

Hi everyone

Posted by Mitgaber - 29 Jun 2016 17:09

Hi everyone,

This is my first time on the forum but not the first time I'm using the site. I guess first I'll introduce myself.

I am a BT and I grew up outside of Israel but am currently living in Israel for a long time already B"H!

I grew up in a non-religious environment and I went to a secular high school. When I went there for the first time I was the only one from a different elementary school and I was picked on by other kids. This caused me to really hate school which I told my parents but they just thought that I didn't like going to school like any kid. When my grades started going down I wasn't asked why by my parents just got angry with me and I got to a level where I wanted to kill myself. The only way for me to numb myself was first through playing video games all day, but having an unfiltered internet connection in my room it didn't take long for me to also start viewing porn. It became my standard way to get a rush and numb myself from the situation at school. When I was still in high school I already started discovering Torah B"H. Obviously I realised how antithetical to Torah my behaviour and I tried to stop. When I made aliyah and attended yeshiva in Israel I lived in the dorms of the yeshiva. Obviously my internet access was more limited and that helped me somewhat. There were periods when my addiction was less intense and periods when I went through great lengths to view porn. I'm pretty sure that my friends caught me a few times or at least suspected it but that wasn't enough motivation to stop.

Like any bachur I thought that marriage would solve the problem and eventually I got married. I love my wife very much and we have a good relationship. The addiction has at some points been more intense than others and luckily hasn't exceeded the level of viewing porn once a month or so. But still it puts a strain on the relationship with my wife and disgusts me. Also I know very well what an impairment it is in spiritual terms.

When I first found this site I was very happy and it has helped me a lot. I was able to completely stop masturbation which I used to do daily. Also the porn viewing has become less frequent, for which I am grateful to HaShem. I realised that I always relapsed because I thought I was 'cured' after I didn't view porn for over 90 days and guarded my eyes in the streets. That weakened my resolve and I became lax in my shmirat einayim etc. When that happened it wasn't a priority for me anymore and I relapsed. This really frustrated me and I returned to the GYE handbook. Now I am convinced that I have to join the online community to make sure that the addiction always remains a priority and also to help others B"H.

I pray for myself and everyone struggling everyday and I want to thank you for your support and wish you HaShem's help!

G'd bless!

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Re: Hi everyone

Posted by skeptical - 29 Jun 2016 17:16

Welcome to GYE!

I relate very much to a lot that you have written. I'm looking forward to getting to know you better.

Hatzlacha!

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Re: Hi everyone

Posted by Markz - 29 Jun 2016 17:42

Welcome brother!

LETS GET TRUCKING!

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Re: Hi everyone

Posted by cordnoy - 29 Jun 2016 17:49

Welcome,

Continued hatzlachah

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Re: Hi everyone

Posted by gibbor120 - 29 Jun 2016 19:53

Thank you for sharing. You made a lot of good points. Keep posting.

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Re: Hi everyone

Posted by saintdick - 30 Jun 2016 05:27

Hi and welcome

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Re: Hi everyone

Posted by shmiraachaim - 30 Jun 2016 12:38

Welcome! Thanks for sharing your story! Stick around and get inspired and inspire others, and good luck on this journey.

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Re: Hi everyone

Posted by serenity - 30 Jun 2016 18:32

Welcome and thank you for sharing!

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Re: Hi everyone

Posted by inastruggle - 01 Jul 2016 03:55

Welcome aboard.

Keep us updated on how it's going.

Hatzlacha!

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Re: Hi everyone

Posted by Mitgaber - 01 Jul 2016 07:54

Thanks everyone for your warm support.

For the first time now I'm really implementing the second part of the GYE handbook and not only the practical 1st part. I've given myself over to HaShem and ask Him to do the healing everyday. Second I'm also starting to get the point of 'lo megarshim hoshech b'maqel'. People like me need to get out of isolation and start contributing to others. By leading healthy lives we can do what HaShem wants for us one day at a time and leave the healing up to him. Also I've seen that the handbook was right that I am an emotionally immature person, who prefers to run from challenges posed by conflict with others or with different emotions into a world of his own. On that point the GYE handbook was a great eye-opener and I'm starting to see what my wife meant when she says that I respond in an immature way when we fight.

I'm now focusing on fixing myself in those key points and I'm praying and hoping that HaShem will do the rest.

All the best with the struggle you guys and never give up. B'shem HaShem na'aseh w'natsliah!

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Re: Hi everyone

Posted by Mitgaber - 01 Jul 2016 07:55

BTW, clean for over a week now.

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Re: Hi everyone

Posted by inastruggle - 01 Jul 2016 20:41

Beautiful.

Growth is painful especially when we recognize that we need it; it's also extremely rewarding and sweet.

KUTGW (keep up the good work) and KOT (keep on trucking)!

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