

## 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 undertsanding 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 7yipol - 26 Mar 2011 20:19

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SF, since your ex IS on GYE, I do not think it appropriate to be sharing anything about your new relationship here on the forum. All future girls deserve basic privacy and respect and would have every right to be very upset if they knew you were sharing personal things (like their dating life) with others who know them.

Perhaps all future posts should be confined to direct addiction issues *only*. Basic mentchlikite in my opinion.

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Re: Introduce Yourself

Posted by Reb Yid - 27 Mar 2011 05:19

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I felt the same way. My wife is on the spouses forum, and when she mentioned that she knows his ex from that side, I had the same thought. I didn't want to post it because I wasn't sure how to say it without hurting his feelings. But as usual, you did it admirably well. So i will just agree with you.

Hatzlocha!!!

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Re: Introduce Yourself

Posted by 7yipol - 28 Mar 2011 07:04

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Post from your ex; brought over from the 'other side':

thank you mom and reb yid for saying your share on the other side. as much as it killed me to read it i couldnt stop myself from checking up. i appreciate you taking matters into your own

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Re: Introduce Yourself

Posted by Reb Yid - 28 Mar 2011 17:26

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Hey Mom,

Thanks for delivering the message.

I would send one back, but she can probably read it here herself so:

You're welcome!

May Hashem help you both to find happiness and contentment in a Torahdige way, Bekarov!!!

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Re: Introduce Yourself

Posted by Stayingfocused - 01 Apr 2011 02:41

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This is the first time I've been on the forum in a while, partially cuz my life never ceases to get more complicated and crazy, but also cuz I was hurt by wat some ppl said here(I think u know hu r). Ill start by saying that wen and wat I post here is to help me wit difficulties I'm goin thru. My story started wit lust issues and grew into something that is very removed from those issues, and essentially has nothing to do wit this site. But I was too stuck in my story to find a way out of posting about it, esp cuz posting here helped me. I agree that at this point posting about my future dating stuff doesn't have a place here, altho I'd like to believe that if it had to do wit lust stuff then no1 here wud have a problem wit that. My intention was never to share things about other ppls lives, but honestly if no1 knows hu they r y does it make a difference?? Y is it different then a guy posting about his struggles wit his wife, which she very well may not know that he's posting about? In the particular situation I was posting about it prob wasn't fair cuz I told my ex hu it was so she wudnt b hurt if she found out, but for future stuff if I need the help is there really something wrong wit posting about it if no1 knows hu it is? And also I'm not sure if there's anything to do bout this, but I feel like its not very fair that every woman can read exactly wats goin on here and I have to b careful not to say certain things cuz of that! If my ex didn't read everything on my forum wud any1 have an issue wit me talkin bout these things if I needed the help for it? Believe me I'm very sensitive to her feelings and the last thing I wanna do is hurt her feelings, or any1 elses for that matter, and I'm sorry if the things I said here hurt her. But mayb they shudnt have access to wat we say the same way we can't c wat they say?! I understand the reason for us not being able to read their side cuz its a possible trigger and we

can't afford that, but y do they need to c our side? I feel like I can't say everything I wanna say and fully express wat I'm feeling cuz of it. Even in termss of lust stuff, I know if I heard that she was struggling wit lust or even worse c"v fell I wud feel terrible, so mayb I shudnt even talk about my struggles cuz shell prob b reading wat I write here and will b pained!?!?

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Re: Introduce Yourself

Posted by Reb Yid - 01 Apr 2011 02:59

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To be honest with you, I agree with you to some extent. If your ex was not on the site, and/or was not able to see what was going on by the men's section, it would not be nearly as bad for you to be posting your story over here. It has bothered me in the past as well that the women can see what is going on over here on this side. There are many spouses who are on that side, and may be hurt or negatively influenced by things they read on this side.

That being said, I still believe that any updates not directly related to GYE type issues, will possibly be viewed by many as off topic and not belonging. In a strange way, they may even be triggering to those who may have more vivid - or warped - imaginations. So please continue to come here and post for support. We are all here to help - yes, even Rage - but it would be more beneficial for all of us, you included, if you kept it on topic as much as possible.

I am Davening for you, and I wish both you and her nothing but success and happiness.

If I have offended you in any way, I sincerely ask for Mechila.

Hatzlocha!!!

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Re: Introduce Yourself

Posted by OIZER47 - 01 Apr 2011 03:19

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i am known to the people around me as a good yingerman but im hiding a big secret im addicted to porn and movies i can hold myself back for 2 weeks but then i fall straight to sheal tachtis i need help i have a strong will to get out of this mess im new to this system please if

any one can give me chizuk to fight with all my might please reply thank you klal yisroel

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Re: Introduce Yourself

Posted by Kedusha - 01 Apr 2011 03:29

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Welcome, Oizer.

