

## Introduce Yourself

Posted by Stayingfocused - 14 Jan 2011 04:07

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Hey everyone! I've been meaning to do this for the longest time but I pushed it off till now probably cuz I was lacking the strength and courage for it. Well a bunch of recent events have made me realize that I have to get my act together and finally tell my tale and get on this forum! My story sounds like so many others on this site, but I feel that its good for myself to just spit it out, and mayb it'll help soomeone else too. I'm a 23 year old guy single guy who grew up in a normal, loving, frum family. I went to great yeshivos and still continue to learn full time in yeshiva. I was always a really good kid,a real goody goody, and first got into porn when I was in 8th grade, probably out of sheer curiosity. This was really shortlived though, being that I got caught by my rebbi soon after I found these websites. As I said I was a good kid, and getting caught got me scared and kept me off it for many years, till after high school. In terms of masturbating I had never even heard of it till 12th grade, and even then I didn't play around with it just cuz it didn't interest me. I went to israel for a few years and somehow there I picked up masturbating, although it was a rare occurence and wud definitely not b called an addiction. Wen I came bak from israel, I was learnin in yeshiva for a few months, but I had to come bak home for a few months to study for graduate school. And this is where my problems began...Although I was learning in yeshiva at the time, I was still home for many hours of the day and being home and bored is never a good combo. In the beginning I wud just play around on the computer, but eventual 1 thing led to the next and I wud find myself on porn sites and finishing each session with masturbating and then having that really guilty feeling and then swearing off it forever. But as everyone here knows it was only a matter of time till I was bak on those same sites. I fell for the y"h tricks every time, always convincing myself that this time it wud b different, but to no avail. And then, somehow by the mercy of Hashem I came across this site. It was a real eye-opener to see how widespread this addiction was, and also how severe it was. The countless stories of how low ppl fell really shook my core. I signed up for the chizuk emails and they really helped me out. At the time I thought that I wasn't really addicted and a simple reminder every day wud b enough for me to get over this thing. It seems laughable now how ridiculous I was, but once again the y"h was playing his tricks on me. Eventually I got bak into my habits, and it actually got worse cuz I had a full access phone wit internet, and I used that in bed before I went to sleep. This continued wen I was able to go bak to yeshiva, although it wasn't a nightly occurence being that the guilt kept me off for periods of time. Eventually after falling enough, I decided to finally sign up for a 90 day chart, thinking that seeing myself on a chart wud do the trick. For a while it did help, but without any change in myself nothin was gonna help and eventually I fell again and many times after that. This trend continued for a while, until a few months ago a few pretty bad things happened to me a few days in a row. Had they happened a few weeks apart it wudnt have been so bad, but just so many things happening like that rite after each other was crazy!! I took it as a sign from Hashem that he was really upset at me and he was makin me feel pain in other areas to make me wake up and finally change (a theme I had heard in a few chizuk emails shortly before all this stuff happened). That nite I sat down and wrote myself a letter with a few kabbalos and I decided to read it every nite before bed to remind myself of wat I had to do. B"h I can say that wit Hashems help since that nite I have been clean of porn and masturbation, a period of 94 days!! But unfortunately my story has a bit of a nasty twist and this is kinda wat made me realize that I have to get on this forum. In middle of this recent clean period I started dating a girl. We went on a bunch of dates, and as it moved along I realized that I had to tell her about my past cuz it

