

Still work to do but there is always hope!

Posted by Teshuvahguy - 13 Oct 2022 02:26

This was posted on another thread and someone suggested putting it on its own thread. I hope this helps someone see that there is always hope...

At the age of 14 I was groomed by a 33-year-old man and had my first gay (or any) sex. I blame myself because I was attracted to him; I was not forced — but I was just a kid. Still, I blamed myself for wanting it.

That set in motion literally 40 years of virtually daily compulsive gay encounters, sometimes several in a day. I was so compulsive that I couldn't work until I satisfied the need. I would just leave my office.

Though raised in a non-religious home, Hashem watched over me and protected me through the AIDS epidemic which didn't stop me but the fear made me much more careful about what I did, so I never got infected. But I was always traumatized and terrified.

In those days, I wanted desperately to stop but I couldn't. I would mark on a paper calendar each day I could go without (kind of a pre-GYE 90 day calendar, but this was before the internet) but it never lasted more than a couple of days. Much of this while married. I felt so guilty and horrible and wanted to stop but it was impossible. It's a miracle I am alive.

After 40 years of that madness, when I was at my lowest point...divorced, at odds with my kids, that a dear friend asked me to go to a Chabad and talk to the rabbi. For some reason I was willing to do that (to please my friend—I was sure it was a waste of time) and literally a miracle occurred. I listened to the Rabbi tell me some hard truths about what I needed to do and what I needed to stop doing if I wanted him to try to help me. The first miracle is that I allowed him to be very frank with me and didn't tell him off. The second miracle is that from that moment, I put on tzitzis and a kippah and never acted out with a man again. That was 15 years ago. So I know the impossible is possible. I have done it. I stopped actually having sex with men.

But the urge to watch porn and masturbate I have not been able to completely control. I can for varying periods of time, but then something happens —stress or sadness/depression and I slip. I used to be afraid to give up having sex with guys thinking I could not live without it. I did give

that up and found that I CAN live without it. So why is it so hard to cross this finish line regarding porn and masturbation? Same feeling exists as though I could not live the rest of my life without it. But I know that is untrue. I've proven it. So why am I falling?

I hope this painful story gives hope to others. I am still attracted to men but at least I am not committing the aveiras associated with having sex with them. Now I need to do more to control my P and M.

Thank you all for being here on GYE. Without you we are all alone.

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Re: Still work to do but there is always hope!
Posted by chancy - 21 Nov 2022 21:41

Of course it was!

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Re: Still work to do but there is always hope!
Posted by Teshuvahguy - 30 Nov 2022 20:17

I am now sober from P and M 40 days!

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Re: Still work to do but there is always hope!
Posted by chancy - 30 Nov 2022 20:51

WOW! Thats is really incredible and inspiring!

You need to celebrate it. Not just because it something worth celebrating, but that way your brain will get used to the idea that there is pleasure in obtaining too.

So go do what you feel is appropriate. Keep on posting and inspiring all of us!!!

Onward and upward!!!

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Re: Still work to do but there is always hope!
Posted by Teshuvahguy - 30 Nov 2022 20:56

[chancy wrote on 30 Nov 2022 20:51:](#)

WOW! Thats is really incredible and inspiring!

You need to celebrate it. Not just because it something worth celebrating, but that way your brain will get used to the idea that there is pleasure in obtaining too.

So go do what you feel is appropriate. Keep on posting and inspiring all of us!!!

Onward and upward!!!

Thanks, @chancy! It's not easy, but I am inspired by people like you who continue to post and talk about your journey. The story you just posted today is a perfect example. It really gives strength to know that if you can do what you did, then I need to try to keep pushing too, to be the erliche Yid I want to be. Having people acknowledge my milestones really helps!

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Re: Still work to do but there is always hope!
Posted by Teshuvahguy - 02 Dec 2022 01:54

42 days!!! Almost halfway to 90. Hopefully beyond as well...

