

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 markz - 21 Apr 2016 12:54

---

"GYE EMS PATROL"

has been summoned

some times the Taava is so strong I wanna kill myself but lmasa the willpower so far has won

You willed to kill yourself and willpower has won

Your addiction is now under control

Cool!

No?

=====  
=====

Re: I'm Finally Here

Posted by abd297 - 21 Apr 2016 14:30

---

I texted him that we need to sit down and speak about something that I've been struggling with for a long time. He said he'd love to sit down and see if he can help. As I wanted, he suggested it be when we come back after Pesach so we can do it in person.

I think that got the message across enough without going too strong. I didn't want him to be thinking about it the whole 2 weeks a especially if we can't really do much now anyways.

I told him that I've been pushing it off for too long and that I don't want to anymore.

In my mind it's set up well. I think I got the message across.

=====  
=====

Re: I'm Finally Here

Posted by thanks613 - 21 Apr 2016 16:05

---

[Birshusi wrote on 20 Apr 2016 23:13:](#)

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 oiver an

issur, so how could I not be caught up in perfectionism?

I'm not a pro, but have been doing better in the struggle lately, and can't help myself from chirping in on this one.

L'maisah, isn't there a **big** difference between shmiras Anaiyim of the "eye-candy" in a (Kosher?) supermarket and Frum girls in their cars and between the explicit pornography and compulsive masturbation that brought most of us to this site (I hope you don't mind my bluntness). And I don't mean because one is a more ???? Aveirah than the other. In my view, using the tools and support from GYE are essential to avoid looking at women that will be triggering for us and lead us to act out... because we know how much our lives are destroyed by guilt, pain, shame, depression, and whatever else when we start to act out. Because for many of us, our patterns of acting out have become habit, and we find ourselves unable to rely on self-discipline and normal boundaries. Because we are walking in territory that we never dreamed of being in. Learning to live "clean" and "sober" from these behaviors is the goal, at least for me.

I confess- I checked out at least 3 women yesterday for longer than I should have. But I did not focus on them too much in my mind, and I did not think about them when I got home. I also did not use porn last night because of those women. Worrying about the aveirah of checking out a clothed woman is too much for me right now, and will get in the way of what I really need to do - learn how not to obsess over women as I go about my life and when I enter my bathroom or bedroom at night. If I can make progress in this, then BE"H I will work on my Zehirus for regular shmiras ainayim.

=====  
=====

Re: I'm Finally Here

Posted by Workingguy - 21 Apr 2016 16:28

---

[abd297 wrote on 21 Apr 2016 14:30:](#)

I texted him that we need to sit down and speak about something that I've been struggling with for a long time. He said he'd love to sit down and see if he can help. As I wanted, he suggested it be when we come back after Pesach so we can do it in person.

I think that got the message across enough without going too strong. I didn't want him to be thinking about it the whole 2 weeks a especially if we can't really do much now anyways.

I told him that I've been pushing it off for too long and that I don't want to anymore.

In my mind it's set up well. I think I got the message across.

I think you did amazing. Sixteen years ago I thought about doing the same thing, but I didn't have a Rebbi and thought about opening up to a Rebbi who was supposed to be good at this but I didn't. Things would have been very different if I had.

You should be very proud of yourself!

=====  
=====

Re: I'm Finally Here

Posted by abd297 - 21 Apr 2016 16:39

---

Thank you. Not to sound antisocial, but texting has really opened up my world of recovery. I can say things that I would have never actually been able to say out loud. It has been the doorway for some real discussion and help in person and not.

I guess that's turning something dangerous into something good. People usually say the same regarding people texting bad things.

=====  
=====

Re: I'm Finally Here

Posted by bestrong - 21 Apr 2016 16:53

---

Markz, I guess that's called being under control for now but doesn't mean I hav it all under control like cured cuz still gotta use all my inner strength and the Taava will only get stronger. I mean does it ever go away??

=====  
=====

Re: I'm Finally Here

Posted by markz - 21 Apr 2016 17:00

---

For some reason it's not racist to repeatedly use the word white

why?

I wanna say "You're black knuckling go read the black book"

I'll probably get mugged

=====  
=====

Re: I'm Finally Here

Posted by emunas hashem - 21 Apr 2016 18:35

---

Hey welcome aboard. This is a great place to be. Cuz were really not alone in this struggle, we just isolate ourselves because everyone is scared what everyone else will think. your story is similar to many people. Have emuna- we got this!!

=====  
=====

Re: I'm Finally Here

Posted by Birshusi - 21 Apr 2016 19:47

---

[bestrong wrote on 21 Apr 2016 04:58:](#)

Hi, I haven't posted in years but couldn't help but see myself in ur story. I'm 21 now been struggling for almost 10 years now and I'm known as a great guy, and it kills me and its always on my mind like the ad for gye "if only they really knew" referring to my rebbeim as well as my friends. Listen I'm not a pro like the rest of these posters but all I can say is u need too program in ur head that ur gonna do it and work on it it has to be on ur mind always the will to fight it and

even if u see a attractive girl and look if its so engrained in ur mind that, that's it! ur stopping urself and working on urself u will know to look away ( def easier said than done) but for me this Bain haz I decided that's it its about time no more j off and I'm fighting it with all my strength and so far bh it's working and some times the Taava is so strong I wanna kill myself but lmasa the willpower so far has won. Wishing u the most hatzlacha in ur battle sorry for the long post had to

get it out don't even know If it made sense

Made perfect sense! What you said about being known as a great guy and deceiving my rebbeim describes my matzav exactly.

