

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 BenTorah.BaalHabayis - 29 Feb 2016 15:04

[Yesod wrote on 29 Feb 2016 06:23:](#)

Bro, when i was a Chosson and i imagine many others on here as well, we didn't even yet realize we had a problem we were dancing our way straight into disaster.

You are on the ball, keep coming back here, and when you smile with folks, smile even a little more because all of us here are cheering you on as well.

Mazal Tov,

So true. After lusting like crazy in Yeshiva for years I thought marriage was going to cure me. And the strange thing is that for a few years I really did stop from acting out, and that just served to prove to me that marriage cured me. But what I didn't realize was that I was still lusting even if I wasn't acting out, and slowly but surely our intimacy fell apart and I eventually landed right back where I came from. So you really are fortunate to be working on this now, and Bez"h it will serve you well once you're married.

In addition I think you shouldn't be getting down on yourself for struggling with this. There's nothing inherently lowly about the struggle itself, although it does tend to carry a lot of shame and guilt with it. But I believe that as long as you're proactively working on it it's no different than if you had to manage diabetes.

Mazal Tov!

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Re: Starting anew. again.

Posted by Workingguy - 29 Feb 2016 15:50

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Mazal Tov!

Agree with Yesod. Mazel Tov! This is a very human struggle. Try to have more compassion for yourself as a Bochor growing up in a world that sexual uses everything and where more sexuality is available at one click then other people may have previously experienced in a

lifetime. You're working on it, and for that you should be proud.

All the people who are admiring you are also wonderful people with struggles that they wouldn't want you to know about either. Doesn't make them or you not amazing.

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Re: Starting anew. again.

Posted by pischoshelmachat - 29 Feb 2016 17:40

Mazel Tov of reaching 30!! It is quite an accomplishment.

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Re: Starting anew. again.

Posted by shmirashachaim - 29 Feb 2016 18:08

[Yesod wrote on 29 Feb 2016 06:23:](#)

Hey Gibor,

Mazal Tov! and Mazal Tov!

Thats fantastic news.

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Mazal Tov,

Thank you so much! I appreciate the title giber and I hopefully will be pumping iron like the real gibbor on this site!

I am uncertain if I am a real giber.. I have gone this far in the past but failed to stand up to the first wave of lust that hit me. I felt strong but inside I was weak. But even though I don't know if I am zoche to the title yet I know I grew since then because I am trying to make myself aware that I have this weakness.

One thing that I am doing different is that last time even though I had an awareness that I have to work on this parshah, I only had to work on it for some faraway time after marriage when times become tough again. I didn't see the problem eminent. However this made my progress less consistent and made my awareness fade somewhat and when issues started coming between my father and her parents among other things and I started getting new sexual feelings when I was near my kallah (again even though I struggle with these things I feel I went through dating with her at least conscientiously with out sexual feeling nor using her as a sex object. I was clear headed and even though was attracted to her I didn't broad on it) I became triggered more easily and acted out.

This time, however, I am telling myself every morning that *this* might be the day lust hits. What will I do then? I need to prepare for an ambush. I need to internalize what I have been learning on GYE. I prepare myself for what might happen *today*. But I also am preparing myself for the future.. so I would like to ask you a question Yesod but you dont have to answer it if not relevant: What disaster are you reffering to and why do you think things led there?

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Re: Starting anew. again.

Posted by cordnoy - 29 Feb 2016 19:10

[shmirashachaim wrote on 29 Feb 2016 18:08:](#)

and when issues started coming between my father and her parents

shew.....at least I know he ain't my son-in-law.

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Re: Starting anew. again.

Posted by cordnoy - 29 Feb 2016 19:14

a bit of advice, although you (and many others) probably won't listen:

This struggle of ours, if indeed you are like me and others that we are 'addicted' in some way, and not merely a stronger yetzer hara, has nothin, and I mean nothin' to do with bein' married or not.

I don't know you (as we have verified above), so perhaps you are just a bochur in heat, and then the gettin' married might be precisely what the dr. ordered.

either way, Mazel tov and tremendous hatzlachah

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Re: Starting anew. again.

