

Home of Gibbor120

Posted by gibbor120 - 18 Aug 2011 21:06

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Hi,

I introduced myself, not long ago, [Here](#). But I have grown since then, and have outgrown my small house in the "Introduce Yourself" part of town. I am a Jr. Member and soon will be a "Full Member" IY"H, so I decided I needed to build a new house in a new neighborhood. I looked around at different neighborhoods and saw some spectacular houses in "Wall of Honor". I see that [Zemmy](#) and [Bards](#) have built here among others, so I decided to plant myself here as well. I will hopefully build some walls of honor myself, and continue to make great friends along the way.

I plan to use this as my main posting thread. So please come in and make a l'chayim, or enjoy some chocolate babke and fresh brewed coffee, or just stop by to say hello.

It's a privilege to dwell among such chashuve yidden!

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Re: Home of Gibbor120

Posted by byebye - 11 Jun 2018 19:27

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[gibbor120 wrote on 11 Jun 2018 16:26:](#)

I know I haven't been around much lately, but I felt the need to post today. Friday was my official sobriety date, and I have been free from porn and masturbation for 9 years. I'm truly humbled and thankful. I never thought it was possible. Thanks to GYE, a very supportive and understanding wife, and lots of help from GYE in various forms. Especially with the help of Dov and his phone calls, and the friends I have made here.

My life has improved dramatically over the last 9 years and I am deeply grateful for that.

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Re: Home of Gibbor120  
Posted by byebye - 11 Jun 2018 21:52

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we hope youre here to stay!

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Re: Home of Gibbor120  
Posted by gibbor120 - 11 Jun 2019 13:11

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I have really been out of the GYE loop, but B"H I am doing well. This past Shabbos marked 10 . I am truly a different person than I was. Life is soooo much better. Not hiding, faking... It is really a different world. A world I didn't know could exist. B"H things are really better than ever. That is not to say I don't have nisyonos in shmiras aynayim. That is not to say that I always pass. But, in general I'm doing well. I'm able to be home alone without being overwhelmed with a desire to act out. I'm not nervous to be home alone. I haven't crossed the red lines that define my sobriety.

I really owe a lot to GYE, and to all the wonderful people on this forum that helped me get to where I am today. Especially Dov. His phone call and his participation in this forum was probably the single biggest influence to help me become the person that I am today.

There was a time that I couldn't imagine living sober. Now I can't imaging living otherwise. It is a nervous, tense, miserable existence that I don't ever want to return to.

I thank the RBS"O for bringing me to this day and for helping me every step of the way.

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years of being sober. *That* is a sobering thought

Re: Home of Gibbor120  
Posted by the.guard - 11 Jun 2019 23:21

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Amazing. Mazal Tov!

I just happened to see in the Zohar today about "eizehu GIBOR, hakovesh es yitzro" - that the Yetzer Hara is like an animal... To those who struggle, he is like a snake or lion who tries to kill us, but the Tzadikim ride the Yetzer Hara like a donkey and don't have any major struggles with it, they simply ride it and it does their bidding.

May you be zoche to always be a GIBOR riding the donkey!

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Re: Home of Gibbor120  
Posted by gibbor120 - 21 Jun 2019 14:04

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I haven't even found the donkey yet, much less riding it. But, having less fights with lions and

Thanks for your post. It is quite a thrill to have the guard come b'kvodo u'veatzmo to my "home".

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Re: Home of Gibbor120  
Posted by gibbor120 - 08 Jun 2021 14:02

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Today marks 12 years since the day my wife caught me looking at porn. It is still the best day of my life. B"H, from that day forward I have been sober from porn and masturbation. It hasn't been an easy road, certainly not at the beginning. Actually, it felt like hell on Earth.

Little by little things got better, at first by sheer willpower (which would not have lasted because we all know that willpower alone cannot do the job). Then, some time later, I found guard your eyes. It literally changed my life. I'm not one to throw that cliché around. I do mean it very

literally.

