

My house to house street battle and closing facebook accounts...

Posted by seven - 07 Sep 2010 16:38

Hello all

Before I start let me say that this website is an oasis in a desolate plain. For all of us here we are fighting a battle that is fierce but at the same time hidden, quiet, by subterfuge. It is the Yetzer Hara at his most wily and manipulative evil self. Who can we talk to? I cant share my struggle with my wife, friends, rabbi, or anyone else I know - they would think I am crazy, mentally ill. Even if there is some truth in that considering the extent of my debilitating addiction, the reaction and stigma of others would only destroy my life rather than help me to recover.

I am about to take a very difficult step after reading a post on this site about closing a Facebook account. Part of my pornographic addiction is Facebook. I have several accounts on which I have added hundreds and hundreds of women I do not know as friends, even some I have briefly met and added in order to see if they have some immodest pictures they have posted up from their personal lives that can reveal what my sordid imagination previously could only guess at. These are people who live immodest and sometimes downright immoral lives and put it all up on Facebook in pictures and videos. You can put the rest of the pieces together yourself..

Even writing this now I do not know if after posting this message I will have the strength to close these accounts. They are a strong source of nourishment for my addiction and as I type it even feels like they are a crutch I cannot do without. It adds to the hardcore pornography of the internet. It adds to the grinding and subtle touching I used to do on crowded subway trains to women. It adds to the filthy phone calls I have made to prostitutes. I have found that as one gets older and the addiction deepens, it also broadens in its curiosity for different and ever more depraved ways of expressing the same passions.

I cannot even begin to imagine how many hours, days, possibilities, achievements, opportunities for fulfillment I have lost to this evil addiction. It has sapped my energy and time like a black hole and left me frail and empty.

Despite this I have expended much energy in persuing a life of normality. In this Hashem has blessed me beyond any comprehension. I have the most beautiful wife I could ever dream of marrying. I have a son who is the apple of my eyes. I am in a frum community that is like a family to me. If it was not for this dark cave my life would be full of light.

My pragmatic fear is that I may slip up. I may be 'found out'. I have never and never would cheat on my wife. I have a strong fortified limit. However the addiction to masturbation and pornography would be shameful enough for me if exposed. If my wife found out I phoned prostitutes or looked up their advertisement webpages would she believe me that it was just for an outlet of fantasy? Beyond that I also fear continuing to waste the blessings Hashem has given me.

I remember years ago as a soldier training to fight house to house. It is the most aggressive and dangerous form of fighting. You kick down doors, clamber up stair cases, throw grenades into rooms, and you could get shot any second. Many fall at every corner, every doorway, every stairwell, before every window. This is how my internal battle with the Yetzer Hara feels to me now. It is like when we retook Jerusalem but a few years ago. Some on this website may even remember it. I feel like I am battling now for my Jerusalem, my Beit Hamikdash. It is a desperate battle but I have no platoon, no air support, no one to cover me as I kick at the hinges of another dangerous door.

Chevrei, I have fallen many times. I read stories here of others who have too. Ironically they give me strength and hope.

Where do I end this mail? I could pour out words upon words. I leave this space for you now. Please reply. I now need your help to succeed as the stakes are too high for me to continue to stumble barefoot over broken glass.

I am here for you too. Write and I will reply.

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Re: My house to house street battle and closing facebook accounts...
Posted by worthless - 13 Sep 2010 04:36

Seven

you are a hero, I've lived for 30 years with the same dilemma. I've got the beautiful wife, the kids and my eyes are looking at every skirt that I get close to. I am new here also but I feel hope for the first time since I was 18 that I can do something about this problem. Don't give up, rely on Hashem and I am certain all of us here are there to support you. P.s. Hazak hazak and close those accounts- in the day when you are stronger.

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Re: My house to house street battle and closing facebook accounts...
Posted by oisvorf - 16 Sep 2010 18:47

Hey Seven,

I am not sure why you picked that name, but it reminded me of the pasuk from Mishle (24:16)

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The sign of a tzaddik is not one that never fell, but one that fell SEVEN (could be times, could be facebook....) and got up afterwards.

