

I'm Finally Here

Posted by Birshusi - 20 Apr 2016 05:43

This post is over a decade in the making. A decade of struggling, falling, disappointing myself, and a whole lot of tumah.

The first time I watched porn was completely by mistake; actually it was more like mis'aseik. Someone in my house had been watching before me, and it was in the relatively early days of the internet when many websites used the Windows Media Player on the computer's desktop as their video platform. I, an innocent eight or nine year old, opened WMP stam, and up popped a video that, although not immediately apparent what it was, was clearly going somewhere. So I watched. And what I saw then remains to be the most explicit, obscene sight I have ever seen. An entire world had been revealed to me, one that I couldn't believe actually existed, but one that was just as intriguing as it was disgusting. I spent the rest of that Friday afternoon in my family's closed-door computer room, googling for more of what I had just viewed. What I ended up finding was eight year old stuff, but pritzus at its worst just the same.

I don't remember specific incidents after that affair; there must have been something. But a few years later, the iPod Touch came out, and I desperately wanted one, because it was cool new tech and I was a curious kid. My generous parents bought it for me, and of course made sure to remove the Youtube app and Safari. Shkoyach. A couple of sports apps later, and I had easy access to whatever I wanted to see, whenever I wanted to see it. Every night, I'd come home from school, and drown myself in whatever my imagination dreamed up. This went on for over a year, with me feeling worse and worse about myself as time went on, with numerous honest attempts to stop all ending in depressing failure.

[Agav, I always knew that I wouldn't cross certain lines. For some reason which maybe I'd be able to explore with the oilam here, I only allowed myself to see basic porn, but not the worst of the worst, if you chap what I'm saying...]

One night I had enough of myself. I went downstairs to my father who was in the kitchen preparing to go to sleep, and I said to him, "Can we talk?" He chapped right away. We sat down on the couch, and I told him how I'd been using my iPod ever since he bought it for me. Long story short, he was incredibly understanding and supportive, and I felt renewed. He took my iPod at my request, and that was that.

For the iPod, anyway.

We still had computers without filters, which meant that any time I was home when nobody else was in the house, I'd find myself in the same chair, finding more garbage to enjoy, and to suffer from. (I also found books in my house that contained everything I wanted to see, just in writing.) I still remember my Rebbi asking me once how my off-Shabbos was, and how difficult it was for me to just smile and say "Great, boruch Hashem." What a shahkrin.

But that issue would sort of fade, because my parents got a good filter, and I started to become more of a masmid and more attached to my learning in general, which I realize now is a tremendous neis considering all that my eyes have seen and my brain has absorbed.

But it was always there, a problem whenever I was home and alone, the draw to the computer magnetic and suffocating. Slowly it has become more of a constant mindset than a periodic struggle. Whenever I'm home, it's not a shailah of if I'll end up on the computer, but when, for how long, and how bad it will be.

My mind is now dominated by the desire to see an attractive woman, and when one does come close, I feel basically powerless to look away. It is so bad that driving is sometimes dangerous for me, because when you're in a frum neighborhood and there's a minivan coming your way, you can bet that the driver is wearing a sheitel and makeup, and I want to see. And even worse than that, this thirst for lust leads me to violate people's privacy, which besides for being extremely selfish, could land me in jail if I'm caught.

I've thought about all this for a while, and have finally admitted that this cannot be chalked up to normal male behavior, but rather, I have a lust problem, and I guess it could be an addiction. I can't go on living like this, because it messes with my basic functioning, menuchas hanefesh and my ability to shteig. I had planned to join GYE at the beginning of Bein Hazmanim, but I was so busy that I barely had time to sit at the computer. I naively thought that I might be okay. But first yesterday and then today, I caved (fell?), and it's clear that if I don't act now, I might never get this yetzer hora under control.

If you are still reading until this point, I can't thank you enough for getting to know me. I need the oilam here to help me become like you - focused and determined to remain pure in a world of shmutz. I really hope that I'll be here often, feeling the support of other Yidden that are fighting the same battle I am. Because I really want --and need-- to get myself under control.

