

Needing Help. Trying to stay strong.

Posted by dovekbashem - 01 Apr 2010 03:17

I am 21 years old. I remember the first time I touched myself inappropriately was in grade 7, just months before my bar mitzvah. I promised myself that after my bar mitzvah I would never touch myself again. It has been 9 years! I have touched myself inappropriately, I have touched girls inappropriately and am constantly (sometimes daily) failing at my battle with the internet. I used to think I was just a healthy teenager (I was not so frum at the time) but now realize that I have an addiction. About 4 years ago, I began to learn halacha seriously and decided to become shomer negiah. It was the hardest thing I have ever done and life has been hard since then. I sometimes convince myself that the only way to maintain my shmirth negiah is by turning to the internet. I read on this website that fantasizing about various arayos is often normal for a sex addict which helps me confirm that that is what I am. I want to start dating, I want to raise a family of ovdei hashem and yirei shamayim but I don't want to lie to my wife and children about who I truly am. I want to be the eved hashem, the kadosh yid that G-d expects me to be. I want to stop falling and starting living a life of purity and purpose. I am clean now for 4 days. I am embarrassed by how proud that makes me but it is at least a start... I only hope my strength continues.

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Re: Needing Help. Trying to stay strong.

Posted by jewinpain - 12 Apr 2010 03:47

Dovak, I'm so proud of ur strong will and for the right sense of direction, u turned to hashem in a moment of weakness and it really helped, that's all he wants from us, come to me my dear kids, I'm sure today was day 3 clean which makes the rope thicker so u have in what to hold onto, keep on moving forward, don't look back for all those lost time from 7th grade, I know u can do it

Good night

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Re: Needing Help. Trying to stay strong.

Posted by dovekbashem - 12 Apr 2010 03:59

Thank you JIP. So far you are correct - This is Day 3 and I'm still clean and going strong.

I can't tell you how much your confidence and encouragement means to me. Have a good night.

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Re: Needing Help. Trying to stay strong.
Posted by dovekbashem - 12 Apr 2010 04:02

Briut,

Thank you so much for all of your help and encouragement. I really intended no mussar but if it helps, it helps.

I also realized that I never thanked you for your sharp words earlier. It was clearly yotzei min ha-lev and, I promise, it was nichnas el ha-lev too.

Thank you for not holding back and for giving me the mussar I needed. You area ll true friends on this site and I only hope to be able to pay it back in some way, somehow.

Thanks again.

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Re: Needing Help. Trying to stay strong.
Posted by briut - 12 Apr 2010 04:10

[dovekbashem wrote on 12 Apr 2010 04:02:](#)

You are all true friends on this site and I only hope to be able to pay it back in some way, somehow.

You wanna pay us back? Then keep posting - let us know how things are going ... and what's working for you... and what you're hearing around the site that's good (and esp what's bad, but no loшон hara). We all learn from each other. Pull up a chair.

Glad it's going well (and glad you don't take my brash style personally).

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Re: Needing Help. Trying to stay strong.
Posted by dovekbashem - 14 Apr 2010 05:21

5 days. I've been really busy but I feel good and I feel strong and I feel close to Hashem. I'm loving my Torah learning and it is no wonder why - because I am learning with G-d again! We are doing this together!

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Re: Needing Help. Trying to stay strong.
Posted by Chazak Amenu - 14 Apr 2010 13:57

Good work! the idea is to not feel isolated which is what you are doing you have to realize how many supporters you have! You have Hashem as you always have! And you also have everyone on the forum supporting you! Keep it up (up up up and up)! Don't lose focus you are on your way!

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Re: Needing Help. Trying to stay strong.
Posted by trying123 - 16 Apr 2010 15:54

Dovek,

Your thread seems to bring out the best in everyone...

I believe there is a good reason for that...

Good attracts good....

I was inspired... thank you

(The other posters as well...)

What Briut said about Objectifying by consent hit a cord with me... I think I want real love....

Peace and Love holy brothers

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Re: Needing Help. Trying to stay strong.
Posted by jewinpain - 16 Apr 2010 19:42

Dovak u r in my thoughts every day I really mean it, just keep urself above water and together
we'll get cured real soon

Good shabbos

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Re: Needing Help. Trying to stay strong.
Posted by silentbattle - 16 Apr 2010 20:04

[dovekbashem wrote on 14 Apr 2010 05:21:](#)

5 days. I've been really busy but I feel good and I feel strong and I feel close to Hashem. I'm
loving my Torah learning and it is no wonder why - because I am learning with G-d again! We
are doing this together!

Glad to hear that you feel that way! It's also true that you're finally reconnecting with yourself - becoming the true you, the person you really want to be, the "you" that you can feel proud of!

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Re: Needing Help. Trying to stay strong.
Posted by jewinpain - 10 Oct 2010 14:38

Reb DB, where r u hiding , come out of the closet, much more fun here in the forum
we need u here

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Re: Needing Help. Trying to stay strong.
Posted by dovekbashem - 27 Oct 2010 15:36

I'm back... but still not clean.

Let me mark this day as day one of a new streak. I had a thirty day streak a while ago (before succos) but I've fallen and can't seem to get back up. Hashem, please help me through this - I know you want this for me as much as I want it for myself.

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Re: Needing Help. Trying to stay strong.
Posted by jewinpain - 27 Oct 2010 16:18

Welcome back , I was thinking of u all this time we didn't hear from u, I'm begging u now, plz stay with us here we guys at GYE are here for u, we wana help & be helped, u deserve to lead a normal clean life, so many tools here to help us achieve that, just sign up again for 90 days &

go baby steps day by day, reach out when u feel weak, connect with other struggles here, I'm available for u here or in private, just keep going hashem needs ur yiddisha nshuma back

Ur friend JIP

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Re: Needing Help. Trying to stay strong.
Posted by 1daat - 27 Oct 2010 22:03

JIP, You run to save a yid. Thanks for the lesson. Just a beautiful post.

Nu, dovekbashem, clearly, no matter what happens in your recovery, you have never stopped being attached. A name well chosen.

I am glad you're back.

So you now know you can. Thirty days is an amazingly long time. Maybe while you're feeling the down of struggling to get back in gear (with nods to Bard), how about also thinking about what you did that was working for you in the long clean streak.

Here's what I use for myself: A section a day from a handbook (with too many misses); post every day and read other guys' threads; chizuk emails every day; and most important is my relationship with "H. The relationship with "H seems to be the main thing for me, and I've got my own little ways that I work at that.

Hang in there with us. Truck, truck, keep on truckin.

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Re: Needing Help. Trying to stay strong.

Posted by mnman415 - 28 Oct 2010 01:26

im a little late but i have the same stroy as you, i always said ill stop after my bar mitzvah but i didnt and etc.

the handbook section of this website is pretty good (although i am biast due to most of the
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comments being from me