just wudnt b fair to keep somethin soo big from her. I had never told any1 about my addiction, not my parents nor my rebbi hu I'm really close wit, I was just too embarrassed! And I knew this wudnt b an easy thing to do either just cuz I didn't know wat her reaction wud b, and I could never find the courage to bring it up. I constantly played over scenarios in my head of how I shud do it, but I just cud never get around to it. With the help of Hashem somehow we got into a whole conversation about how I say the first 4 perakim of tehilim before bed to help for zera levatala which led into a convo about masturbation and porn. I told her how widespread it is...and I guess from seeing how much I knew about the topic she asked me the million dollar question, am I involved wit these things? I took a deep breath and basically spit it all out, knowing full and well wat the reprecussions cud b. But b"h she took it so well, she was so undersanding and impressed that I was on this site and takin steps towards recovery, knowing full well that she cudnt understand the nisayon but shed b behind me in my recovery. I felt like I had taken the biggest weight off my chest, wat a relief!! Telling her was probably the best thing I cudve done for my relationship, and honestly for me it really propelled things so much further. I know knew that no matter wat I cud tell her anything and wed b able to get thru it. And she was equally thankfull about how honest I was with her. As we went out more and more, naturally our reltionship got more serious and our feelings for each other had reached a climax. We went on a few dates where we wanted soo badly to just touch each other, and we actually had come pretty close, but we both knew that we just cudnt do that!! Our next few dates tho is where the trouble began...it all started wit sitting next to each other by a ball game, where the seats we sat in basically had us sitting up against each other. To make a long story short, at first we just decided to not touch skin on skin, but eventually everything went down the tubes [triggering details removed by moderator] We decided that we can't b like this and we had to get bak to our normal relationship, and everything seemed to b ok. So much so that our parents had actually met that day and we had a set up a date for our vort. But the next few days were basically a living hell for me. Basically she felt so guilty about wat happened that she cudnt even look at me, wat we had done had torn a a huge hole in our relationship. Its not like I didn't feel bad about wat happened, cuz I did!! But being on this site has helped me to deal wit falls, even ones as big as the ones I had just gone thru, and I knew the only way to get out of it was to learn from it and try to move on. I admitted to my parents and rebbi wat happened, altho I was so emb bout the whole thing all I cud say was that 1 nite we weren't shomer and just hugged a bit, which even that was hard to say. When I told them wat happened, I cudnt get the words out I was crying soo hard. But they helped me settle down a lot and were very understanding of the whole situation. She also told her parents and it helped her, but our relationship was kinda on the rocks. We basically took a break for 2 days and tried to get things bak to where they were. We went on a normal date again, and b"h things were moving in the rite direction, but still very far from where we were. My rebbi gave us gedarim in terms of speaking for the last week and a half and b"h it really has helped us tremendously. Also I got her involved wit gye, and she posted this whole story on the womens forum and says she's getting such amazing chizuk from every1, which is also helping us out like crazy. Today I am actually goin to b seeing her for the first time in almost 2 weeks and I hope that it will all go smoothly, cuz I really love her and I want so badly for our realtionship to work cuz I really think that this is my basheret and the girl that will help me grow in all areas of my life!! Wow that was a real mouthful but glad I finally got it out, wow am I happy to finlly join this family in person!!

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Re: Introduce Yourself

Posted by lookingforwisdom - 16 Feb 2011 22:08

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[bardichev wrote on 14 Jan 2011 17:12:](#)

LICHOL EVEN TO YOU!!

bards

How about espacialy you ,maybe this nisoyen isn't given to everyone (Kol me'chaeirow...)

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Re: Introduce Yourself

Posted by Reb Yid - 17 Feb 2011 01:38

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I bless you my holy yid that H' make it easy for you to trust His plan and realize that all of life is a blessing. may you merit long life with the girl of your true destiny and continue to build both yourself and a bayis neeman beyisroel

What a beautiful Beracha!!!

What a beautiful post!!!

What a beautiful site!!!

Nice job Confidence. I know you've earned mine!!

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Re: Introduce Yourself

Posted by Kedusha - 17 Feb 2011 17:52

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Feeling for you, Chaver. I dated two different girls "long term" (about 2 months), and both rejected me in the end. In both cases, I was very very upset. But, Boruch Hashem, I got over it, and I met my Bashert after dating around 20 girls over about 2.5 years. In retrospect, I am very very happy that the earlier girls rejected me, because I didn't have the experience (or seichel) to reject them.

Not that everything is so perfect now that I'm married - the reality is, as Rav Avigdor Miller, ZT"L, has said many times, that romantic love is an illusion promoted by Hollywood, and it basically ends with marriage (my apologies to anyone who is still under the illusion!). The romance and infatuation are necessary to get us married - otherwise, no man would give up his freedom for all the obligations of the Kesuba. After marriage it's a very different relationship. Hopefully better, but very different. As Rabbi Shafier of The Shmuz puts it: "When a couple is engaged, and the man trips, the woman asks anxiously - "are you OK?" Fast forward two years

Anyway, continued Hatzlacha, and HKB"H should answer all your Tefilos for the good!

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Re: Introduce Yourself

Posted by Stayingfocused - 18 Feb 2011 06:11

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Logically I understand that obviously wtvr ends up happening is ultimately for the best, and that somehow in hashems infinite wisdom it will all b for my good. BUT it will still b extremely difficult for me to accept the reality if the answer is no. I have a friend hu also recently went thru a similar situation where things dragged on and on and just last week she ended it. He was and is completely devastated, though hes slowly coming to accept the reality of the situation. i know how devastating itll b for me if the answer i get is a no, as much as i know its somehow for my best. Every1 in their situation probably says this, but i really think my situation is a bit different then others. My relationship is really built on way more than just hollywood feelings of romance

