

The first day of the rest of my life

Posted by Baruch_Hashem - 16 Nov 2016 17:31

This post is long in coming, but better late than never.

I am in my early 30's, happily married for several years, and have a few beautiful children. The perfect life, isn't it? Unfortunately, like many of you here, I seem to have a insane urge to ruin my perfect life, by pursuing activities that I have no business in.

I have struggled with masturbation for as long as I can remember. I didn't always have access to porn, but I always found something to arouse myself with. On and off over the past several years, I have chatted online with random people, sometimes developing relationships, but never anything serious or anything in person.

In years past I used to get very down on myself because of these struggles. Unfortunately, instead of improving, it would just make me depressed and end up dragging me down in all areas of ruchniyos. As a coping mechanism, I sort of just came to terms with it and convinced myself, that I am a good growing person in most areas, and this is just something that I can't win, at least not now. This was part of the reason that i have been avoiding GYE the past few years; I just felt that I wasn't strong enough or ready to deal with this issue, why make myself depressed.

I don't know what the turning point was, but about two weeks ago I decided that it was time, and if not now then when. I browsed GYE for a day or two, then deleted all my online accounts that I used for the wrong things and signed up for GYE, and decided that that day would be the first day of the rest of my life.

I have now been clean for 13 days. I am pretty sure that this is the longest I have ever been clean my entire life! For the first time since I have been married, I feel like I can come home from work, without the niggling feeling of did I cover all my tracks and can look my family in the eye without feeling guilty about myself.

I know that this is only the beginning, and I have a long way to go, but I am really excited about where I am, where I am going and with my new GYE family that has opened itself up to me for the journey ahead. Thank you for indulging me.

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Re: The first day of the rest of my life
Posted by Baruch_Hashem - 07 Dec 2016 16:23

[gibbor120 wrote on 06 Dec 2016 21:33:](#)

I liked #1 the best. as for #3, fantasy is a bad word in my book, even fantasy of "vanquishing the evil Y"H". What I needed was a huge dose of REALITY. To learn to live in the real world and with real challenges, and not to escape into fantasy. (I know that is not what you meant, but they are more closely related than you think. Read some of the dov quotes).

As you mentioned in your post, your implication was not what I meant at all. Harping on the word "fantasy" misses the entire point of the thought. The **reality** is that quality fiction writing mirrors real life. While the plot may be fantastic, to be a good book, the character development must mirror reality. If it does not, then the reader cannot have a real connection to the characters in the story. If you are pay attention, you will find that good fiction authors understand people much better than most. Perhaps you are accustomed to a different kind of "fantasy" novel.

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Re: The first day of the rest of my life
Posted by gibbor120 - 07 Dec 2016 18:29

I was referring to the "fantasy" of "finally vanquishing the Y"H and coming to shamayim a hero. The malachim start singing..."

This "fantasy" can be dangerous too. It's another form of escape from reality. But, escape nonetheless. Read some dov quotes. I'm not doing it justice. It's about getting off our 18 wheeler and onto a tricycle. It has to do with reality vs fantasy. Humility and acceptance vs haughtiness and grandiosity.

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