As per my PM, please start a new thread on this board ("Introduce Yourself"). You should then receive an official GYE welcome by sometime tomorrow.

Kedusha

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Re: Introduce Yourself

Posted by Dov - 01 Apr 2011 04:07

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[OIZER47 wrote on 01 Apr 2011 03:19:](#)

i am known to the people around me as a good yingerman but im hiding a big secret im addicted to porn and movies i can hold myself back for 2 weeks but then i fall straight to sheal tachtis i need help i have a strong will to get out of this mess im new to this system please if any one can give me chizuk to fight with all my might please reply thank you klal yisroel

I will send you a PM (personal message) that will appear in the email address you gave GYE when you signed up. I sympathize with you, chaver, but what I need to say is not for the forum..

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Re: Introduce Yourself

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Posted by the.guard - 04 Apr 2011 18:21

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[Stayingfocused wrote on 01 Apr 2011 02:41:](#)

I feel like its not very fair that every woman can read exactly wats goin on here... mayb they shudnt have access to wat we say the same way we can't c wat they say?

In the coming months, the men and women will have total separation and the women will not have anymore access to read the men's side.

This is based on a new registration system we are building. See Comment #53 on [the Lakewood Scoop article here](#).

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Re: Introduce Yourself

Posted by Yosef Hatzadik - 05 Apr 2011 21:40

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[guardureyes wrote on 04 Apr 2011 18:21:](#)

This is based on a new registration system we are building. See Comment #53 on [the Lakewood Scoop article here](#).

.... or Comment #1 in [REDESIGN STUDY](#).

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Re: Introduce Yourself

Posted by Stayingfocused - 13 Apr 2011 04:13

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I was hoping that I wudnt rly have to come bak to this forum cuz I understood that its not the place to discuss my girl issues and I wasn't having trouble wit lust related issues, but unfortunately I'm bak :-( and ill explain..The past few weeks have been pretty hard for me wit all the dating issues I was goin thru and lots of ppl who I'm very close wit getting engaged by the dozen. I got pretty depressed and sad from all of it, and it was the perfect oppurtunity for the y"h to start playing around wit me. My sadness coupled wit the boredom that comes wit the infamous bein hazmanim mode was a recipe for disaster. I never made it thru a bein hazmanim in recent yrs without falling many times, but I thought that this time wud b different. I have been working on myself for the past few months and b"h I was able to stay clean from p and m for 187 days except for 1 slip. I knew that no matter how long I wud stay clean its never safe from the y"h and I figured he was waiting for the rite time and I wud just have to prepare myself and b ready for him wen he came. For the past week and a half I had numerous lust attacks and b"h I was able to pull thru witout falling, altho I did slip up once or twice. That was all until yesterday :-( the whole day I was feeling tremendous lust attacks and I came rly close to acting out twice but I managed to stop myself before I rly did anything. Luckily I was also out of my house the entire day, but that didn't change how I was feeling. I was experiencing those feelings of wanting to use p and m to help me forget my pain and suffering for a bit, and they just wudnt go away. Wen I got home I cudnt rly contain myself anymore and I started to google image some things. To make an all too familiar story short, one thing led to the next and before I knew it it was all over. Needless to say I felt so low after I fell and messed up my count, that I ended up falling again a few min later. I came to realize tho that my count isn't the imp thing, rather its about maintaing a manageable life every second, and the fact that I fell is in the past and I have to pick myself up and stay clean for this second! I'm obv rly upset wit myself that I let myself fall for the y"h stupidity and I cudnt stay strong even tho I knew how much I wud regret it, but I'm doin much better now and I know I have to get stronger and move forward once again! I'm glad I'm bak here,altho in hindsight I wish I wudve spoken up wen I was feeling the lust, and iy"h wit hashems help ill continue on this journey and become even better from this fall!!

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Re: Introduce Yourself

Posted by Eye.nonymous - 13 Apr 2011 07:41

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Hello Staying Focused,



I haven't read your entire thread, just the beginning and bits here and there.

I am impressed that you are seeking professional guidance, and I am also impressed that you keep returning to the forum.

If there is anything you need to keep private from the women's side, just send a PM to some of your more trusted GYE fellows.

--Eye.

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Re: Introduce Yourself

Posted by Reb Yid - 13 Apr 2011 17:51

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I agree with Eye.

You have the right attitude, and are on the road to complete recovery. Every road has a few potholes here and there (unless your in NY which has an occasional strip of road w/o a pothole!) and falling, while not pleasant, is par for the course. Keep up the fight, and you are more than welcome to PM me anytime if necessary. I usually respond within 24 hours. You can also post in here: [www.guardyoureyes.org/forum/index.php?topic=763.0](http://www.guardyoureyes.org/forum/index.php?topic=763.0)

It's in the Break Free Forum, titled "I'm about to fall".

Hatzlocha!!

Stay Strong!!

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