and all that stuff. At the time we were ready to get engaged thats probably wat it was. But we went thru tremendous downfalls and struggles and somehow we were able to get bak up and slowly rebuild our relationship and i truly believe that made it even stronger. I really feel that goin thru those difficulties and building on them has made us way more deeply connected than we were before. Weve been told that the challenges we faced brought us into reality, and the relationship weve been living has been more like a married couples' than a regular dating couples'. Wit that being said, the prospect of losing some1 hu im so deeply connected to based on ALL the things weve been thru and built upon, is terribly heartbreaking. This week of no speaking and just waiting has been hard enough, and i still have 2 more days left!! I know how hard this week was/is for me and how it affected me, and im dying to know how shes doin on the other end. I know its difficult for her too, and honestly i just wanna know that shes doin ok. I keep wanting to call/text her to c how shes doing, but i know that rite now thats not an option for me. The thought of never talkin to her again and losing some1 hu ive become closer to in 3 and a half months than to any1 else is too overbearing for me. Purim kattan is a trmendous eis ratzon to daven for anything, and im davening that things shud work out for the best which shud b wat i think is the best. But if somehow its not, then i hope i can accept this nisayon from hashem wholeheartedly and pull myself tog and try to move on as hard as that will b.

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Re: Introduce Yourself

Posted by aaron - 18 Feb 2011 14:25

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your words are mamish heartfelt and inspiring.....they remind me strongly of my recent experience. I feel your pain....

may your words of chizuk and emunah continue to inspire all who read them -- including both the author and the Author

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Re: Introduce Yourself

Posted by hopeful - 20 Feb 2011 02:36

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hello stayingfocused,

i recently have been through a similar situation and i can relate to u. i understand how u feel, as my heart has also been broken, one think i can tell u however is not to despair on wat u have been working so hard on. please do not give in to ur lust as i have and i feel like an idiot. not only is my heart broken by being dumped from the girl of my dreams, i also gave in to my

addiction. keep us posted wat is going on. we r all thinking of u and hoping for the best

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Re: Introduce Yourself

Posted by 7yipol - 20 Feb 2011 13:11

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I bless you my holy yid that H' make it easy for you to trust His plan and realize that all of life is a blessing. may you merit long life with the girl of your true destiny and continue to build both yourself and a bayis neeman beyisroel

Says it better than anything I can come with.

May HKBH help you heal.

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Re: Introduce Yourself

Posted by Kedusha - 20 Feb 2011 16:25

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As implied in my post above, I am eternally grateful to the RBS"O for every girl who turned me down, including the handful that I was very interested in.

Healing takes time, dear Chaver, but, b'Ezras Hashem, it won't be too long. During this time, it is more important than ever to take good care of yourself, getting sufficient sleep, exercise, and optimal nutrition (food and appropriate supplements). Most important is staying clean. Keep up your Sedarim in learning, and Daven regularly with a Minyan.

In summary, by being the best person you can be, both b'Ruchniyus and b'Gashmiyus, you will, b'Ezras Hashem, merit finding your true Zivug - someone who will both appreciate you and be worthy of you.

Chazak v'Ematz!

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Re: Introduce Yourself

Posted by Stayingfocused - 20 Feb 2011 21:30

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I regret to inform every1 of the terrible news, she ended up saying no. im literally numb to the core rite now, it feels like im in a nightmare and i keep pinching myself to c if this really happend. By some miracle i was able to get out of bed for shachris where i poured out my heart to hashem to pls just make this work. Pls help her realize that shes making the worst mistake of her life and she shud feel wtvr it is that she needs to feel to go thru wit this. For the past almost 6 hours after shachris ive been stuck in bed paralyzed from this whole thing. I really feel like a piece of me was taken away, and i cant move on. This reminds me of wen my grandma was really sick and i was davening by her bedside crying that she needs to recover cuz i need her, and at that point every1 was sayin i have to stop its over and as hard as it is pls just let go, but i cudnt do it. I cant let go of this either! This girl has been the greatest thing that happened to my life, and these last 3 and a half months have been truly surreal! I have learned a tremendous amount from her and i really do feel like a better person cuz of her. Shes an extremely integral part in my road to recovery, and a big reason y ive been able to stay strong is cuz i cant let her down. Throughout this whole dating process i literally gained a new best friend in her. She was some1 that i cud share anything wit and i knew that shed b rite by my side helping me along. She prodded me along in areas of ruchniyos, making me constatanly want to b better, and i owe her a tremendous amount for that. But now that its over, i feel like ive lost it all. Ive lost a partner in life hu wud help me grow in all areas of life, i lost my best friend in the whole world, some1 hu knows me thru and thru better than any1 else on the planet, some1 i can share anything wit and not b afraid of the reaction!! Wat am i goin to do now?? Weve been thru sooo much tog from all the good times to all the bad times, which were equally imp in helping us build our relationship, and now i just feel lost. I pleaded wit her for hours last nite explaining to her that shes making a really big mistake. In a situation where u have to trust ur heart vs ur brain u have to go wit the brain, cuz the brain isnt biased by any of these feelings rather it makes a clear cut decision if something is rite or wrong. In our situation we share so much and have built a relationship on very real things and that makes it very unique, and also gives me confidence that even tho her heart doesnt feel it fully now, wit engagement (which is the next level) those feelings WILL come. But all this pleading fell on deaf ears, its almost as if she made up her mind already and nothing in the world cud change that, even if it made logical sense. So now here i am, missing a part of myself and not sure how im going to move on. I care so much about her and i really hope shell b happy, and its gonna drive me nuts that i wont b able to know wats goin wit her life. Shes a really special girl, and i im still davening that she change her mind, but if not whoever finds her will b 1 lucky man. I owe her a lot for the past 3 and a half months and i really cant thank her enough. I need a lot of chizuk to b able to move, and i hope hashem will help me wit this. As hard as this is to believe, somehow this is for my best and at this very moment were not meant to b. Theres always a possibility that down the line things will change

