

my story.....Confessions of a Frum Internet Addict

Posted by ramatganinternational - 11 Nov 2010 17:07

What I am about to set out to you today is something that I have been longing to do for a long while. I wanted to catalogue my feelings and thoughts about a matter that has been directly effecting my life for well over the last decade. You may ask why I haven't done so yet. The answer for this question is oh so simple. Immediately after this year's Rosh Hashanah 2010, I did something that I have been meaning to do for many years. I freed myself from the shackles of the Internet. When I say 'freed' I mean to say that I got to grips with my heart and soul and installed Covenant Eyes on my computers with all the added filters etc.

Ok, a little about who I am. My name is Yechezkel, I am 33 years old. I live in Jerusalem - Israel where I have a family of 6 Bli Ayin Hara. I run a successful business from my office in Ramat Gan. I am from England originally and have been living here for the last 9 years.

I come from an extremely frum family – all my siblings besides my brother with whom which I share the business with here are either in Kollel or klei kodesh. I was brought up and educated to the highest standards of both yiddishkeit and frumkeit.

I was lucky to have been partnered with the most wonderful wife and seeing as her family lived in Israel we decided to settle in Israel.

The internet emerged on the worldwide scene during my teens and developed at a fast pace during my early married life. Whilst maintaining a settled program of learning before Shachris and in the evening as well as earning a trade during the day – I was the typical frum ba'al haboss, living a relatively comfortable lifestyle, bringing up my children and infusing in them the rich heritage that both I and my wife received from our parents. My advice was regularly sought on a wide range of communal matters. I had become an askan in my circles and my stature in the community was one of respect. I was proud of my family and looked on with deep pride when my parents and in-laws visited us. I knew they were proud of me at what I had achieved.

This image I had constructed was all but a screen – a fa?ade of who I really was and what my inner being and soul really looked like. In truth, I was well and truly addicted to the internet and all its terrible associated family. Yes I was able to put on a front as a normal frum man when it came to life away from my computer screen. Yes I was able to preach to my children and portray an example of how a frum Jew should behave, yes I was able to learn the Daf day in day out, but behind all this a lustful and dark man lived. It was a clear case of split personality. Away from my computer I lived the life as depicted earlier on but once I was under the spell of my computer and the internet, I transformed into an animal – yes an animal I am ashamed to say. I will not delve into what I got up to and what I spent time watching on the internet but suffice to say I was addicted to it and it ruled my life, my heart, my brain and most of all my soul.

Year after year resolutions came and went in Elul, year on year I wept through T'fillas Zakoh and klapped the al cheits with every intention to make the coming year a one that removed me from the world of the traps that lay in wait at the end of my fingertips as I typed addresses in my browser. But year after year the temptations were too great, too tantalizing to refuse. I had to feed my addiction I had to nurture my lust and satiate my appetite for everything that is immoral.

It wasn't long before those good intentions and resolutions were lying discarded in the garbage.

Life events and simchas came and went with me posing as the perfect family member and mentch whilst in essence I was putting on a show. I was putting on a show that I had perfected over the years – that of total fakery and deception. After all how would anyone ever find out? How would anyone know? Why did they need to know anyway? What difference did it make to them anyway? I motored through my life watching the world go round and making excuses to myself on how to justify my actions thus allowing me to somehow have a clear conscience of what I was doing - I guess one of the hallmarks of an addict.

This is not the platform with which to describe how the internet is the perfect tool of being able to realize one's fantasies behind a screen of total anonymity. The purpose of this script is both for me to read back and draw strength from as well as for others to read and maybe relate to.

Why now? Why did I do this life and soul saving action of allowing my internet activity to become accountable to a third party? I would compare it to that of a smoker that wants to stop but simply finds the habit and addiction too powerful to take the plunge. On many occasions I made inroads in downloading the software but never took the final most telling step. I always bottled it at the final hurdle. Then one day a couple of months ago right after the Yomim Nora'im, I was about to revert to my usual weak self when I witnessed a terrible accident in Jerusalem. I was due to catch an early morning bus to take me to work but missed it because an elderly yid asked me to help him with his large suitcases. I sat on the bench next to a cute toddler and his parents and busied myself on my blackberry whilst I awaited my next bus. Then, in a flash, the child ran into the road and was hit by a large truck head on. He flew into the air and hit the ground with a sickening thud. It was clear that he had been killed instantly. His parents' cries were heartbreaking. Hatzala just took one look at him and covered his head with a blanket. Everyone there was in total shock. I had never witnessed anything of this nature before. It was a scene that I wouldn't wish on anyone to have to witness, a young cute child being killed in front of his dear parents' very eyes. A tender neshomoh that surely had so much potential to fill – and now extinguished just like that.....