Yedidcha,

Birshusi

=====
=====

Re: I'm Finally Here

Posted by Birshusi - 20 Apr 2016 21:48

[abd297 wrote on 20 Apr 2016 19:56:](#)

Welcome B. I can relate to a lot of your story. One thing that we and probably a lot of people have in common is the part about boundaries that we set up for ourselves. At such a low place why do we say I'll look at this and do this but never this? It's an interesting topic to discuss.

Also, I am amazed at your strength and willpower to approach your father at such a young age and discuss such a sensitive topic. How did that go? Was there any follow up?

Anyway, look and read around. Find what can work for you and get to it. I was really overwhelmed at first but it got easier when I figured out what I was doing.

Keep us posted and all the best.

The thing about the boundaries is that I never made a conscious decision to create them; it was just a fact in my head. It's weird, maybe it's a gift from Hashem that He wouldn't let me fall to the lowest of the low.

The discussion with my father came after many, many days and nights of hurting greatly from the guilt of what I was doing. Baruch Hashem, my parents have always been approachable and open to discuss anything, so that made it easier. Once we started talking, it all just came out, and it ended up being a two hour conversation till early morning.

I don't remember any follow up really. Doesn't mean that there wasn't any, I just don't remember.

P.S. Sorry about the double post. Trying to get the hang of things...

=====

Re: I'm Finally Here

Posted by Birshusi - 20 Apr 2016 22:01

I just had the first nisayon of my GYE life. I was feeling all inspired, on fire about my new commitment. So going to the supermarket was a shock back to reality. Before I left though, I tried to prepare myself for what I would have to deal with, as per the advice of someone on here. Of course when I got there I realized it was every bit as challenging as I thought. Every turn of the head was a potential pitfall. I got stuck looking a couple of times, but quickly snapped away as soon as I chapped. Then I had to try not to replay what I saw, as per the advice of the same poster as before who's name I can't remember.

But when I got home, I realized I was feeling stirred up. I helped around the house a bit, and

=====

====

Re: I'm Finally Here

Posted by markz - 20 Apr 2016 22:06

How's the computer?

Still in one piece?

=====
=====

Re: I'm Finally Here

Posted by Birshusi - 20 Apr 2016 22:07

[markz wrote on 20 Apr 2016 22:06:](#)

How's the computer?

Still in one piece?

GYE made it a soft landing.

=====
=====

Re: I'm Finally Here

Posted by markz - 20 Apr 2016 22:09

[Birshusi wrote:](#)

[markz wrote:](#)

How's the computer?

Still in one piece?

GYE made it a soft landing.

Great!!

Have you done bedikas chometz yet?

=====
=====

Re: I'm Finally Here

Posted by markz - 20 Apr 2016 22:13

I mean hiding the 10 neatly arranged porn folders, somewhere really good on your fathers computer, so he won't be able to find them even with the help of the IRS

=====
=====

Re: I'm Finally Here

Posted by Birshusi - 20 Apr 2016 22:13

[markz wrote on 20 Apr 2016 22:09:](#)

[Birshusi wrote:](#)

[markz wrote:](#)

How's the computer?

Still in one piece?

GYE made it a soft landing.

Great!!

Have you done bedikas chometz yet?

Uhhh...in my dorm before I left yeshiva.

EDIT: Now I see your post. There are no folders to hide. I always erase the history right after...

=====

Re: I'm Finally Here

Posted by markz - 20 Apr 2016 22:22

You know the concept ODAAT

One day at a time

Would you care to share what tools you've discovered on your first day

Hey you still have 7hr to go!

=====

Re: I'm Finally Here

Posted by abd297 - 20 Apr 2016 22:41

Same thing happened to me. The first week or so I was walking around like a crazy person. Did I look? What if she came into my view and I maybe didn't look away as fast as I could? Oh no, do I really have to go to the store, there may be women there.

It cools down a lot. Especially when you get more level headed about where you are and what you need to do.

I learn the hard way a lot that you can't do it all at once. Take it one situation at a time and please DO NOT look for perfection! That's probably my number one problem.

I don't think I ever consciously made boundaries but they are and were always there. I happen to have broken some of them down over the years because in this addiction you always want more. Always crave new and exciting things. No way you can stay with the exact same thing for even a short time.

Did your father do or mention anything else besides taking away the iPod? Maybe he didn't fully grasp how deep you were or can become? Just a thought.

