inappropriate stuff. My mind goes haywire and I start pressing things that might "innocently" lead me to places I shouldn't go. I slipped. Not a fall. A slip. But how many times can I slip on a slippery slope without falling?

Need to block up my computer but not sure who to turn to or how to go about it.

Another thing that happened today:

Opened up GYE email and the words WOMEN AND PORN hit me unexpectedly. I'm not petitioning anything just saying what happened.

I'm not sure if this is common, but I get triggered by the word 'pornography' (especially with the word women next to it, don't ask my brain is messed up). I will only say this as I saw an email a while ago on how GYE changed their ???? to that one should say the name explicitly.

I always both cringed and got turned on when I heard the word as it represents both the resentment and enchantment that took up so much of life, day in and day out, and countless of hours of gross indulgent seeking. I don't like saying the word.

I opened the email while at a red light. When it turned green and continued on my way, I wondered why the words porn, pornography, or whatever, has so much of an effect on me. Am I scared of it? A sick awe perhaps? Why does it have so much power?

Driving and thinking, I came up with that maybe it's because 1) It's part of my inside world that I am ashamed of and haven't come to terms with completely. Here I am the guy who just finished Seder, was just telling a friend a good Vort from R Wolbe.. How am I this guy struggling? The word irks me and unsettles me. and 2) It's still that mystical mysterious word that I am still fascinated with. It still represents a world of unlimited.. "Utopia" perhaps? I am far from these feelings being the forefront of my mind and it's usually still disgusting, but perhaps they're still there.

I decided to create my down captain Kirk moment. I started talking to myself in the car:

Shmira. You struggle with porn. You are enticed by it. You-me-shmirah, have watched *porn*. Many times over and over again. I am in a way not the guy that others perceive, the guy that tries to do the right thing and works on himself. But in truth I *am* that same guy who tries to do the right thing and who works on himself, just in more ways than what is apparent. But I'm the same guy. I am the same guy who learns R Wolbe and struggles with porn. I have a lot to work on. I watched porn and I still struggle. Porn. Pornography. I said the words over and over again.

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Re: Starting anew. again.

Posted by shmiraashachaim - 06 Jul 2016 05:14

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on a lot of work and had a great rest of the day. The end was rough though. Needed to get back on computer for work and that inexplicable pull happened again. I don't get it. I have a good life. An amazing wife. Didn't even stress today. But like a robot I am driven to look at inappropriate stuff. My mind goes haywire and I start pressing things that might "innocently" lead me to places I shouldn't go. I slipped. Not a fall. A slip. But how many times can I slip on a slippery slope without falling?

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Re: Starting anew. again.

Posted by cordnoy - 06 Jul 2016 13:18

I see the words "opened email while driving," and that gets me nervous. Lust kills, but it is not the only weapon out there. B'hatzlachah to me and to others.

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Re: Starting anew. again.

Posted by shmirashachaim - 06 Jul 2016 16:27

[shmirashachaim wrote:](#)

I opened the email while at a red light.

Cornoy.. Not sure which line you're referring to. This one? Is looking at email at red light considered while driving? Don't know about you but I try not to drive by red lights.

Driving and thinking

In any case not the best driver so much hazlacha to anyone that lives by me:devil:

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Re: Starting anew. again.

Posted by gibbor120 - 06 Jul 2016 17:18

I get the "women and porn" trigger. I cannot read the women's sucess stories here. I made that mistake before.

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Re: Starting anew. again.

Posted by shmishachaim - 06 Jul 2016 18:54

Yah.. Why I pressed on the link don't ask. But when I did it wasn't good.

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Re: Starting anew. again.

Posted by Gevura Shebyesod - 06 Jul 2016 19:26

[cordnoy wrote on 06 Jul 2016 13:18:](#)

I see the words "opened email while driving," and that gets me nervous. Lust kills, but it is not the only weapon out there. B'hatzlachah to me and to others.

You had enough of sailing? maybe you can become a State Trooper and start pulling over trucks and giving tickets.

Smokey in the bushes!!

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Re: Starting anew. again.

Posted by Markz - 06 Jul 2016 19:30

[shmishachaim wrote:](#)

[shmirashachaim wrote:](#)

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Driving and thinking

In any case not the best driver so much hazlacha to anyone that lives by me:devil:

Shemira if you have red lights on the highway, maybe you're on the wrong one?

Just kiddin'

KEEP TRUCKING

I didn't want a trooper or my wife to see this, but I check gye emails while truckin' ;-)

Oh no the Hide button doesn't work :-(

Or is it this one? Is thinking while driving dangerous? Yikes

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