

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

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Re: I'm Finally Here

Posted by Birshusi - 01 Jul 2016 21:39

It seems there's been an uptick in new users. I used to get excited when new people came, because it felt good to compare my new self to their state of just starting out.

But going through a bunch of them just now made me depressed. There are so many people who are struggling--suffering--so painfully, and many of them seem to disappear after their first post. What's going to be with them?

I keep realizing that my struggles are almost child's play compared to what others are going through. It's just me, my brain and my computer, while they are ruining the lives of their wives and kids, doing things with other real live people.

It hurts me to see it. What's going to be with Klal Yisrael?

Instead of feeling grateful that Hashem has made my issues easier to deal with than others', I'm sitting here feeling sad.

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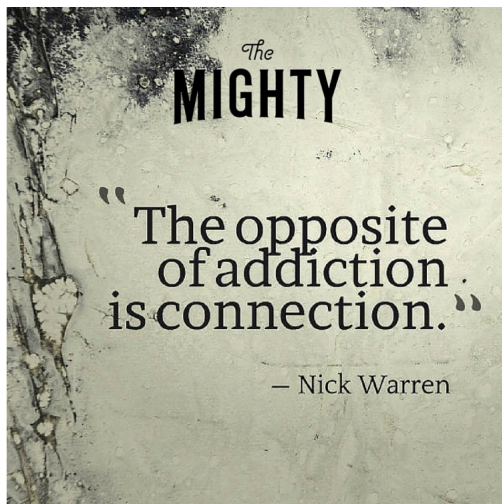
Re: I'm Finally Here

Posted by Markz - 01 Jul 2016 21:40

Hi birshusi

Sounds tough...

Are you Mighty?



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Re: I'm Finally Here

Posted by Birshusi - 01 Jul 2016 21:43

Not sure what you mean.

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Re: I'm Finally Here

Posted by Markz - 01 Jul 2016 21:47

For me connection is a big thing

Hows it doing with your chavrusas

Hows it doing with your Rebeim

How it doing with your friends on gye

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Re: I'm Finally Here

Posted by Birshusi - 01 Jul 2016 21:59

[Markz wrote on 01 Jul 2016 21:47:](#)

For me connection is a big thing

Hows it doing with your chavrusas

Hows it doing with your Rebeim

How it doing with your friends on gye

Interesting.

My chavrusahs aren't too good this zman.

My relationship with my Rebbi is fine, but not as close as I would like. He's busy, and I recently had a conversation with him about my future that wasn't as satisfying as I had hope. Also, I still need to tell him about my "stuff".

My friends on GYE are great as always, but I wish I'd be more, well, connected.

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Re: I'm Finally Here

Posted by Markz - 01 Jul 2016 22:09

If you read my story you'd understand that for me this forum is a great communication tool

A neurotypical gye will benefit from a real life connection with someone

One thing gye helps with is allowing open and honest sharing, which fosters better closer relationships, when you're ready for it

Its imperative IMHO to put yourself out to try set a "David and Yonasan friendship"

This is one tool, which works, and takes some work, possibly a Rebbi you look upto can fill some of this for you, when you're ready for it

I have just 1 question

What you gonna do in the meanwhile

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Re: I'm Finally Here

Posted by Birshusi - 01 Jul 2016 22:15

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A real human connection would do me good, not doubt about it.

In the meantime, I'll just keep on trucking, using the tools that I've learned so far.

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Re: I'm Finally Here

Posted by truevision - 03 Jul 2016 03:31

hey so I just scanned through a whole bunch of your posts. I can relate to your story from the beginning until now. You should know that your battle has been an inspiration to many, including myself. Think about the billions of people out there and the small handful of jews and even in that small handful there is a smaller amount of those yidden who want kedusha and amongst those there are even a smaller amount who sttuggle like us... You and i and this amazing community have been chosen by hashem to try and overcome the gretest battle perhaps in history. What does that say about how hashem views us? I wonder... It gives me strength. One piece of advice... Maintain a strong presence on gye. Hatzlocha rabba

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Re: I'm Finally Here

Posted by Birshusi - 03 Jul 2016 05:09

[truevision wrote on 03 Jul 2016 03:31:](#)

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Thanks for the chizuk and kind words. It goes a long way.

I reached a new milestone tonight, speaking to innastruggle over the phone. It was a really good conversation, and I have a new appreciation for the power of GYE to bring Yidden together to help each other in this struggle.

It's definitely different now that I've used my real voice, my real-time thoughts and feelings, to connect with a member of the community. I now feel more personally connected, to inna obviously, but to the forums and the process of recovery in general.

Bezras Hashem this will lead to aliyah and hatzlacha going forward.

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Re: I'm Finally Here

Posted by inastruggle - 08 Jul 2016 04:13

Let's keep the ball rolling!

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Re: I'm Finally Here

Posted by Birshusi - 08 Jul 2016 19:48

Just not feeling good this week. I had to travel out of town one day, and there were so many things to lust at for most of the trip. It was a disaster. I spent much of the car ride looking out the window at the people on the sidewalk, and my lust got what it wanted. I managed to take off my glasses for a couple of minutes, but it got annoying so I put them back on and went back to gazing.

I sat through a couple of shiurim this week, totally spacing out and having thoughts and fantasies. I just can't make it stop. I davened a couple of times, but it only helped for a few minutes. The blow-it-up method helped once, but it didn't keep the thoughts from coming back. Then today I was trying to nap, and I just couldn't clear my head from various lustful thoughts.

And the honest truth is: I was enjoying the thoughts.

I know that my current life circumstances are ripe for a "luster" to be overcome with lust. I recognize the triggers. And I feel like I can't do anything about it.

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Re: I'm Finally Here

Posted by inastruggle - 08 Jul 2016 22:42

I'd like to expound upon what Birshusi wrote. He's saying that there are stressors in his life. He recognizes them.

Now what?

How do you deal with stress?

We had a discussion about this but he I can definitely use some advice from the oilam on how they deal with stress.

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Re: I'm Finally Here

Posted by thanks613 - 10 Jul 2016 17:38

Hi, my name is thanks613 and I have a problem with lust.

If I follow the last few posts correctly, Birshusi is having trouble with summer triggers, not so much life stress.

As I said, I have a problem with lust, and I am currently clean for 5 days today. For what it's worth, it recently dawned on me that, although I am a "luster", it doesn't mean I have to lust. Believing that I am not fated to act out actually helps for me.

Also, sometimes it is little things that bring me back to reality. For example, on Shabbos I was playing with an 8-year-old kid. She was so happy just being her normal happy and spunky self, and we had a good time playing the games that she wanted to do. Having that very normal and healthy experience of interacting with a child like that helped remind me that there are many things in life to focus on aside from my lust. If I can only get out of my own head long enough to see and feel them. Don't know if this is making sense to you, but I suspect that when any of us look around and think about the people around us, we can find reasons to have new purpose and begin to reconnect with the reality of life rather than focusing on the obsession of lust.

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Re: I'm Finally Here

Posted by gibbor120 - 11 Jul 2016 20:27

I feel for you [Birshusi](#) . Been there done that. Out of control is not a fun place to be.

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