My plan for BH was to join GYE as soon as I got home. But I was so busy that I didn't have time to use the compute at all. It was clearly atzas hayetzer, because I have a problem, and besides for buying and reading Zos Brisi, I haven't done much to fight it for real. You're zicher right that you just gotta make sure your mind is dead-set on not looking.

=====  
=====

Re: I'm Finally Here

Posted by Birshusi - 21 Apr 2016 19:52

---

[abd297 wrote on 21 Apr 2016 14:30:](#)

I texted him that we need to sit down and speak about something that I've been struggling with for a long time. He said he'd love to sit down and see if he can help. As I wanted, he suggested it be when we come back after Pesach so we can do it in person.

I think that got the message across enough without going too strong. I didn't want him to be thinking about it the whole 2 weeks a especially if we can't really do much now anyways.

I told him that I've been pushing it off for too long and that I don't want to anymore.

In my mind it's set up well. I think I got the message across.

Sounds like it'll work out great. Hopefully you'll be more relaxed over Yom Tov knowing it's taken care of.

I need to speak to my rebbi also, but it's hard to do something that I know will change the way he looks at me. I actually spoke to him a while back about shmiras einayim, but it was very general and shallow, without me actually spilling any secrets. Could be it's time to open up...

=====  
=====

Re: I'm Finally Here

Posted by Birshusi - 21 Apr 2016 20:02

---

[thanks613 wrote on 21 Apr 2016 16:05:](#)

L'maisah, isn't there a **big** difference between shmiras Anaiyim of the "eye-candy" in a (Kosher?) supermarket and Frum girls in their cars and between the explicit pornography and compulsive masturbation that brought most of us to this site (I hope you don't mind my bluntness). And I don't mean because one is a more ???? Aveirah than the other. In my view, using the tools and support from GYE are essential to avoid looking at women that will be triggering for us and lead us to act out... because we know how much our lives are destroyed by guilt, pain, shame, depression, and whatever else when we start to act out. Because for many of us, our patterns of acting out have become habit, and we find ourselves unable to rely on self-discipline and normal boundaries. Because we are walking in territory that we never dreamed of being in. Learning to live "clean" and "sober" from these behaviors is the goal, at least for me.

Worrying about the aveirah of checking out a clothed woman is too much for me right now, and will get in the way of what I really need to do - learn how not to obsess over women as I go about my life and when I enter my bathroom or bedroom at night. If I can make progress in this, then BE"H I will work on my Zehirus for regular shmiras ainayim.

Everyone on his own level. You're attacking your struggle the way you need to, and that's all Hashem expects from you.

For me though, it's different. I, chasdei Hashem, don't masturbate. Wet dreams are a problem for me, but unless I have an especially awful porn session, I'm not motzei z"l. My problem is the constant, constant mindset of hoping to see attractive women. If they're clothed, it could be too tight, or their face could be pretty. It doesn't matter if they're frum or not; fakert, I find I'm more



attracted to frum girls than to goyim. Of course, it's made worse because if I get triggered, it could lead to porn, but I might watch without any specific triggers also.

=====  
=====

Re: I'm Finally Here

Posted by eslaasos - 21 Apr 2016 20:08

---

[Birshusi wrote on 21 Apr 2016 19:52:](#)

[abd297 wrote on 21 Apr 2016 14:30:](#)

I texted him that we need to sit down and speak about something that I've been struggling with for a long time. He said he'd love to sit down and see if he can help. As I wanted, he suggested it be when we come back after Pesach so we can do it in person.

I think that got the message across enough without going too strong. I didn't want him to be thinking about it the whole 2 weeks especially if we can't really do much now anyways.

I told him that I've been pushing it off for too long and that I don't want to anymore.

In my mind it's set up well. I think I got the message across.

Sounds like it'll work out great. Hopefully you'll be more relaxed over Yom Tov knowing it's taken care of.

I need to speak to my rebbi also, but it's hard to do something that I know will change the way he looks at me. I actually spoke to him a while back about shmiras einayim, but it was very general and shallow, without me actually spilling any secrets. Could be it's time to open up...

Depends on the Rebbe. When I opened up to my Rebbe, he told me he was delighted that I had come to talk to him about it. He really wanted to help me, but wasn't going to bring it up in case he was introducing me to new ideas. (Agav, the funny thing is at that point I still had no idea ).

You have a big zechus for sharing your inspiring story with us. My take-away is the reminder that I want my kids to feel comfortable talking to me about anything.

Hatzlacha!

=====  
=====

Re: I'm Finally Here  
Posted by abd297 - 21 Apr 2016 20:20

---

I don't think I'll have the same issues as you. I'll see how it goes.

=====  
=====

Re: I'm Finally Here  
Posted by Birshusi - 21 Apr 2016 20:22

---

[abd297 wrote on 21 Apr 2016 20:20:](#)

I don't think I'll have the same issues as you. I'll see how it goes.

Which issue?

=====  
=====