

My Story

Posted by forthefutureme - 19 Jul 2024 13:57

I grew up in a chasidic family, I was a very quiet boy with very deep and delicate feelings and talents.

As I grew up, very little ppl saw the deepness in me, and b/c of that I grew up with a big desire for recognition.

When I went to yeshiva in Israel I didn't really have friends, b/c I thought that it was a failure,

So I was trying not to get too close to anyone and stay away for close relationships, But even then I was trying to get recognition for my talents, So I offered help where I could...

Then I was asked if I would like to help some org near the yeshiva, I ran for the offer hoping I'll find some recognition there, but the person I was working with (age 35+) saw my weakness and started giving me the recognition I was waiting for, I loved going there every day...

By the time I knew what his motivation was it was too late... This man sexually abused me for 2 years.

For that 2 years my live was complete autopilot, I wasn't in control, the time zipped passed with a ton of pain...

When I got engaged I didn't go back to yeshiva (B"H), but something in me was different (just to be clear: I didn't know a thing about sexuality before meeting that man) I didn't understand what I was going though and what I was chasing after...

Before I got married (6 years ago) I went back to Israel, there I met that person again and then he had a smart phone, he sat me down and opened me up to the world of porn...

B"H just over 5 years ago I listened to a shiur about something where the teacher (a therapist) spoke about abused children, and said that no one can heal from this w/o therapy... so I got in contact to a therapist and started working on my life...

But even though I open up to him everything (and even managed to tell my wife about my story) I was still ashamed about my porn addiction and I was hiding it even to my therapist...

Just a year ago I found the courage to tell my therapist about my porn addiction, and we worked

on it for some time, I was even clean for about 3 months, but I wasn't fully working on change, I thought I was over and I'm different from now on... but then I started feeling the urge, I pushed it away first, But b/c I didn't have the right tools for it I eventually fell.

I got back up after some time, but when it happened again, I worked on it with my therapist... but after a few times falling I stopped telling him, B/c I was ashamed to tell him that after all this work I'm still struggling...

Now...

A few days ago I decided that I need to take matters in my own hand and I signed up for GYE.

I must say the support here is soo different, I don't feel that I suddenly solved the issue, but rather that the ppl here understand it for my prospective...

really hoping for change, but with a deep understanding on what I'm going through.

me

=====

=====

Re: My Story

Posted by chosemyshem - 26 Jul 2024 14:08

Thank you for the share. And mazel tov on the clean week! I think a lot of guys can relate to feeling a whole new level of commitment after opening up on the site. And it's not that your therapist is a bad therapist or anything. It's just that connecting with people who *really get it* because they've been there too is so powerful.

I love the idea of texting yourself a V. That's an amazing idea, and so practical.

Keep on truckin!

=====

=====

Re: My Story

Posted by forthefutureme - 23 Dec 2024 15:04

Hi family;

....alot has passed since my last update, B"h I managed to get to 150 days clean, and ongoing **BUT** in the last 2 days my boundaries have started to fall, I was lusting and looking at things that made me lust... not porn, just things that my boundaries should have stopped me for doing...

but now, I need the strength to get back up ang get back into the fight, but the Y"H is trying to get me to believe that I lost it, and I should continue to fall...

BUT NO! I will stay strong I will continue to fight, and I will win this, and I need to remember that if not for this that happened now the challenge was getting too easy... so hashem added a small slip I should get the courage to keep fighting...

P.S. just writing down my thoughts...

=====

Re: My Story

Posted by livingagain - 23 Dec 2024 17:18

[forthefutureme wrote on 23 Dec 2024 15:04:](#)

Hi family;

....alot has passed since my last update, B"h I managed to get to 150 days clean, and ongoing **BUT** in the last 2 days my boundaries have started to fall, I was lusting and looking at things that made me lust... not porn, just things that my boundaries should have stopped me for doing...

but now, I need the strength to get back up ang get back into the fight, but the Y"H is trying to get me to believe that I lost it, and I should continue to fall...

BUT NO! I will stay strong I will continue to fight, and I will win this, and I need to remember that if not for this that happened now the challenge was getting too easy... so hashem added a small slip I should get the courage to keep fighting...

P.S. just writing down my thoughts...

I understand you perfectly. Recently I've developed a crush on another Bachur. It's very hard because we are friends. In bed and in the shower I get the urge to masterbate and release the sexual tension. But I fight the urge because when I've masterbated I never felt good afterwards. So after reading materials on this site I'm training myself to distract my thoughts and not allow myself to get aroused. it's hard but I've made a lot of progress.

I also have a keshet with another bachur who struggles and we are mechazek each other in a good way.

so bh you had clean days and if you feel you are falling reach out to someone for chizuk. you may have slipped but do not fall.

I thought I was the only one but received messages from others On Gye with similar struggle. It has helped immensely.

so keep up with the shmiras eynayim and fighting the lust. It is an ongoing battle. And even if you fall and give in to the urge, pick yourself up. Start counting again.

It's natural to lust, Don't let it control you.

Feel free to reach out for more chizuk.

=====

Re: My Story

Posted by redfaced - 24 Dec 2024 13:28

[forthefutureme wrote on 23 Dec 2024 15:04:](#)

Hi family;

....alot has passed since my last update, B"h I managed to get to 150 days clean, and ongoing

BUT in the last 2 days my boundaries have started to fall, I was lusting and looking at things that made me lust... not porn, just things that my boundaries should have stopped me for doing...

but now, I need the strength to get back up and get back into the fight, but the Y"H is trying to get me to believe that I lost it, and I should continue to fall...

BUT NO! I will stay strong I will continue to fight, and I will win this, and I need to remember that if not for this that happened now the challenge was getting too easy... so hashem added a small slip I should get the courage to keep fighting...

P.S. just writing down my thoughts...

Writing down your thoughts can be very beneficial in getting to realize what your thoughts are and can also be therapeutic.

Keep on writing 'em down!

=====

Re: My Story

Posted by amevakesh - 24 Dec 2024 14:08

My thoughts. What you are doing is heroic. You're utilizing the most powerful tool at GYE - friends, before you fall. Reaching out to the Oilam to prevent a full fledged fall, is **exactly** what you should be doing. The YH won't let go of us until the day we die, but his strength is diminished great by reaching out to other. Feel free to reach out in person, it's that much more powerful. Here's to life!

=====