So, tzaddik, we are glad that you are with us!!!

Gmar Chasima Tova

Shmendrick

PS You might find this article regarding facebook from foxnews today interesting, as to yet another reason to avoid it:

Blast From the Past: Could Facebook Destroy Your Marriage?

By Ian Kerner

Published September 16, 2010 | FoxNews.com

The movie "The Social Network" is about to hit theaters—but is your marriage already taking a hit from Facebook?

We all know how the story goes: Boy meets girl. Boy loses girl—blah, blah, blah. Save that version for Hollywood. How about this one? Boy meets girl. Boy loses girl. Boy grows up and marries someone else. But then Boy rekindles the friendship with his former flame on Facebook—and ends up totally wrecking his marriage.

I'm hearing this real-life story more often: A tale of high school sweethearts trying to go "back to the future," only to realize they should have been content to leave those memories in that old shoebox in storage.

In the end, we're only human. We all romanticize the past, men and women alike. And no memories are more potent than those first youthful fumbblings. We tend to remember the good parts and forget the bad. Until the advent of Facebook, though, most of us were compelled to leave the past in the past and move on. But now exes of all stripes—high school sweethearts, college lovers, former hookups—are popping up on Facebook.

And I'm no exception. In the past few years, I've heard from at least three exes who wanted to be my Facebook friend or found my website and e-mailed me out of the blue. And while it's ever-so tempting to accept these friend requests, or to fire back a quick "of course I remember you" e-mail, I haven't done so. That was then; this is now. And in those rare instances where I have accepted an ex as a Facebook friend, or written back, I've informed my wife and let her read every correspondence. Not because she doesn't trust me, but because we have nothing to hide. Once you have something to hide, that's where the trouble begins.

So are you spending more time Facebooking with a former fling than face-timing with your partner? Being in a long-term relationship isn't easy. To do it well, a couple must maintain a high degree of transparency and dependability. For example, at any given time, my wife can text me, e-mail me, ping me, call me on the cell, try me on the home line, or sometimes just walk into the next room and tap me on the shoulder if she's feeling particularly energetic. It's safe to say we pretty much know each other's move, which admittedly doesn't always make for the most exciting relationship.

While relationships require transparency and dependability, sexual attraction thrives on the opposite: unpredictability and mystery. Therein lies the relationship rub: how do we share everything with our partners and yet also remain mysterious and unpredictable? By working at it, and not turning to the Internet for our thrills.

When two people strike up an e-mail or Facebook relationship, it's easy to begin idealizing each other and blur the line between fantasy and reality. An intense sense of intimacy is quickly fostered. The instant gratification of these technologies stimulates reward centers in the brain, and it's easy to find oneself craving the quick hit of an instant connection or lamenting its absence. Even without the senses driving attraction, the mind goes into overdrive and imagines that this is the perfect person and the perfect relationship. And when an ex is involved, the stakes and temptations are even higher. It's all too easy to let the past hijack the present.

Here's something else interesting: As a sex therapist, I tend to hear a lot about people's sexual habits, both when they're with their partner and when they're on their own. In terms of self-pleasuring, there was a time not so long ago when most men used their imaginations to fuel their fantasies and guys would scour their own erotic histories for "memorable moments" in order to get their fingers to do the walking. But today, the Internet offers so much intense visual stimulation and variety, and makes gratification so easy, that most men have forgotten how to use their sexual imaginations or simply are too lazy. It's like the difference between reading and watching TV.

However, men who are Facebooking with their exes and falling in love all over again are often skipping the computer when it comes to self-pleasuring and going back those potent formative memories to get themselves off. That's how strong the past is – even stronger than Internet porn!

Whether you're a man or a woman, if you find you're thinking more and more about the past, and getting to the point where you're fantasizing about what it would be like to be with that person again, it's time to unplug your computer—get back to your lover

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