

Hello everyone!

Posted by YidFromMonsey - 20 Oct 2016 06:05

Not even sure why I'm writing this, but I guess that hopefully sometime somewhere someone will get chizuk from this.

I grew up chasidish and went through the entire system and got married like all other's in the system, but at some point I started feeling uncomfortable amongst my old yeshiva friends who were all still learning in kolel, I got close to new friends who had a bad influence on me (actually, I started playing with myself and m... at 14 but I never took it to the next level till then) and I slowly started drifting away, starting with r-rated movies, leading to porn, lusting, and eventually meeting people and doing stuff no one ever should.....

When all of this was about to explode and I would've lost my wife, children, friends and family - hashem had mercy on me and sent someone to hook me up with the right people who put my life and marriage back together. (I never joined 12 steps because I wasn't in the shmutz out of addiction but rather out of looking for fulfillment of my dark desires, the person worked with me on rebuilding my relationship and on me physically getting back into yiddishkiet by doing things that have an impact on the ruchnius of a person like tzitzis and brochos with covono and that in a chain reaction helped me overcome my nisyones.)

All of this took place almost 4 years ago and currently life and marriage is beautiful B"H. The reason I now came to GYE is 1) although I was totally clean for over a year almost 3 years ago, unfortunately I did start slipping again here and there, not with meeting up but with porn and acting out by myself, and 2) I'm still struggling with shmiras einayim like crazy, in Manhattan where I work, the struggle of looking at half naked women is only half of what it is my struggle in Monsey on shabbos or yom tov, I'm blessed with an imagination that works on overdrive and I find chasidish women and girls very attractive so for instance, taking my kids to the park shabbos afternoon turns out to be very hard on me and in a crazy way even harder than the nisyones in Manhattan.

The thing that really helps me the most on GYE is the fact that I don't feel alone in my struggles anymore and I don't feel like an outcast for having these struggles, instead I'm now part of a huge holy group of yiddin that want to be holy and are working on it together. To me, this discovery made a huge impact and gave me loads of chizuk.

May hashem help us all to overcome our YH and to be holy yiddin like Hashem wants us to be.

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Re: Hello everyone!

Posted by Shlomo24 - 21 Nov 2016 17:28

[Markz wrote on 21 Nov 2016 16:41:](#)

Shlomo well said

But I don't know if that's what YidFrum Monsey was asking

YFM sounds like you wanted to share some of your story, go ahead we're listening

You do realize that you're covering your ears, right? Also, is this you?

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Re: Hello everyone!

Posted by Markz - 21 Nov 2016 17:31

I never knew you were were a graphic artist

You learn new things in gye

But... Yes it is me

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Re: Hello everyone!

Posted by YidFromMonsey - 21 Nov 2016 17:45

[Shlomo24 wrote on 21 Nov 2016 17:28:](#)

[Markz wrote on 21 Nov 2016 16:41:](#)

Shlomo well said

But I don't know if that's what YidFrum Monsey was asking

You do realize that you're covering your ears, right? Also, is this you?

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Re: Hello everyone!

Posted by Shlomo24 - 21 Nov 2016 19:23

Shlomo24, you gotta teach us where to find these pics.. keep em coming

I know of this top-secret website called Google Images. I literally Googled "monkey driving a

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Re: Hello everyone!

Posted by YidFromMonsey - 21 Nov 2016 23:51

Out of the white book:

"After a year and a half without acting out the old sexual compulsion, I fell. I was casually glancing through a newsmagazine and lingered too long on a revealing photograph. By the third look, I had taken the first "drink"-the lust look-and what the alcoholics said would happen, happened. The first drink got me drunk. Within a matter of hours I was out on the streets again, having lost control, trying desperately to score.

car." As we all know, one can find all sorts of pictures there

This precipitated a lust-sex binge that lasted on and off for some three months. It was sheer hell. During that time I more than made up for the year and a half of abstinence, and wound up in "pitiful and incomprehensible demoralization," a phrase the alcoholics coined. I had become willing to throw marriage and career to the winds and be a pimp in order to supply myself with the prostitutes I wanted, and even then, I knew that would not satisfy. The marriage was over; I was living in the garage; and I was getting suicidal. I had "hit my bottom." It was the end of the line. The party was over."