So there I was, mouth agape, clutching my blackberry and briefcase almost in a trance. Why did I have to witness this? Why did I have to miss my bus? Why did the alter yid ask me to help him when there were so many others on the street he could have asked?

I decided that all this was for a reason. It just had to be.

I arrived in my office and did the one thing I had wanted to do for so long. I somehow felt that Hashem was telling me that if this wasn't a wakeup call what is? I installed Covenant Eyes on my computer and set my accountability partners – my wife and father! They would now have full knowledge of what I was browsing on the web.

This was two months ago and now – 2 months later I am a changed man. I have rid myself from my addiction, an addiction that I had so much reliance on previously. I have changed in every way possible – spiritually, mentally and most importantly I am facing the world whilst portraying a true image of who I am. No longer am I hiding behind a smokescreen. No longer do I have those feelings of guilt and shame. Incidentally, my business has thrived and new revenue

streams have been realized – some leads coming from sources I would never have thought were possible.

Why am I writing this? I know that there are many frum men out there that find themselves in similar situations of Internet entrapment. I know that many of you can relate to how I was able to live a life of a split personality – a normal frum yid and that of a cyber animal. And yes, I know many of you out there will agree that whilst all our actions are continuously recorded and monitored by Hashem and we are ultimately accountable to Him, when it comes to the Internet it's a different story. The internet allows your every action to be shrouded in secrecy and this format allows you to push the boundaries further and further safe in the knowledge that no one meaningful will ever know. It's a modern day invention that has become part of our lives and facilitated every yetzer harah and made it all so easy and possible.

But if your best friend knew or your wife was aware of what websites you visited and they saw you every day would you do what you previously were on the internet? No!

I appreciate that it should never have come to this and I pray that the poor child didn't have to die so that I should have to learn this lesson. I should have known and imbued within my heart all along 'hakol goloi ve'yaduah lefnei kisei kevoidecha' and I shouldn't have to rely on the knowledge that my wife and father are aware of my internet activity. But I also know that You will be proud of me for what I did and in effect 'mitoich shloi lishmah bah lish'mah'.

It has brought me closer to You and allowed me to relate to Your Torah and made davening to You such an enjoyable experience. I have done something that has changed my life forever, something I never thought I'd have the courage to do. I feel cleansed and free to get on with my life and face the world with a clear conscience. Thank you Hashem for giving me the strength to make this move and I ask You to help me on my path to be able to serve You with a pure heart.

Thank you all for reading this. May Hashem help us all in our avoda of serving Him with Yiras Shamayim, with purity and sanctity and may we all be zocheh to His brochos in good health ad me'ah ve'esrim shana.

Yechezkel

=====

=====

Re: my story.....Confessions of a Frum Internet Addict
Posted by laagvokeles - 20 Dec 2010 17:57

kosher, very nice!

=====

=====

Re: my story.....Confessions of a Frum Internet Addict
Posted by frumfiend - 20 Dec 2010 18:15

I think he is cured. He is just mixed up with a regular taava and a addiction. This site can make normal people think that they are addicts. Dont forget only dead people dont have taavis. Hey ramat maybe for you better not to hang around.

Again i am only saying another tzaad. Only you can know the truth about yourself.

=====

Re: my story.....Confessions of a Frum Internet Addict
Posted by laagvokeles - 20 Dec 2010 18:23

frumer so truth what you say about that there is healthy ppl also here (dont know about ramat gan)

by the way from the way i wright (koisev) you learn that i am a addict more than ramat gan?

yes? why

frumer im waiting for an answer

=====

Re: my story.....Confessions of a Frum Internet Addict
Posted by bardichev - 20 Dec 2010 18:27

Ramat Gan please send me a PM

=====

Re: my story.....Confessions of a Frum Internet Addict
Posted by ramatganinternational - 21 Dec 2010 15:55

frumfield,

i cant keep away from this site as its the only place in the world where i can be myself in as much as telling you guys exactly how it is. and yes, im an addict - we all are to some extent. ive cured the root of my problem - free internet access - now im moving onto the 2nd phase which is getting used to it all. its tough and i never knew it would be so tough. but im gonna have to slog away at it and hopefully it'll get better with time.

so to ur suggestion of keeping away from this forum - a resounding no! but i see ur point.

oh and by the way - this forum is all about being truthful - yes about ourselves and im telling you the truth.