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Re: Still work to do but there is always hope!
Posted by Teshuvahguy - 04 Dec 2022 01:10

45 days. Staying accountable.

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Re: Still work to do but there is always hope!
Posted by Human being - 04 Dec 2022 05:21

TESHUVA GUY I LOVE YOU MY ADOPTED GRANDFATHER

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Re: Still work to do but there is always hope!
Posted by Teshuvahguy - 05 Dec 2022 00:53

46 days. Accountability post.

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Re: Still work to do but there is always hope!
Posted by Human being - 05 Dec 2022 01:11

Keep it up my man. we are all following. You are impacting us all.

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Re: Still work to do but there is always hope!
Posted by Teshuvahguy - 12 Dec 2022 12:29

53 days. Thank you, Hashem.

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Re: Still work to do but there is always hope!
Posted by Eerie - 12 Dec 2022 17:15

Wow! Keep it up, my friend! You are an inspiration to us all! We are all rooting for you to succeed, and the fact that you are here is already success!

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Re: Still work to do but there is always hope!

Posted by iLoveHashem247 - 12 Dec 2022 20:03

Keep on winning!

the only way to be a Tzaddik is to get back up always...

7 Yipol Tzaddik Vekam - we are humans and fall but Tzaddikim get back up.

A Tzaddik is a winner who doesn't give up. Even if he feels like a "loser" - the difference is that he keeps on trying to win!

Just like a poor and broke person both have no money - the poor person is poor in money and mindset, but with broke person it's only temporary, he's always focusing on getting back up.

don't be poor, and recognize that broke is a temporary state.

you're coming out of being broke and are on your way to riches. Money is temporary but mitzvot and your avodat Hashem are forever!

keep it up!!!!!!

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Re: Still work to do but there is always hope!
Posted by Teshuvahguy - 25 Dec 2022 15:18

On day 66. Having terrible urges. It's so frustrating. I feel deprived and lonely and sad. The constant stress to not look at triggers (which are everywhere) and the constant convincing myself to be strong. It's exhausting and sometimes I wonder if it's all worth it.

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Re: Still work to do but there is always hope!
Posted by DavidT - 25 Dec 2022 16:33

[Teshuvahguy wrote on 25 Dec 2022 15:18:](#)

On day 66. Having terrible urges. It's so frustrating. I feel deprived and lonely and sad. The constant stress to not look at triggers (which are everywhere) and the constant convincing myself to be strong. It's exhausting and sometimes I wonder if it's all worth it.

It's very important to find positive meaning in your struggle. In other words, when you appreciate the value of the struggle, you'll become energized and willing to work hard to achieve your goal.

For example, imagine being given the choice of mining a 1-carat diamond or a larger 100-carat diamond. Which would you prefer? Would you be willing to put in the extra effort to carry the heavier gem out of the mine?

Chazal say that a mitzvah done with discomfort is worth 100 times more than a mitzvah that was easy. R' Reuvain Dov Dessler (the father of R' Eliyahu Dessler) explains that the value of a mitzvah increases exponentially in relation to its difficulty. In other words, a minor discomfort multiplies a mitzvah's value by 100. With each increase in discomfort, the value multiplies an additional 100 times.

So the next time you have an urge, think of it as an opportunity to mine your diamond. Depending on how uncomfortable the urge is, when you resist it, you might be mining a 100, 1000, or even 10,000-carat diamond!

Your connection with Hashem, the kedusha you bring to the world, and the reward you can earn

by overcoming the urge, could all be off the charts!

Also when you stop using Pornography and Masturbation, it can leave a void in your life, like when you break up with a dear friend you once spent a lot of time with. Over time, as your brain rewires itself, you'll discover that life is much more satisfying without Pornography and Masturbation, and healthier pleasurable activities will fill the void that remains. Eventually, you'll find pleasure and and satisfaction in meaningful experiences, such as deepening your personal relationships, living life according to your values, and using your unique abilities to serve Hashem and help others.

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