and we can get bak tog, but if thats not meant to b than somehow i have to convince myself that were not meant to marry each other and i have to stay strong and try to pick myself up. Pls hashem give me the strength and siyata dishmaya for this.

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Re: Introduce Yourself

Posted by Me3 - 20 Feb 2011 21:48

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I'm not going to try to cheer you up, time heals all wounds, but time takes time (how profound).

But it will not be productive for you to obsess about how to convince her that she's wrong. It's much more productive to continue your life. If Hashem wants this shidduch, then at some point she will decide she is for you. The best thing is to come out of this a better person and to retain all the growth you have attained through this relationship.

All the best.

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Re: Introduce Yourself

Posted by chaimhelp - 20 Feb 2011 21:50

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I know this sound cruel but gam zeh yaavor. In a month you will look at this post and laugh. May you find your zivug bkarov

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Re: Introduce Yourself

Posted by Kedusha - 20 Feb 2011 21:53

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Please see my post above.

It is true that the two of you might want to try again sometime down the line. But, please don't put your life on hold because of that. One girl who I was very interested in, but had broken off



after a couple of dates, sent a message through the grapevine a couple of years later that she would be willing to go out with me again. But, it was too late - I got engaged to my wife only days later.

When things are going very well, such as at a Simcha, we can let our emotions take over. But, at times of difficulty, it helps to try to think rationally and not emotionally. Take time to heal - following the tips that I suggested above. May the healing come quickly, and may you find your Bashert very soon!

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Re: Introduce Yourself

Posted by Rising Up - 20 Feb 2011 22:15

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I am in no position to understand the gravity of your situation . However, I would like to emphasize a few certain points that you can perhaps draw some inspiration from. If you read my own my posts and specifically [this one](#) you will understand what I mean when I say that I have to give *you* the ultimate thanks for my progress over the past 3 weeks. It was this sentence

[Stayingfocused wrote on 14 Jan 2011 04:07:](#)

With the help of Hashem somehow we got into a whole conversation about how I say the first 4 perakim of tehilim before bed to help for zera levatala which led into a convo about masturbation and porn.

that you wrote on this forum that gave me the advice needed. Out of all the very helpful advice that I received on this matter, I chose to heed this one. I have to announce that bli ayin hara I have not, for the very first time in my life, suffered from this problem for over a month. Thank You!

Never before did I have the comfort going to bed each night knowing that I had extra Shmirah. To be truthful I did not even remember that I had seen it on this forum. It was only after you posted this afternoon did I decide to go back and read your original posts so that perhaps I can glean something to give you some comforting words. I did not expect to see this sentence once again when I went back to read your posts. Thank you so very much.

Perhaps it is was this conversation that you can point to and say; "Here was where the end of my relationship with her started to end." Me, what do I say? "Thank you Stayingfocused for giving me the opportunity to begin my life anew, every single day."

My blessing to you is that one day you shall look back upon this point in your life, and view it with the same measure of blessing as I do.

Rising Up

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Re: Introduce Yourself

Posted by ben durdayah - 20 Feb 2011 22:22

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I feel for you my friend.

But b"h you got out of bed and davened shacharis -good for you.

Just remember, that all the growth that you've experienced over the past three and a half months **is yours -and it's for real.**

On the other hand -even if she was a big part of that growth -you will have to accept the fact that if she is not your basherte, as much as she was part of your life, she is not anymore. Any thoughts of what could have/would have been **are not reality**. You have to be very careful with this, because by dwelling on these kind of thoughts **you will *chalilah* be silly-putty in the YH's hands.**

I know that this is abrupt and may sound coarse, but you can't let the healing hurt you more than the hurt itself.

When we have a sense of loss, the YH tries to use that to his advantage and convince us that we can fill the void **his** way.

But you -yes you -know better, you can fill the loss **His way...**

May Hashem give you the strength and wisdom to pull through this, as difficult as it is -He creates the nisayon, He can give you the strength to pull through.

You have my sympathy (*even though this post might sound a bit callous*),

E.ben Durdayah

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