

**My story**Posted by flycatskills - 30 Nov 2017 15:23

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Hi, I fell into the trap of mb when I was 14. I've never stopped since, now being 40. It started almost innocently enough from itching in the area. I happened to have been thinking of someone at the time and it happened. I didn't know what happened, and wouldn't know what it was until many months later, but I repeated it other days thereafter since it felt good. By time I realized months later I wanted to immediately stop but I was addicted and couldn't break the bad habit.

I've tried to stop virtually from when I started (and realized what it was) since I knew it was against the Torah. For years I tried all sorts of psychological tricks on my own to stop, but never succeeded for more than a few days or a week at a time. Finally at about age 21 I talked about it with my rebbi (who is Yeshivish), who I was close to (and remained close to for 20 years until he was niftar about 5 years ago) and he signed me up with a therapist eventually, after offering suggestions to me (e.g. financial penalties) that didn't really work for long.

I went for therapy for a couple of years and it might have slowed the issue down, but never ended it. Then I got married and stopped therapy. Marriage also slowed it down in the beginning but it came roaring back not too long thereafter, even when not a nidda. So about another couple years later my rebbi sent me back to therapy. And I saw the same therapist for, typically, a year, year and a half or two, during which time it slowed down a little bit but never stopped, and I slowly dropped out. Another year or two would go by when my rebbi sent me to another therapist, things slowed but didn't stop and I'd drop out after a year or two. Repeat every couple years with different therapists. Almost all the therapists quickly changed the subject from mb to everything else in my life. Only two of the therapists, over the years, kept the focus on the mb, specifically.

My issue with mb and viewing imagery has always been solo. I've never engaged in any interactions, and even never touched anyone (other than spouse), in furtherance of this negative behavior. I hadn't even told my spouse about it, but after a few years it become obvious despite my trying to hide it. I simply deny anything is happening and refuse to discuss it with her. Been like this now for years.

I'm also depressed, anxious and have asperger's. I pretty much have hated life as long as I can remember. I'm tuned out from my spouse, children, family and neighbors (and have been all my life) as I spend most of my day reading the news, participating in online forums discussing Jewish issues, technical discussions and mb multiple times every day from girls seen on the street, at work, in magazines, online and in mainstream video clips. I usually am let go from my

job every few months or years and remain unemployed for a very extended period (many months or a year or two) wrecking financial havoc on my family. And I've almost never had friends.

I've pretty much given up a long time ago that I'll ever be able to effect positive change. I feel like I've tried everything for years to stop and simply can't.

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Re: My story

Posted by Markz - 30 Nov 2017 15:26

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Welcome brother,

You're way ahead of many of us

but apparently you've hit rock bottom according to serenity's definition

I suggest you reach out to one of the succesful truckers - check the Free Towing page below ;-)

KOT and Hatzlacha!!

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Re: My story

Posted by ayidingalus - 30 Nov 2017 20:27

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Hi your story caught my heart

I 'm here only 5 Days and every day is like going to a new Brainstorming seminar

Keep around

my heart is with you

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Re: My story

Posted by youcan - 30 Nov 2017 22:44

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If you'd give up you wouldn't be here... you only FEEL that you gave up.

You say that you have asperger syndrome, anxiety depression etc. having difficulties to socialize are common symptoms. This may be a key to your addiction? People with aspergers have an intense interest in a limited number of things, maybe in your case it's this? Did you ever went for help for asperger?

Also remember that every time you hold yourself back from acting out is a real big thing, no matter how long you hold to it. Start the 90 day challenge, take one step at a time & be happy with every clean day that went by. Just one thing: never give up!

I wish you to see the end of the (fake) darkness & start to enjoy life like never before!

Please stay with us!

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Re: My story

Posted by Hashem Help Me - 01 Dec 2017 05:05

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Welcome. Keep posting. Here you will iyh have friends who understand you very well.  
Hatzlocha!

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Re: My story

Posted by flycatskills - 01 Dec 2017 14:45

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Thanks all for the feedback.

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Re: My story

Posted by ieeyc - 01 Dec 2017 16:14

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boy are you in luck ,you know why ,because your reaching out at this time of the year ,as you know, Chanuka is almost upon us and i i remeber hearing from Rav Shlomo Brevda ZTL ,that the main limud of Chanuka is SHEVA YIPOL TZADIK VKOM!,the menora had 7(sheva) branches to it and fell(yipol) to the yevanim[there was a special gezaira to stop the menora from being lit]and the yidden did teshuva and with selfsacrifice went to war to fullfill the avoda of the Beis H amikdash and all the other mitzvos and Hashem made a nes with the menora that it lit for 8 days (VEKOM!)and not only that but became stronger than before BECAUSE THE ONLY REMAINING THING WE HAVE LEFT FOR 2,000 YEARS OF THE BEIS HAMIKDASH IS THE MENORAH LIKE ITS BROUGHT DOWN IN SEFORIM ,WOW WHAT A GETTING UP!!!! flycatskills dont give up!!! youre gonna rise and get up ,but not ONLY rise ,youre Bezras Hashem be stronger in kedusha and yiddishkiet then before the fall ,keep on davening and battleing ,IN THE END YOU'LL SUCEED!!good Shabbos!

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