Boy can I relate..... in a two week fall period I made up for 4 years of not being with woman... because I was still sex drunk even if I successfully fought my addiction for 4 years. ...

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Re: Hello everyone!

Posted by Shlomo24 - 22 Nov 2016 01:24

Can you put that on the triggering thread? I can't do it right now. It can be in my name.

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Re: Hello everyone!

Posted by Baruch_Hashem - 22 Nov 2016 14:38

I know of this top-secret website called Google Images. I literally Googled "monkey driving a

I have heard of that top-secret website. It is usually my starting point on a deep dark pitiful voyage. Its sad, but almost any search will bring up images that are triggering for me.

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Re: Hello everyone!

Posted by YidFromMonsey - 28 Nov 2016 01:42

Just a quick update here; I'm now on day 11 of not acting out and it's a miracle, the SA meetings really help me feel more secure than I've felt in a long time and it gives me hope that one day I'll be able to count my sobriety not by days or months but by years like so many others.

I still have a real hard time accepting myself and my disease, and that makes me feel depressed and like I just want to go and act out, especially when I'm triggered, but that's okay, I just pray to God to keep me sober for today OSAAT.

Thank you again to all tzadikim on here, what a wonderful group of heilige yiddin, and I really feel privileged to be part of it.

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Re: Hello everyone!

Posted by YidFromMonsey - 30 Nov 2016 01:25

I wrote this on someone else's thread but then I thought it's a good idea to post it here on my thread as well.

[YidFromMonsey wrote on 30 Nov 2016 01:19:](#)

I don't know if this will help you brother, but here's what I'm going through these days.

After being threatened with divorce and who knows what 4 years ago, I saw a therapist for a long time on weekly bases and some times even twice a week, it helped me not masturbate for a year ahalf and to stay away from women for 4 whole years, no meeting and not even chatting or phone calls.

Then I fell and I fell really bad, going from 52 days of not masturbating to doing it 3 times in one day and first time was already afternoon. This fall made me so depressed that I hooked up with a few women again, we met up, and I did worse stuff than 4 years ago (I never had intercourse back then, now I crossed even that line).

I was so much and in pain and I so couldn't live with myself like that, that I decided to join SA. This was 3 weeks ago, and the past close to 2 weeks I didn't act out and I was really feeling that maybe I'm finally on my way to recovery, till today when I acted out TWICE.

At this point I'm so down and in so much pain that I dont know if or how the hell I'll take the courage to get up, dust off, and try again.

Guess all I'm trying to tell you is that I can relate to your struggle and I feel for you.

Tflms brothers.

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Re: Hello everyone!

Posted by fulfillment1989 - 30 Nov 2016 01:53

Hi everybody,

A thousand pounds has rolled off my chest.I just joined up today on the advice of a therapist.Just to be able to talk to people about what I feel like and what I'm gong through.I started with romance novels at 13.At 14 I started with porn and masterbation.My biggest

challenge has been that I have no one to confide in on a bad day.No one to call to make sure I don't take that last step when I'm about to buy an ipad just to watch porn and movies all night.Or just to share a good day..

Anyway,I would like to say thank you to all of you and we should ROCK THESE TESTS!!

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Re: Hello everyone!

Posted by Shlomo24 - 30 Nov 2016 02:15

Thanks for your share. Here's my ESH if that's worth anything. I joined SA 26 months ago. I have been sober for anything 2 1/2 months and under, for 9 months, and for 5 months. I'm currently 3 weeks+ sober. But I'm a completely different person, in an amazing way. What helped me a lot in early sobriety, and by this I mean a year ago because I wasn't consistently sober for my first 11 months of SA, was throwing myself into program. I needed to attend many meetings and make many calls and do the stepwork that my sponsor told me to do. I had witnessed my disease progress while I was in recovery and that scared the s*** out of me. But that's not what keeps me sober.

