

My Story

Posted by david1985 - 02 Nov 2010 02:00

I have been following this website as well as receiving the daily emails for quite some time, yet never registered to share my story until today. I am a 26 year old married and expecting our first child in early February. As long as I can remember, I have been addicted to pornography and the like. After I got married, I was clean for a little bit, but then crashed and crashed hard. This was over 2 years ago and ever since, it has been a harsh roller coaster. Sometimes I feel so strong and that nothing is in my way of being clean and its at those times when I have a tiny sense of pride that I get knocked out with a test, which I ultimately end up failing. The worst effect is on my marriage. Many times I prefer to Masturbate than even have marital relations. When I have marital relations, I fantasize about pornography and in the end I have strong guilt. I want to desperately be a good Torah observant Jew, but this is a major obstacle in my way.

On a positive note, tonight is night 8 of being clean thus far. The longest I have gone in a very very very long time. I am scared and just waiting for the test since I know its a matter of time before it comes. It gives me a lot of comfort being a part of this group.

Chazak V'Amatz!

=====

Re: My Story

Posted by Yosef Hatzadik - 02 Nov 2010 02:35

Welcome aboard!!!

Yes, the test is gonna come.

You may even fail to pass the the test.

But not **today**.

Today you will pass the test with flying colors!

What about tomorrow's test? Why not wait until tomorrow to worry about that!

(Hint: Tomorrow you will read this post & it will be **today** again. You will try for just one day.)

None of us managed to stay clean for long stretches at a time. We only pushed it another day & then another & then just one more & then.... You get the picture. It is called "One Day at a Time!!!"

'Rome wasn't built in a day', but **David** will be!

Day after day after day.

Just stick around tis forum. Post. Read. Laugh. Share.

TOGETHER we will all grow into the persons of our potential!!

=====

Re: My Story

Posted by bardichev - 02 Nov 2010 05:10

David

Keep on truck dont look where u came from

It makes no difference

Just move along!!

We are here for u

Post away!!

B

=====

Re: My Story

Posted by Holy Yid - 02 Nov 2010 05:30

Welcome. Tell you a secret. Worrying makes it less likely you will succeed.

Can you stop your self?

If not than you will loose.

If so why both?

Good question.

Answer is that when know you can't do it Hashem gives you the strength. He does it for you. You let go and He fights.

If you are confused it is ok with time you will understand.

Welcome to your second home and good luck.

Please hang our here often and tell us about your struggles.

=====

Re: My Story

Posted by jewinpain - 02 Nov 2010 11:09

Good morning Reb David, u just came in the right time, b4 u even start building ur household, u will gain so much here, after such 3 wise posts there is really not much to add, except to echo what they said, 1 day at a time, no worries, no fears, & of course no depression, those are all fuel for our struggle that set us up for failure, just surrender to hashem , he's the 1 & only to help us in this addiction, try to analyze where the triggers come from and knock them out of ur life, not easy war, but doable, a strong filter on ur PC is a must, or u will just fall back, take it slowly & make a commitment to walk 1 day at a time & whenever u feel weak, reach out to us, sharing takes off lots of weight ur brain which will help u succeed, much hatzlucha

=====

Re: My Story

Posted by frumfiend - 02 Nov 2010 11:32

Wow david you must be someone special. I dont remember ever seeing such chashuva posts and posters in a welcome. You just said hello and the gedolim of this site came in full force to greet you. My message is just be happy! Try to find joy in the presents hashem gives you. You will be so tranquil and joyfull in a serene way that you will not even look for the fake stuff

hatzlacha

=====

Re: My Story

Posted by ZemirosShabbos - 02 Nov 2010 15:23

Dear David1985,

Welcome to our community! Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up, up, up!

Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive behaviors. Did you join the [90 day chart](#) on-line? Sign up [over here](#).

Make sure to install a strong filter. It will be almost impossible to break free of this while having all the garbage within a mouse click away. See [this page](#) for one good filter option, along with instructions on how to install it best – and give away the password to our "filter Gabai"... See [this page](#) for another 20 (or so) filter ideas and information...

And that is why we created the GYE handbooks (links below). If you read them well, from beginning to end, slowly, and try to implement what you read, you will find the answers within them to enable you to completely turn your life around. **You're worth it.**

Also, join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day, and post away on this forum. You will get tons of daily Chizuk and support. This disease can't be beat alone. It works best when you get out of isolation!

GuardYourEyes also offers various free anonymous phone conferences, where you can join a group of other from Yidden, along with an experienced sponsor. See [this page](#) for four different options. Our conferences are taking place daily, throughout the week... This would be a tremendous step in the right direction for you and help you learn freedom from this addiction. Not only will you learn the secret of the 12-Steps – which is known to be the world's most powerful program for beating addiction having helped millions world wide, but joining the group will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

Let me tell you a little about the two GuardYourEyes handbooks. They lay down the cornerstone and foundation of our work, and they make our network much more effective and helpful for people.

You see, until now, people would often get "lost" when coming to our website, not knowing what tips and techniques to try. For example, a beginner wouldn't jump straight into therapy or 12-Step groups, while on the other hand, someone whose addiction was more advanced wouldn't be helped by the standard tips of "making fences" putting in "filters" etc... So it was essential to develop a handbook which details all the techniques and tools to dealing with this addiction in progressive order. Now with these handbooks, anyone can read through and see what steps they've tried already, and if those steps haven't worked, they can continue on through the handbook where the steps become progressively more powerful and "addiction-oriented".

And the second handbook, called the "Attitude" handbook, can also help anyone, no matter what level of addiction they may have. Often people write in to us saying that had they only known the proper outlook & attitude that we try and share on the GuardYourEyes network when they were younger, they would have never fallen into an addiction in the first place! So we hope that through this handbook, many addictions will be prevented.

The handbooks are PDF files, set up as eBooks, and they have bookmarks and hyper-links in the Index, to make them easy to navigate.

Note: You might want to print them out to read away from the computer. Keep in mind though, that if you do this, you won't be able to click on the many web links in the articles. But you can always come back to them later. The truth is, it's anyway good to go through the whole

handbook once without clicking on links, just to get an overview of all the tools available. Once you did that, you can start again from tool #1 and read each tool through more carefully, click the links and study each technique and assess whether you have tried it fully yet or not...

Right click on the links below and select "Save Link/Target As" to download the handbooks to your computer.

1) [The GuardYourEyes Handbook](#)

This Handbook details 18 suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. For the first time, we can gauge our level of addiction and find the appropriate tools for our particular situation. And no matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!

2) [The GuardYourEyes Attitude](#)

The Attitude Handbook details 30 basic principles to help us maintain the proper attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...

May Hashem be with you!

=====
=====