

It's a never ending cycle

Posted by Attempt to change - 26 Jun 2017 19:30

Hello everyone!

I'm a yeshiva bochur in Israel and I've been struggling with masturbation and porn since I was a teenager. I come from a regular American religious background and I came to Israel and simple fell in love with Torah and Judaism. As a teenager I would engage in risky behavior with girls but I never sacrificed my virginity. The summer of last year found me in a deep hole. I had an iPhone and I had the temptations of a raging teenager with a ton of desires to fulfill. I was a casual porn watcher as a teenager and I wanted to take it to the next level again because I guess I missed my high school years with girls. I downloaded a few dating apps and I started to get involved with girls weekly and having sexual contact. I still maintained my virginity although risking it on countless occasions. Came Elul and I wanted to change again so I got an old iPhone with limited access to these apps. I was clean until Pesach. When I came back to Israel, I was raging again with temptation. I had a new iPhone and got involved in the apps again. I started seeing women and last week I got an apartment and I invited a girl over. That night I lost my virginity to much regret. The next morning the girl left and I invited another girl because I seemingly felt I already did the worst so I might as well just go all the way now. We slept together all morning and parted ways. On the way back to yeshiva I felt that my life is just hopeless, there's nothing to be done anymore about it. I just will simply give into this temptation and let it be because I tried before and it failed numerous times. I met the girl again a few days later and we did it in a bathroom. I just felt deeply engrossed in my desires to even put a second thought as to what I'm doing right now. Above that, I got back into porn to fulfill my desires when I'm not sleeping with women. At this point, as I'm still engrossed in my desires, I just feel there's no hope and I'll just continue this destructive behavior. I simply don't know who to turn to because it's obviously shameful to approach a rebbe or friend about it.

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Re: It's a never ending cycle

Posted by Workingguy - 25 Jul 2017 00:48

[Attempt to change wrote on 25 Jul 2017 00:32:](#)

Thank you Chevreh it means a lot to know I'm going through this struggle with tremendous support. I have been continuing to see women from the dating app and have continued to have intercourse and sexual contact. It seems to me that I'm trying to fill in something in which is empty, which is quite strange because I'm a yeshiva bachur who tries to learn as much Torah and I enjoy it too. If Torah is the antidote to sex 'crimes' why am I not changing! I don't know where to continue this struggle. I need all the help I can get.

My friend,

Any chance you can find a therapist to help you?

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Re: It's a never ending cycle

Posted by Markz - 25 Jul 2017 01:31

[Attempt to change wrote on 25 Jul 2017 00:32:](#)

Thank you Chevreh it means a lot to know I'm going through this struggle with tremendous support. I have been continuing to see women from the dating app and have continued to have intercourse and sexual contact. It seems to me that I'm trying to fill in something in which is empty, which is quite strange because I'm a yeshiva bachur who tries to learn as much Torah and I enjoy it too. **If Torah is the antidote** to sex 'crimes' why am I not changing! I don't know where to continue this struggle. I need all the help I can get.

Your learning Torah is not the antidote

(Zimri brought Cosby to the Beis Hamedrash... and it didn't exactly help him, did it?)

Sanity is.

Real Torah imbues sanity!

Are you interested in sanity?

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Re: It's a never ending cycle

Posted by mikestruggling - 25 Jul 2017 13:04

Did you check out the 20 tools?

It's on the homepage (I believe)

I'm also in yeshiva and i'm married i still struggle

Best of luck!!!

Keep posting!!!

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Re: It's a never ending cycle

Posted by gibbor120 - 25 Jul 2017 13:22

[Attempt to change wrote on 25 Jul 2017 00:32:](#)

Thank you Chevreh it means a lot to know I'm going through this struggle with tremendous support.

That is what we are here for.

[Attempt to change wrote on 25 Jul 2017 00:32:](#)

I have been continuing to see women from the dating app and have continued to have intercourse and sexual contact.

GET HELP FROM A REAL PERSON NOW! Really, you need more help than just this forum.

[Attempt to change wrote on 25 Jul 2017 00:32:](#)

It seems to me that I'm trying to fill in something in which is empty, which is quite strange because I'm a yeshiva bachur who tries to learn as much Torah and I enjoy it too. If Torah is the antidote to sex 'crimes' why am I not changing! I don't know where to continue this struggle. I need all the help I can get.

Don't worry about what chazal meant. You can figure that out after you are in recovery (or maybe never). There are many like you here, so it is obviously possible to learn, and love learning, and act out at the same time. Get help. You are probably right that you are trying to fill a void. I don't think this is something you can handle by yourself. GET HELP! also, did I mention that you should GET HELP.

Really. JUST DO IT!

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Re: It's a never ending cycle
Posted by Singularity - 26 Jul 2017 07:22

Howdy, ATC

Sorry to see your thread got delayed due to the snowstorm.

You know, first reading your thread I was really jealous of you. You sound like such a suave charismatic bloke with girls practically falling over you. And you have such self esteem that you can even go learn Torah all day after nights of fantasy because you have conviction for your own values and you know, deep down, what's really right.

