

Hello everyone.

Posted by NotGivingUpYetOldBean! - 03 Jun 2010 00:40

Hi, I'm NotGivingUpYetOldBean! and I'm not giving up yet.

I've known about GYE for about a month now and gradually started getting more into it. Just knowing there was a community of fellow religious Jewish sufferers was an amazing chiddush and very liberating. However, I have discovered over the last month (well, I knew all along I suppose), that the only way I'm going to get well is to use this site properly. That means, read all the handbooks, the 90 day chart, the lot. I've read the attitude handbook, but I need to re-read it and read the tools handbook too.

In terms of emotions, I'm feeling pretty unemotional at the moment, although I've been quite up and down lately. I had a fall today. (Averaging one every one to two weeks at the moment, sadly.) Since I now know about this fabulous site, the hangout for Jewish Super Heros, I realised that in terms of Teshuva, I just have to do this properly and so now I'm on the wagon. I have no more excuses.

In terms of my story, I'll tell it in brief (primarily because it's half midnight here in Blightie and I'm already shattered), but I have no compunctions about candidly opening up more and more in future posts. Hope it's not too dull (-:

So, I'm 30, I'm a baal Teshuva, living in London, and I am a lust addict. (I didn't like writing that very much, but looking back, being an addict, rather than just bad, sure explains a whole lot.)

I grew up suffering from some kind of anxiety disorder and something like OCD, although it was never properly diagnosed. I had terrible depression growing up and learnt to live in a fantasy world in my head. (Not a sexual one, per se, but one really quite distinct from reality, because I so desperately needed to escape the crushing depression, anxiety and OCD, not to mention rock bottom self esteem). Although I wasn't frum yet, I always had terrible guilt associations with being moitze zera, even though I had no religious context to deal with them.

At age 18-19ish, I began getting interested in Torah, and became orthodox at university. At this point, HKB"H, through His infinite kindness, took away the OCD, which had been taking such a massive toll on every aspect of my life, but I still had lots of personality issues to deal with,

including anxiety, aspects of compulsion and definitely loneliness and depression. After I graduated university, I went to a baal Teshuva Yeshiva in Israel. I had a tortuous first year, and finally opened up to my Rosh Yeshiva about the being moitzi zera. He put me in touch with a therapist and for the first time, I dealt, Thank G-d, with a whole lot of issues, gained a lot of tools and a lot of self knowledge.

After a couple of years in Israel, I came back to look for a job. I still had anxiety issues, made worse by being fired from my first job after two weeks. I was also very lonely, and desperate to get married, but felt like no matter how much I grew or how much further along I progressed in life, finding my zivug never seemed to get any closer. I wasn't ever able to stay clean for very long, but I kept approaching it with the traditional *vidui*, *charota*, *kabala l'osid* style teshuva. (Only problem - I never had a kabala l'osid.) I'm not trying to say that my anxiety was making me masturbate. I am sure that the need to feel loved and accepted and to escape the cold winds of life outside my head were all drivers - sometimes it was emotional, sometimes physical. But I suppose, looking back, it was also an addiction, and I just didn't have a way of escaping the addiction, irrespective of the other issues. After all, I have a job and I'm married now, and whilst I've enjoyed the longest clean periods of my life since becoming a husband, I've still been nichshal plenty of times, R"L.

Areas where the anxiety didn't help, though, were things like finding out about the neshamos that the hotzaas zera brings down, and not having anybody to talk to about it, or any proper context with how to deal with it. (Until reading the attitudes handbook, that is.)

I got married just under four years ago, and although my wife knew I had had a "little bit of a problem", we just went vaater, and for most of the first year, like I said, I actually stayed pretty clean. Over time, however, it gradually got more shvach, and of late, it's been really shvach. The worst part of it, was that my wife and I suffered two miscarriages after our son was born, and immediately proceeding both of them was a nasty fall. You can imagine how this made me feel.

As my general behaviour below the waste got worse, I was beginning to fall into a despair about what to do. Then Hashem sent me GYE and here I is.

The truth be told, I've actually had it remarkably easy, Thank G-d. Having read other people's stories, I realise that my challenges have been mild by comparison to some. But issurim are still issurim and will still wreck a person's Neshama and I want to hit rock bottom without getting myself into any more trouble! Porn really hasn't been an issue for me particularly. Before I was frum, I don't remember really indulging in porn, and since I got frum about 11 years ago, I've

probably looked where I wasn't supposed to only two or three times. The last time, however, was this year, and I don't know why I did it, but I looked at much harder core stuff, including videos, albeit very briefly. That gave me such a shock (both at myself for what I had done, and from what I had seen), that I decided there and then I had to get Web Chaver installed, which, again through pure Chessed Hashem, after a month or so, my wife agreed to Web Chaver (she didn't know about the recent bad behaviour), because she thought she was wasting too much time on online games! With Web Chaver in place, I don't have any easy access to online porn anymore, but the problem is, I don't tend to need external stimulation for being motzei zera, my imagination is far too well practised and far too creative.

Also, an area where I am immensely fortunate is that my wife does kinda know about this site, and what it's about (and is actually pretty sympathetic). She doesn't know the knitty gritty, and hasn't read any of the posts as far as I know, but she knows it's something that I've struggled with. I don't make a point of telling her each and every time I've been nichshal, and I'm not sure what kind of picture she has of it, but we have briefly discussed the problem, and the site. I know it hurts her, still)-:

So, this's where I am at the moment. OK, so it wasn't such a brief story, and now it's almost half past one in the morning. I hope my first post isn't too long for people.

If it's okay - I'd like to ask for some seasoned advice from the giants here on this forum - one of my challenges I foresee will be getting access to the forum throughout the week. There's no way I'd be able to get away with using this site on my PC at work, and I have very little time outside of work, with learning, davening, studying for a certification exam, searching for a new job etc.

I have an anonymous e-mail address, but I don't have an easy way of accessing it throughout the week. I don't have internet on my phone, or the money to buy something that does. (Besides, having internet on a phone, without Web Chaver or K9 would not be a generally advisable thing.)

Sof sof, I'm here now, and I hope I'll work things out and I'll begin my journey to being clean and pure. I also hope future posts'll be a lot shorter. (Prolly cos it so late, right? :-)

Zie gezunt,

NotGivingUpYetOldBean! signing out.

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Re: Hello everyone.

Posted by 1daat - 20 Jun 2010 04:47

Bean, I'm begging you. I need you. You lift me when I read your posts. Please check in, I don't care where or what. You belong here with us. T'shuvah ain't for the ztadikkim gamoor. It's for us. C'mon.

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