

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 - 13 Jun 2023 23:51

Fell. Pushed the envelope to a new low. Thankfully deleted the apps that were the gateway to my falls and I don't have access to restore them.

Scared of the future but glad I closed the loopholes.

As disgusted as I am I can't help but know that I enjoyed it and want to see more.

Uch.

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Re: I'm Finally Here

Posted by Grant400 - 14 Jun 2023 00:23

[Birshusi wrote on 13 Jun 2023 23:51:](#)

Fell.

As disgusted as I am I can't help but know that I enjoyed it and want to see more.

Uch.

Of course you enjoyed it! So do I.

Denying that it's intensely pleasurable is untruthful, and won't help at all. No part of recovery requires us to convince ourselves it isn't enjoyable, but rather that that enjoyment isn't what makes us happy or productive etc.

Hang in there!

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Re: I'm Finally Here

Posted by EccentricComposer - 14 Jun 2023 00:56

Wow, thank you for sharing, its a massive chizzuk, just dust yourself off, you got this!

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Re: I'm Finally Here

Posted by Birshusi - 14 Jun 2023 01:20

[EccentricComposer wrote on 14 Jun 2023 00:56:](#)

Wow, thank you for sharing, its a massive chizzuk, just dust yourself off, you got this!

Would you mind expounding on what about me sharing that I fell gives you chizzuk? I just feel stupid because I've been on GYE for so long and have given others advice and guidance as if I'm an expert in some way, and here I am falling like a fool.

And by the way I found a way to the app even though I deleted it from the screen so I'm still in trouble...

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Re: I'm Finally Here

Posted by Birshusi - 14 Jun 2023 01:26

[Grant400 wrote on 14 Jun 2023 00:23:](#)

[Birshusi wrote on 13 Jun 2023 23:51:](#)

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Hang in there!

I want happiness don't get me wrong, but I also want pleasure and distraction and excitement and self-indulgence, which are things I often feel like I'm lacking.

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Re: I'm Finally Here

Posted by Grant400 - 14 Jun 2023 01:42

Which do you want more?

I'm not prodding you to answer "correctly", just want you to dig a little deeper. Do you want to stop, or just want to want to?

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Re: I'm Finally Here

Posted by richtig - 14 Jun 2023 01:56

[Grant400 wrote on 14 Jun 2023 00:23:](#)

[Birshusi wrote on 13 Jun 2023 23:51:](#)

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Hang in there!

Bingo!

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Re: I'm Finally Here

Posted by Birshusi - 14 Jun 2023 02:01

[Grant400 wrote on 14 Jun 2023 01:42:](#)

Which do you want more?

I'm not prodding you to answer "correctly", just want you to dig a little deeper. Do you want to stop, or just want to want to?

A bit of both. Of course I don't want this in my life but I really do enjoy it in those moments of intense urges, and even now when I'm writing about how upsetting this is for me, I am planning my next fall in the back of my head.

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Re: I'm Finally Here

Posted by Birshusi - 14 Jun 2023 02:04

[Grant400 wrote on 14 Jun 2023 01:42:](#)

Which do you want more?

I'm not prodding you to answer "correctly", just want you to dig a little deeper. Do you want to stop, or just want to want to?

I think I also don't believe that the absence of porn brings happiness.

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Re: I'm Finally Here

Posted by Horizon - 14 Jun 2023 03:23

i dont believe the absence of anything brings to anything

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Re: I'm Finally Here

Posted by yitz23 - 14 Jun 2023 03:53

[Birshusi wrote on 19 Jun 2016 22:35:](#)

I had a bad slip today. Not quite a fall, but a slip.

I was watching the Mets game and was checking out the other channels. There was a western movie on one channel, and as it turns out, an actress was prominently displayed, and she wasn't all that covered. Sorry for the detail, just trying to be honest.

I watched for a few minutes, guilty conscience and all, and even tried to look away while still watching. How stupid.

After about five minutes, I got up and took a shower. It took gevurah, and I know that if this was

two months ago, I would've kept watching.

So I'm disappointed, but trying not to dwell on it and to just go vyter.

The biggest problem is that you were watching the Mets...

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Re: I'm Finally Here

Posted by EccentricComposer - 14 Jun 2023 14:35

[Birshusi wrote on 14 Jun 2023 01:20:](#)

[EccentricComposer wrote on 14 Jun 2023 00:56:](#)

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And by the way I found a way to the app even though I deleted it from the screen so I'm still in trouble...

The fact that you shared and didn't slink into hiding pretending like it didn't happen, that's what gives me chizzuk. That even though you've been through a ton, you're still ready to admit what went wrong.

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