Listen, get out your apartment and walk 12 steps. You're almost perfect, just a little insane. You sound loaded, too. Do you have your own successful business? Probably. I hope girls aren't falling all over you because of the dollar bills sewn into your diamond jacket!!!

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Re: It's a never ending cycle
Posted by hashiveinu - 26 Jul 2017 18:51

sounds to me like a suffering individual who is tortured by his lack of control (who feels with himself after being so controlled that he did it in the bathroom?). he was moser nefesh to try to live a life of learning and is possibly second guessing himself seeing that he is living a double

life. its our job to help him and continue to guide him to the road of recovery.

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Re: It's a never ending cycle

Posted by dms1234 - 26 Jul 2017 18:55

Its my job to share my experience on what worked for me and his job to take full responsibility for his own sobriety and recovery.

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Re: It's a never ending cycle

Posted by hashiveinu - 26 Jul 2017 19:11

hi atc. good to see that you are still with us. Torah is the "initial" antidote for the yetzer horah. chazal say that it may not work and then one should say shema when the yetzer horah attacks him. if that doesnt work he should remind himself of death. r' yonasan eibeshtz in yaaros devash drush 1 explains that each antidote is for a different cause. if the sin was caused by "chemdah" (which he says is a nisayon more often found in chachomim- scholars!) then the only antidote is remembering the day of death where no pleasure comes along with you. there are many explanations but perhaps in gye we can understand this to mean that its not just a yetzer horah. rather it is an addiction which completely takes over our sanity and life. we must remind ourselves that this is death! we are now here in this world to live. if we are totally controlled by lust, we are good as dead. therefore we must do all it takes to live!! please get help fast before you get so sunken in that it will need something as powerful as techiyas hameisim to revive you. hatzlachah on your journey to recovery.

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Re: It's a never ending cycle

Posted by mikestruggling - 26 Jul 2017 20:12

[hashiveinu wrote on 26 Jul 2017 19:11:](#)

r' yonasan eibeBAD WORD REMOVEDz in yaaros devash drush 1 explains

sorry to get a drop off topic. baruch hashem this web site has a strong automated editor for bad words you have to write eibesh*tz or eibeschitz

note to mods can this be fixed?

i couldn't figure out [this post](#) for a while

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Re: It's a never ending cycle

Posted by Attempt to change - 30 Jul 2017 23:21

Haha not exactly singularity26 brother! It says the way you want to go, they will take you there. It's that simple. If you want that lifestyle, you'll get it. The problem is is they I made the choice to go with women and have that fun and lifestyle. It's not worth it though trust me. Leaving yeshiva after learning and meeting a woman has the adrenaline rush but after and even during, it's meaningless. I sometimes take a day off from my phone and try to introspect, and I would like to believe that I can get out of this taavah anytime and I try to prove it by going off my phone. But after the day I stmsrt thinking about the wonderful time I will have with a girl, and I go back to the phone and messaging them. The fear I have from speaking to someone is tremendous. It puts my reputation on the line and future shidduch prospects as well on the line. The people on here who have been supportive of me creates a willingness and continued desire to change myself because I see so many helping hands. I appreciate the support, but it's not enough because I'm still falling. At the same time, I don't know much about addiction and I don't feel the need for sex always. I'm simply a Baal taavah and if I get the sex, then I get it. If not, I don't feel the crazy need to go and seek it out. It's more of the need to adventure or feeling to do something wrong that drives me.

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Re: It's a never ending cycle

Posted by Markz - 31 Jul 2017 00:08

[Attempt to change wrote on 30 Jul 2017 23:21:](#)

Haha not exactly singularity26 brother! It says the way you want to go, they will take you there

?? ???? ?????? ?? And give a push too, according to Rabbi Avigdor Miller

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Re: It's a never ending cycle

Posted by Markz - 31 Jul 2017 00:18

We have the choice to choose our friends

Facebook etc etc

I assure you that joining the group here in real life can absolutely substitute the other friends that are not necessarily the best choice

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Re: It's a never ending cycle

Posted by fresh start - 31 Jul 2017 02:51

Your honesty is appreciated!

When you mention your reputation being tainted are you concerned that the person you confide in will not keep it private? Whoever you are choosing to speak with should be someone who you respect and is well trusted. Of course it is scary to think that he may talk to others and reveal your dirty secret to them. However, there are people out there who can be trusted with such sensitive information and they will know what to do with it.

Good luck in finding someone who can help and we hope to hear great things from you moving forward.

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Re: It's a never ending cycle

Posted by gibbor120 - 31 Jul 2017 17:36

You are afraid that you will damage your reputation and your future shidduch prospects. I fear that you will get married and destroy your wife, kids, and marriage. Stop playing around and GET HELP! You underestimate the damage that can be done if you do not get help. As Rabbi Twerski famously said "marriage is not a hospital" SEE HERE:

<http://www.guardureyes.com/gue/rtwerski/startDating.asp>

Stop living in a fantasy world that you are basically ok, you just need to get married. There is no reason to believe that your behavior will change once you get married. Take care of it BEFORE you get married. It's worth it my friend. Your life, and the life of your future family, depends on it.

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