

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 - 15 Jul 2016 16:43

This week was incredible in so many ways. I want to share it all. But I'm not in the mood right now. I'm tired; don't have the patience to type.

Which means I'm feeling triggered.

Which is not good, being that I need to shop for clothing online.

Which means I need to go to a website that sells clothing.

Which could be very dangerous.

Which is why I'm here, typing this.

Which me luck.

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Re: I'm Finally Here

Posted by shmiraShachaim - 15 Jul 2016 16:47

Tough stuff.. I remember those days of needing to fill my bottomless lust, going to places, buying things. Also, all my really really really bad falls took place in the summer. No matter how shark zman was beforehand.. Chilling memories.

You should have much hatzlacha birshusi.

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Re: I'm Finally Here

Posted by shmiraShachaim - 15 Jul 2016 16:50

[Birshusi wrote:](#)

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Which me luck.

Oy... Dangerous waters. I didn't to a mall for years so instead I shopped on line. Too many times to count I found myself on the the other side of the michizah clothing wise. We're with you Birshusi! Hope you get in a better mood soon.

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Re: I'm Finally Here

Posted by Birshusi - 15 Jul 2016 16:55

[shmirashachaim wrote on 15 Jul 2016 16:50:](#)

[Birshusi wrote:](#)

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Oy... Dangerous waters. I didn't to a mall for years so instead I shopped on line. Too many times to count I found myself on the the other side of the michizah clothing wise. We're with you

Birshusi! Hope you get in a better mood soon.

Thanks.

I'm trying to think of something else to do, but I really have to get this shopping done, so I'm sorta in a pickle. Luckily my father is sitting just a few feet away from me, so that's a deterrent.

I don't want to fall. I'll be okay. With your help.

And His, of course.

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Re: I'm Finally Here

Posted by shmirashachaim - 15 Jul 2016 16:59

Hatzlacha

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Re: I'm Finally Here

Posted by truevision - 15 Jul 2016 17:31

Hey. Whenever i have to go to youtube or sonething similiar i have my wife watch with me. (Unless i dont and then...) its very effective. Take a breather outside for five minutes... Daven... The truth is you may not be in the mood to do any of the above but can u please do it for my father in law he just had a stroke and lost vision in his eye. Name is mordechai pesach ben malka

Guarding your eye shoukd be a zchus

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Re: I'm Finally Here

Posted by shmirashachaim - 15 Jul 2016 17:39

Oh veiy.. Refuah shalema

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Re: I'm Finally Here

Posted by Birshusi - 17 Jul 2016 03:02

[truevision wrote on 15 Jul 2016 17:31:](#)

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Baruch Hashem I pulled through without even slipping. And I found really cheap pants too. Thanks to everyone, especially shmirashachaim, for the chizuk.

I'm really sorry to hear about your father, truevision. May he have a refuah shleimah b'karov.

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Re: I'm Finally Here

Posted by Markz - 17 Jul 2016 12:23

[Birshusi wrote:](#)

[truevision wrote:](#)

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I'm really sorry to hear about your father, truevision. May he have a refuah shleimah b'karov.

Birshusi, is it really worth it not to have your mom do online shopping for you, if there's a chance you'll lose your pants?

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Re: I'm Finally Here

Posted by ben durdayah - 17 Jul 2016 12:44

[truevision wrote on 15 Jul 2016 17:31:](#)

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Guarding your eye shoukd be a zchus

Just a thought...

You might want to edit out your father's name from the post.

It is personal information that could somewhat reveal your true identity and ruin your anonymity.

If you want to pass on your father's name and his mother's name, you could use a private message to do so.

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Re: I'm Finally Here

Posted by Gevura Shebyesod - 17 Jul 2016 15:52

And all you guys who quoted his post, you would need to edit yours as well. Including you,

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Re: I'm Finally Here

Posted by ben durdayah - 17 Jul 2016 16:16

[Gevura Shebyesod wrote on 17 Jul 2016 15:52:](#)

And all you guys who quoted his post, you would need to edit yours as well. Including you,

Bendy...

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Re: I'm Finally Here

Posted by Birshusi - 18 Jul 2016 01:07

[Markz wrote on 17 Jul 2016 12:23:](#)

[Birshusi wrote:](#)

Done

[truevision wrote:](#)

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I'm really sorry to hear about your father, truevision. May he have a refuah shleimah b'karov.

Birshusi, is it really worth it not to have your mom do online shopping for you, if there's a chance you'll lose your pants?

I hear. It's not easy to shop for someone else, but I guess I'd have to consider asking her in the future.

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Re: I'm Finally Here

Posted by Birshusi - 29 Jul 2016 21:19

I had to go all the way to page three of the to find my thread. I've been away for too long, and boy do I feel it.

I've been slipping a lot over the last two weeks, to the point where I've been checking out pretty much every woman I see.

And twice this week, I camped out by a semi-open bathroom window of a house nearby. Last night, I turned off the lights of the room I was in, and watched to see who was in the bathroom. It turned out to be a man, and I think he saw me. I was petrified that I got busted, but so far, no cops have showed up to arrest me.

I haven't felt this bad since joining GYE. Much of that probably has to do with my lack of posting on the forums, but it's difficult to be part of the conversation and camaraderie when I'm only home once a week. Ironically, things should get better once bein hazmanim starts.

But for now, I'm a legit mess, and I seriously thought about falling before I managed to log on to the forums.

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