

Need fresh ideas, too long of failing tactics

Posted by coldturkey - 26 Feb 2018 03:56

This weekend was my first time ever posting on a forum, i posted in a mini gye community but I wanted to get this out onto the main forums hopefully get some etzah.

I have been struggling with hz"l since i was about 11. However even before then, without really knowing what I was doing, I was engaging in acts to stimulate myself in this way for as long as I can remember. I can distinctly remember engaging in these acts all the way back to preschool. As a preschooler I distinctly remember during naptime in school, it was a coed preschool, I would stimulate myself during naptime and peek over at the exposed stomachs of whoever (boy or girl) was sleeping next to me as i did this. I didn't know why I did this, again all I knew was that it felt good and for some reason it felt even better when looking at people's exposed skin.

In 1st and 2nd grade I remember being pretty compulsive with these habits, i distinctly remember a 1st grade teacher once quietly asked me during class to stop stimulating myself (she whispered it in my ear, she didn't announce this to the class). I also remember one time in 1st grade when I had a friend sleep over and I did the same thing I used to do during naptime in preschool, I stimulated myself while looking for any of his exposed skin while he was sleeping.

I would do a similar thing when my 2 cousins, who were both girls my age would come over and the non jewish neighbor's daughter as well, I would always suggest "playing doctor". This game was basically the same thing as i did during naptime in preschool. I would "examine" their stomachs and stimulate myself.

Then basically from about 3rd grade up until i would say 5th grade these habits were totally forgotten about. Maybe because I switched schools and I was so preoccupied trying to make friends and get comfortable, idk why these habits stopped but somehow they did.

I guess it was 5th grade the habit returned. We had a desktop upstairs in the house and when no one was around I would look for inappropriate pictures of women. It wasn't porn per se but it was extremely inappropriate nonetheless. Then in 6th grade, my older brother left to yeshiva in E"Y which meant I got to take his desktop into my room. This is when I started to view actual porn and unfortunately began real hz"l.

From here on out I guess the story becomes more standard. The first time I watched actual porn and violated hz"l it was an erev shabbos and I can still remember how disgusted i was with

myself and made up to never do it again. I barely lasted a week, I remember the next erev shabbos I was back watching the same thing again with hz"l. Throughout middle school this developed to the point where by 8th grade this was practically a daily ritual. In 8th and 9th grade I would often violate hz"l with other boys my age. I was averaging hz"l more than once per day by 10th grade.

Finally, In 10th grade i discovered GYE, installed a filter and bichasdei hashem i somehow made it a month clean.

It has been 5 years since I discovered GYE, and yet, since then I have never succeeded in getting anywhere close to that month clean that I achieved in the beginning.

My struggle has developed to a point where I am constantly pushing off my responsibilities in school due to hz"l and sometimes even miss minyanim in order to engage in these acts.

Every so often I get inspired to begin the fight anew and every time within 2 days to a week, i fail and end up right back to my starting point.

I have been trying the taphsic method now for at least 4 years with no results. I often try to wiggle my way out with loopholes and try to reason with myself that certain situations where outside the specific scope of the neder or other foolish denials. Ultimately the taphsic method has only resulted in me not keeping my nedarim all too often. This has had catastrophic results on my yiras shomayim because it cemented a feeling that what i do b'nister doesn't really matter as long as I seem frum on the outside and shteiging in seder.

I really just don't know what to do anymore. I have tried for so many years to quit and just can't seem to make any progress.

I have thought about joining some of the phone conferences but I just don't see when I could possibly have the time. Unless I were to cut my nightseder but unfortunately this would come with a major stigma, to someone who doesn't know the situation all they will see is a bum who never comes to nightseder. (Although maybe that is something that could be necessary despite this stigma.)

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Re: Need fresh ideas, too long of failing tactics
Posted by coldturkey - 28 Feb 2018 14:53

Hey guys thanks so much for all the feedback so far. I really appreciate it.

I have updated my original post with a lot more details about how my struggle started.

Actually expressing my thoughts to other people has already been a crazy experience for me. I finally feel comfortable to actually think about these past events and dig up those feelings that I have buried deep down. I can finally begin to think about my past and push aside the fears associated with digging up these memories. It seems like every day so far since I have made my first post and comfortable giving over more and more details. These are ideas that I have mamesh never expressed before so this is really incredible.

@Cordnoy, thanks for that clarification. I think i get it, ODAAT doesn't mean you don't think long term and don't have goals. It just means that within the framework of that longterm goal, the way to eventually achieve that goal is by taking it one day at a time. Don't think about whether the goal in its entirety is feasible to you in this moment. Rather, think about whether today you can make sure you are working towards your goal.

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