=====

Re: my story.....Confessions of a Frum Internet Addict
Posted by ur-a-jew - 21 Dec 2010 16:26

[ramatganinternational wrote on 21 Dec 2010 15:55:](#)

and yes, im an addict - we all are to some extent. ive cured the root of my problem - free internet access

If as you say you are an addict, then the root of the problem is not "free interent access." The root of the problem is that we are addicted to lust. Free internet access is just an outlet where we find expression in the problem. B"H you have taken the step to cut of that access, a major step in breaking free of an addiction. It would be a mistake to think of yourself as "cured" as I think you are seeing as you stay away from lust longer. One thing you may want to consider is a 12-step program which will help you get to the "root of the problem." Continued hatzlacaha.

=====

Re: my story.....Confessions of a Frum Internet Addict
Posted by ramatganinternational - 21 Dec 2010 16:33

ur a jew,

thanks for that! ur right, every man was created with the power to lust - obviously to be used in the right circumstances. but in this degenerated age of technology, i along with thousands of others have/had resigned to the outlet being the internet.

Yes, i did take a big step in doing what i did and i know that ultimately for ME personally that was the turning point in my life. so in fact - that item of my problem was solved but ur right in saying that i havent cured 'my problem'.

much love

yechezkel

=====

Re: my story.....Confessions of a Frum Internet Addict
Posted by gevurah - 23 Dec 2010 08:29

The Y'H takes on various forms (Y'H=Soton=Malach Hamoves+++)

the treatment is lifelong avoiding nisyonos

as well as filling one's life with positive things

mitzvos, torah, simcha....

despite the difficulties we have alot to be makir tov le'hashem

maybe that is the root for success TOV L'HODOS!!!

=====

Re: my story.....Confessions of a Frum Internet Addict
Posted by bardichev - 23 Dec 2010 12:20

RG

That's where the great simplistic idea of keep on trucking comes is

It makes no difference

All these long winded debates

YH,addiction,lust,ocd,bla bla blaaa

Just don't do the act

Keep on trucking!!!

B

=====

Re: my story.....Confessions of a Frum Internet Addict
Posted by ramatganinternational - 23 Dec 2010 12:47

Bard and Gevurah,

thanks alot for your messages. Yes! u are right like you said its a combination of things that assist us from acting out and i agree that there is little benefit in debating the matter.

maybe its a bit like a fellow who is lying on the ground having difficulty breathing. we all know that the best and only solution is oxygen - its a no brainer. but there are many different ways in which the oxygen bottle can make its way to him. by car,by helicopter,by bike etc etc or - by person by form of mouth to mouth - the kiss of life.

of course there's the simple 'just dont do it' solution but getting to that stage takes alot of strength. this strength can be acquired throught the various methods as already discussed above i.e learning,praying etc etc

hope you get what i'm trying to say!

much love

Y

=====

Re: my story.....Confessions of a Frum Internet Addict
Posted by ramatganinternational - 26 Dec 2010 23:31

hi all,

just wanted to say that i had an incredible opportunity to something REALLY REALLY bad today. A juicy yetzer horah served on a plate with gold plated cutlery but after lots of self introspection and lots of steely determination i somehow managed to fend it off.

trust me, it took asuperhuman effort, ive no idea how i did it but bottom line is, i did it.

crazy day - crazy opportunity but best possible result!

much love

Y

=====

=====

Re: my story.....Confessions of a Frum Internet Addict
Posted by an honest mouse - 27 Dec 2010 23:05

kol hakavod! kutgw (keep up the good work)!! go to bardy's pub of london and have a woodford
- you deserve it!

=====

=====

Re: my story.....Confessions of a Frum Internet Addict
Posted by bardichev - 27 Dec 2010 23:05

wood ford served in UK??

=====

=====

Re: my story.....Confessions of a Frum Internet Addict
Posted by ZemirosShabbos - 28 Dec 2010 16:34

[ramatganinternational wrote on 26 Dec 2010 23:31:](#)

hi all,

just wanted to say that i had an incredible opportunity to something REALLY REALLY bad today. A juicy yetzer horah served on a plate with gold plated cutlery but after lots of self introspection and lots of steely determination i somehow managed to fend it off.

trust me, it took asuperhuman effort, ive no idea how i did it but bottom line is, i did it.

crazy day - crazy opportunity but best possible result!

much love

Y

gevaldig!

=====

=====