

Bamboo

Posted by nateyde - 08 Jan 2010 04:54

Well, here I go. I am sure my story is similar to many others but it is great to get it off my chest and to get support from the group here.

The earliest I can remember my "addiction" starting was when I was an early teenager and we just got internet in the house. I don't remember how often I went to inappropriate websites, but it was probably once or twice a month, though it could have been more or less frequent at times. It continued throughout high school like this. I felt terrible about it, especially wet dreams (I had never spilled seed) but once I started it became a hobby. I thought I had finally solved the issue when I went to Israel for a year, but found myself "falling" when I was able to access a private computer. Then in college, when I got my own computer, it got worse. I was going to inappropriate websites once or twice a week. I knew a few friends were also looking at things they should not have, but it was too embarrassing to talk about.

That behavior was status quo for a few years until I met my future wife. Everything stopped. There were no slips or falls. That lasted over a year, through our dating and early marriage. Then after about 6 months of marriage, I was going through stressful final exams in graduate school and "fell". I remember saying to myself "What are you doing?" Needless to say, I was extremely distracted, got bad grades and ruined any chance at a high paying job. After that happened, things just got worse and worse. I intentionally spilled seed for the first time and then over and over and over throughout the next year. I tried to stop. I made myself a daily checklist (similar to the 90 day one at the site) which I hung by my bed and gave myself grades every day (the chart had several columns, one for this, for davening with a minyan, being good to my wife..). Of course I didn't label the columns so my wife knew I was working on myself, but no clue on what. Finally after about a year I felt so guilty that I just came clean to my wife. Told her everything (except the sites I went to) and wanted her help. She was devastated, as she should have been. She couldn't understand why. After all, wasn't she attractive enough...

Telling her helped. She would ask me every night how I did and for a few months I was fine. But after maybe 4 or 5 months I told her to stop asking. I was so embarrassed every time she asked. And of course, I "slipped", I "fell" and on and on. Over the last 3 years I would go into the same cycle over and over. I would be good for a few days, then succumb to my yetzer hora and "fall". And say to myself all the lines: "this is the last time", "why", "stop!", "what are you doing", "i hate myself"... Over the past year, the pattern pretty much became once (sometimes twice) a week I would have bad thoughts and couldn't control myself, and once a month go to mature websites. But that once a month was so powerful. Even after I cooled off, I would be right back there two or three times. And I hated it.

My goal has always been one month at a time on the Hebrew calendar. I don't know the last time I reached my goal. It seems like every time rosh chodesh comes around, with in one or two days I am overcome with an urge either with bad thoughts or mature websites. And then I need almost 2 full months to reach my goal.

Two months ago I restarted an effort to control myself by keeping a calendar by my bed and marking it off every night with a check X or double X. It helped for a week, but after the first X day, the next one was a week away and it didn't help. Only once did I make it 2 clean weeks straight over the last few months.

2 weeks ago, I decided to search for sex addiction help. I found jewishsexuality.com. I read for a few hours and was excited to see a pornaholics anonymous group. It was there that I saw a link to this site. I watched a video on jewishsexuality.com (since taken down but called "The seal of Truth" and can be found here- [video.google.com/videoplay?docid=-7332930594849349840&hl=en#](https://www.youtube.com/watch?v=7332930594849349840&hl=en)) which scared the heck out of me. In the video, the speaker had a near-death experience and gave vivid details about his trial in Heaven. Wow. It was extremely powerful. I was crying knowing my behavior had to stop. [side note: whether the video is true or not, I don't care. The fact is, whether all the details are correct or not, it doesn't matter. That is what happens.] I then came to this site and read for hours. The support here is unbelievable.

I am 15 days clean, but I haven't been tested. I have been in similar situations to when I have been tested in the past, but no urges. Nothing. It's a good thing, but I know I will be tested in the future. I hope to pass, and know I will overcome this. I am grateful for this site for providing me a forum to air my story, for the support, and hopefully for the chance to help others.

As for when I tell my wife again, I don't know. I want to take this one day at a time, and finally reach my 1 month goal. The 2 months.. Then Big goal of going Rosh Hashana to Rosh Hashana.

Wish me luck!

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Re: Bamboo

Posted by silentbattle - 31 Jan 2010 06:46

We will absolutely celebrate, my friend! You've had 40 days clean? That's HUGE!!!

please continue to post, so we can share in your happiness and success! And it's good for you to build up a support network now, that way if you feel like you need it, we understand your situation better...

But only if you feel comfortable! Otherwise, I wish you the best of luck anyway!

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Re: Bamboo

Posted by moshiachman - 01 Oct 2015 05:13

BH

It's been over 5 years. Has this group moved to a different thread or is it just over?

Much success for all involved.

Gut Moed.

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