Posted by Mesayin - 29 Feb 2016 20:10

[cordnoy wrote on 29 Feb 2016 19:14:](#)

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In addition to the solution: Get married.

Chazak V'emutz

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Re: Starting anew. again.

Posted by cordnoy - 29 Feb 2016 21:41

[Mesayin wrote on 29 Feb 2016 20:10:](#)

[cordnoy wrote on 29 Feb 2016 19:14:](#)

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It is pretty obvious that getting married "helps" with recovery and against lustful thoughts, we see that in the gemara a few times

("????? ???? ?? ??? ?? ?? ????? ??? ????? ?? ?? ?????". (???? ?? "?" ?? ?'

And more.

Of course it is not a hospital for lust and getting married shouldn't be for lust or for for pleasure, but it definitely helps with the struggle.

For example, this is not how we should be thinking:

Problem: Lust. Solution: Get married.

Rather it should be this way:

Problem: Lust. Solution: GYE handbook, 12 steps, taphsic, etc...

In addition to the solution: Get married.

Chazak V'emutz

I am not a rishon, but my understandin' of that gemora is that it is referrin' to the ordinary person, like I wrote above, not for the lust-addicted.

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Re: Starting anew. again.

Posted by Shlomo24 - 29 Feb 2016 23:13

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In addition to the solution: Get married.

Chazak V'emutz

I had a long talk with Dov about this. Many people have not experienced that gemara as it is expressed. It doesn't mean that it is wrong, it could be a variety of reasons. Dov explained it to me in a vein similar to yeridah l'doros. There are throngs of SA members who only joined after marriage because marriage didn't help them with their lust. Remember that lust and sex are completely different things. If masturbation was muttar I would still have a problem. A sexual outlet is not a cure for someone with a lust problem. (All this is al pi the white book, other 12 step programs would disagree with this).

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Re: Starting anew. again.

Posted by Yesod - 01 Mar 2016 03:06

[shmirashachaim wrote on 29 Feb 2016 18:08:](#)

[Yesod wrote on 29 Feb 2016 06:23:](#)

Hey Gibor,

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The disaster was.

A Young man unaware that he had a serous problem, and then began taking his wife and family for a very bumpy ride.

When the tires fell off, i found gye.

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Re: Starting anew. again.

Posted by eslaasos - 01 Mar 2016 03:14

[cordnoy wrote on 29 Feb 2016 19:10:](#)

[shmirashachaim wrote on 29 Feb 2016 18:08:](#)

and when issues started coming between my father and her parents

shew.....at least I know he ain't my son-in-law.

Of course not, it's a family tradition.

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Re: Starting anew. again.

Posted by Sasha 2 - 01 Mar 2016 12:33

Mazel Tov!

Keep it up!!!!

Im not the experienced in this because im still a bochur, but what ive learned (so far) is that as long as i know the real problem and im working on the right recovery, that is the preparation for the future and then marriage *could possibly* help.

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Re: Starting anew. again.

Posted by Shlomo24 - 01 Mar 2016 16:36

[Sasha 2 wrote on 01 Mar 2016 12:33:](#)

Mazel Tov!

Keep it up!!!!

Im not the experienced in this because im still a bochur, but what ive learned (so far) is that as long as i know the real problem and im working on the right recovery, that is the preparation for the future and then marriage *could possibly* help.

I don't think that anyone is perfect and if someone is doing honest work on themselves and they are in good recovery than marriage may just be the next step to fulfillment in their lives.

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Re: Starting anew. again.

Posted by shmirashachaim - 01 Mar 2016 17:56

[BenTorah.BaalHabayis wrote on 29 Feb 2016 15:04:](#)

So true. After lusting like crazy in Yeshiva for years I thought marriage was going to cure me. And the strange thing is that for a few years I really did stop from acting out, and that just served to prove to me that marriage cured me. But what I didn't realize was that I was still lusting even if I wasn't acting out, and slowly but surely our intimacy fell apart and I eventually landed right back where I came from.

thanks so much for your support and advice.. I'm just confused about how you can lust and not being aware of it. When I lust I'm pretty aware of what is happening whether i like it or not

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