

I'm Finally Here

Posted by Birshusi - 20 Apr 2016 05:43

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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 - 26 Aug 2016 19:21

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[Bigmoish wrote on 24 Aug 2016 17:55:](#)

[Birshusi wrote on 23 Aug 2016 18:25:](#)

It still doesn't mean that I'm an addict and that I'm in trouble.

I don't understand. Being an addict means you're in trouble? What kind of trouble?

An addict who is not actively treating his addiction or doesn't know how to treat his addiction is in trouble, yes.

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Re: I'm Finally Here

Posted by Birshusi - 28 Aug 2016 23:12

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Tomorrow morning I leave to Eretz Yisroel.

I will bli neder daven for all of the members of GYE at the mekomos hakedoshim that I hope to visit, that everyone here should have siyata d'Shmaya in learning to control this yetzer hara and to live healthy, clean, holy lives.

Thank you to everyone who has been a part of my journey until this point. ly"H next Rosh Chodesh Nissan I'll be back.

Hatzlacha Rabbah GYE!

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Re: I'm Finally Here

Posted by Abie - 29 Aug 2016 02:54

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[Birshusi wrote on 28 Aug 2016 23:12:](#)

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*ly"H next Rosh Chodesh Nissan ??????? ??????*

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Re: I'm Finally Here

Posted by gibbor120 - 29 Aug 2016 18:05

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[Birshusi wrote on 23 Aug 2016 18:25:](#)

My Rebbi didn't tell me to give up GYE. He said that he knows that I tend to obsess about things, especially about my personal shortcomings,  
You obsess about your personal shortcomings, but are not a perfectionist?! Hmmmm. I have to

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Re: I'm Finally Here

Posted by Birshusi - 30 Mar 2017 16:55

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I'm back after a gevaldige seven months in Eretz Yisrael. The truth is that it doesn't feel very good to be back on GYE, because it brings back memories and feelings of struggling with the Internet, but I know that I experienced real growth and progress by participating in the GYE community, and that being here acts as a real safeguard from falling.

So I plan be relatively active on the forums over bein hazmanim, and with Hashem's help I'll remain as clean and holy as I was during my time in EY.

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Re: I'm Finally Here

Posted by Markz - 30 Mar 2017 16:58

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It doesn't feel good to feel normal?

C'mon you're one of us!

gr8 to have you back

Keep on shTeiging

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Re: I'm Finally Here

Posted by Gevura Shebyesod - 30 Mar 2017 17:09

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Welcome back!!

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Re: I'm Finally Here

Posted by cordnoy - 31 Mar 2017 16:23

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Welcome back.

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Re: I'm Finally Here

Posted by stillgoing - 02 Apr 2017 12:50

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[Birshusi wrote on 30 Mar 2017 16:55:](#)

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Hi Shu

Glad to hear that you did well in E'Y. (I remember being shocked when I settled in my dira and found that my yetzer harah had somehow tracked me down in a new country.) How are the nisyonas back home different then when you were away? Sometimes when we change settings during a good streak, it helps to pinpoint what are the weak points and challenges in our new situation so we can be sure to avoid them and remain as clean as we were.

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Re: I'm Finally Here

Posted by gibbor120 - 03 Apr 2017 20:54

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Good to see you back. Bain Hazemanim can be a difficult time. Posting may help you through it.

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Re: I'm Finally Here

Posted by Singularity - 04 Apr 2017 08:43

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Welcome back!

Ah, learning.

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Re: I'm Finally Here

Posted by tzomah - 04 Apr 2017 13:54

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we are waiting for you here with open arms keep it up

ain torah k'toras eretz yisroel

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Re: I'm Finally Here

Posted by Birshusi - 07 Apr 2017 17:29

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Thanks for the warm responses guys. Unfortunately this week was not a clean one. I fell a couple of times. I realize that I'm in some twisted state of acceptance and denial at the same time. I posted a couple days after I got home because I knew that I needed to be on top of things over BH even though I was on a high from being in EY and couldn't see myself falling, but I knew that wasn't the case and that I'd very quickly revert back to the way things have always been once I readjusted to being home. On the other hand, I only posted that one time, because I just didn't want to get all involved in the whole internet struggle thing; I just wanted to live life without being busy with this stuff, and I really thought I could pull it off.

But I'maaseh, this week, especially Wednesday, was really bad. So again I'm back, and my job now is to come up with a strategy to stay clean for the rest of BH.

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Re: I'm Finally Here

Posted by Birshusi - 07 Apr 2017 17:32

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[stillgoing wrote on 02 Apr 2017 12:50:](#)

[Birshusi wrote on 30 Mar 2017 16:55:](#)

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The internet is my biggest issue; I struggle with shmiras einayim in the street just like everyone else, but my internet struggles are far more challenging and destructive.

Not having internet access in EY made that nisayon obsolete; I was a dry drunk. Bein Hazmanim means the nisayon is back.

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