You're in the very beginning of what hopefully will be a lifelong journey. There are going to be ups and downs. That's completely ok. You're not a bad person because you acted out. There's nothing shameful about it. You claim that you're an addict, I can't know if that's true, but if it is then you have a disease. My addiction is as much a part of me as my arm is. It will never go away unless God decides to lift it from me. I like to make sure that what I'm saying is accurate, and science will back up what I'm saying right now. And that's completely ok to be as sex addict. For me, I view it as a blessing. You may not be there but that's fine. "Progress not perfection" isn't just a stupid AA saying. It's the truth. We only have the power for progress, we cannot achieve perfection. I went to many meetings a week in the beginning of last year, and honestly I don't think I would have made it if I didn't do that. The withdrawal from my first intensely pleasurable acting out with another guy lasted for months. I need my medicine, and my medicine is the 12 steps and meetings.

I currently went through a big life evaluation and my primary purpose of life, for today, is to WORK THE DAMN STEPS. Everything else is secondary right now. And I need that to recover. I'm waking up at 5:30am most days of the week to get to meetings. This is coming from a guy who got kicked out of a Yeshiva for not showing up to 1st seder and has a chronic history of oversleeping.

Someone in SA once told me something I really didn't like. He said "Shlomo, anything that you put before sobriety you will lose to sobriety." I hated him for saying that. At the time I wasn't going to a meeting because of Shiur or seder or something. What right did he have to say that? I was learning during that time, for God's sake! But he was right. Everything that I put above my sobriety I lost before I got sober. And that included most of my religious practices and my learning. Thank God I was single otherwise I'm sure I would have lost my wife/significant other to my addiction also. I'm still a rookie in my recovery process and I hope that one day I will be able to work on my religion in a healthy way and regain what I lost. Had I put recovery as #1 then I may have never lost it in the first place, who knows.

Additionally, and I have found this to be very helpful, is not to overthink my acting out. I act out because I have an addiction, that's it. Other people don't come up with the same solutions that I come up with when I'm feeling tired, restless, alone or afraid. Only other addicts do. Making gantze svaros has not proven to help my recovery. I think it's a rookie mistake. When I act out I need to heal first and foremost. Speaking from experience, the last time I acted out there were definite reasons why. I was in a relationship and we broke up a day later. But I needed to heal first. I needed to take care of myself physically, emotionally, and spiritually because I had just harmed myself in all those areas. I needed to get a good night's sleep and eat well. I needed to shower and take care of my physical body. I also needed help from others. I spoke with my inner circle of recovery fellows and opened up to them. I checked in with people. I made sure not to tax myself too much because I was in a very vulnerable place and even the slightest trigger could set me off; I had to be really careful. I let myself cry and go through my withdrawal in a healthy way, knowing that I am in my loving Higher Power's (whom I call God) hands at all times.

This was an absolute stream of consciousness, I'm not sure how much of it relates to you, YFM, but once I started writing I kept on thinking of more things to write about. Oh well.

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Re: Hello everyone!

Posted by YidFromMonsey - 05 Dec 2016 21:29

So after a few more slips, falls, pains, and feelings of helplessness/depression, I've finally had enough pain and decided to do the hard but right move of getting rid of my Android device, that item is now finally checked off the list, gave it up today and I hope to be able to keep it that way.

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Re: Hello everyone!

Posted by gibbor120 - 05 Dec 2016 22:32

WOW! Amazing! KUTGW!

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Re: Hello everyone!

Posted by Shlomo24 - 05 Dec 2016 23:03

[YidFromMonsey wrote on 05 Dec 2016 21:29:](#)

So after a few more slips, falls, pains, and feelings of helplessness/depression, I've finally had enough pain and decided to do the hard but right move of getting rid of my Android device, that item is now finally checked off the list, gave it up today and I hope to be able to keep it that way.

Yeah. When I restrict myself for sobriety it feels like I'm a baby with my bottle being ripped away. Even though it's good for me, it's still hard.

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