Keep us posted and all the best!

=====

Re: I'm Finally Here

Posted by Birshusi - 20 Apr 2016 23:03

[markz wrote on 20 Apr 2016 22:22:](#)

You know the concept ODAAT

One day at a time

Would you care to share what tools you've discovered on your first day

Hey you still have 7hr to go!

Just the fact that I'm actually on GYE has taken over my mind since last night. Apparently over 100 people have seen my story, which means they know my deepest secrets. It's frightening, even though I'm anonymous. But I know I needed to do it, and now there's no turning back, so I'm all in.

=====

====

Re: I'm Finally Here

Posted by Birshusi - 20 Apr 2016 23:13

[abd297 wrote on 20 Apr 2016 22:41:](#)

Same thing happened to me. The first week or so I was walking around like a crazy person. Did I look? What if she came into my view and I maybe didn't look away as fast as I could? Oh no, do I really have to go to the store, there may be women there.

It cools down a lot. Especially when you get more level headed about where you are and what you need to do.

I learn the hard way a lot that you can't do it all at once. Take it one situation at a time and please DO NOT look for perfection! That's probably my number one problem.

I don't think I ever consciously made boundaries but they are and were always there. I happen to have broken some of them down over the years because in this addiction you always want more. Always crave new and exciting things. No way you can stay with the exact same thing for even a short time.

Did your father do or mention anything else besides taking away the iPod? Maybe he didn't fully grasp how deep you were or can become? Just a thought.

Keep us posted and all the best!

I wasn't all that overwhelmed about going out, it was just the only thing that was on my mind, and it was different to be on high alert. But now that I think about, I am kinda looking for perfection, as if now that I joined GYE, I should be cured. But I'maisah, if I looked, I was over an issue, so how could I not be caught up in perfectionism?

=====

====

Re: I'm Finally Here

Posted by abd297 - 21 Apr 2016 01:46

That's a big question for me too. I think the basic answer is as follows:

Definitely stay away from things that are clear and cut assur.

Definitely don't go for chumras or anything drastic.

Things that are assur but you can't just never do again, need work. You can slowly make progress and work on them, while still trying to avoid them completely. If you don't perform on the high level you expected then you can assess it. Was the bar too high? Was I careless? Did I really need to go there, do this, etc? When you have the answer you can work on the situation and with the right tools you can make progress.

Also, as much as we need to do, Hashem is the one who runs the show. With davening and doing our part, He smoothes out the edges and helps us with what we need to do.

As it goes, Haba letaher, mesayin oso.

That's my idea of what the answer is. It's obviously not IT, but it's a start. Please comment and critique as you feel necessary.

=====

=====

Re: I'm Finally Here

Posted by markz - 21 Apr 2016 01:48

ABD

Did you manage to speak with your Rebbi?

How did it go?

=====

=====

Re: I'm Finally Here

Posted by Birshusi - 21 Apr 2016 03:56

[abd297 wrote on 21 Apr 2016 01:46:](#)

That's a big question for me too. I think the basic answer is as follows:

Definitely stay away from things that are clear and cut assur.

Definitely don't go for chumras or anything drastic.

Things that are assur but you can't just never do again, need work. You can slowly make progress and work on them, while still trying to avoid them completely. If you don't perform on the high level you expected then you can assess it. Was the bar too high? Was I careless? Did I really need to go there, do this, etc? When you have the answer you can work on the situation and with the right tools you can make progress.

Also, as much as we need to do, Hashem is the one who runs the show. With davening and doing our part, He smoothes out the edges and helps us with what we need to do.

As it goes, Haba letaher, mesayin oso.

That's my idea of what the answer is. It's obviously not IT, but it's a start. Please comment and critique as you feel necessary.

Your post reminded me of an answer that I've known all along and I've even told to other people; I guess it's different when it's about yourself... Hashem only demands from us what we are capable of doing, and at this point, all I am capable of is to be constantly aware of my nature to want to see, and to take steps to ensure that I don't put myself in difficult situation. (Or to be prepared when it will likely be hard. I can't not go to the supermarket the week before Pesach, not gonna happen.) That's step one. At the same time, I need to work to get an understanding of what's driving this obsession, and to cut it off at the source. That should take more work and time, I assume.

=====
=====