Where am I now? I'm going on a bit of a tangent, but I'm bringing out a point. You'll see. When I was younger, I used curse words. Lots of my friends did. It was no big deal. Occasionally, a word would slip from my mouth when I didn't intend it to (like in class). As I got older, I changed my speech. Now, it seems disgusting to me. I can't imagine uttering those words even by mistake.

I feel similar about my struggle with porn and masturbation. It was so normal and I was so obsessive. It was part of me. Over time, and struggle, and honesty, and humility, (and humiliation as the initial catalyst.) I really feel like a different person. I have been working from home since the start of COVID. I'm at home for many hours by myself working on a computer. Bli Ayin Hora, I haven't felt that "pull", that almost irresistible urge to act out. That is a far cry from when my wife would leave to the grocery store, and I would have almost no bechira to run to the computer and feast my eyes on forbidden images.

The change runs far deeper than that though. As you all know, acting out is the "solution", not the "problem". I had a lot of insecurity and perfectionism (you can check out Dr. Sorotzkin on that topic. His analysis is very accurate IMHO.) I know that I am indeed a changed person, because my wife sees it in me. I'm a happier calmer person. I have learned to accept myself as I am (which does NOT mean that I'm not still growing.)

I feel a deep debt of gratitude specifically to THE GUARD and to DOV and also to all the people that posted on the forum or spoke with me on the phone and helped me along.

There is a sentiment that "once an addict, always an addict" and this will follow you for the rest of your life. I'm not sure I agree with that. I won't say that there aren't nisyonos. There certainly are. But they don't take over my life. They are not the obsession of my life. It definitely took a long time, but I would venture to say, that if I saw porn today, I would think it is disgusting. In the past, I couldn't figure out what was disgusting about it.

I'm not saying it wouldn't affect me or that I would not be nichshal. "Al taamin b'atzmicha ad yom moscha" applies here more than anywhere else. I don't have any illusions that I'm  
. It's just not the main focus of my life any more.

Which brings me to another point. I used to post A LOT. Just look at my numbers. I think I'm in the top 5 or 10 all time, and I haven't posted regularly in several years. Every once in a while, I feel guilty. I should post. I can potentially help people, but for some reason, I find it hard to do, but I'm not sure why. This is really a question for those that don't post anymore. It's like the Rebbi who give mussar to those that don't attend the mussar shmooze. I'm asking the wrong group.

Perhaps I'm just burned out, or don't have patience any more. I wonder if it's because I feel like I've moved on and it's hard for me to discuss things that I'm better off staying away from and keeping off my mind instead of constantly posting. I certainly have more than enough material for anyone to read if they would like to read about my journey.

. At least on my sobriety anniversary, I like to pop in and say hello. The point of this post is NOT to toot my horn. That would be entirely counter-productive. My main point is to express my hakaras hatov to all the aforementioned people, but even more so to Hashem, who's hand has been guiding me and has brought me M'afeila leora, from shibud to geulah and has given me the help and the tools. My other point is to hopefully encourage this holy chevra. I acted out for more than 20 years. I was definitely obsessed if not outright addicted. Things can change. It takes time. It takes effort. It takes trust. It takes humility. But, things can change.

NEVER EVER GIVE UP!

Love,

gibbor

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Anyway, enough rambling. Maybe I'm trying to fit a years worth of posting into one post

Re: Home of Gibbor120

Posted by chosemyshem - 24 Mar 2025 16:17

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[gibbor120 wrote on 25 Oct 2012 21:54:](#)

In OM's Personal Recovery Plan thread here:

[www.guardyoureyes.org/forum/index.php?topic=4302.msg143039#msg143039](http://www.guardyoureyes.org/forum/index.php?topic=4302.msg143039#msg143039) he states that I am sober for 1 year through SA. That is not accurate. I never went to SA. The closest thing I did was to join Dov's phone call.

B"H I have been sober for over 3 years now (1235 days).

I do feel some achrayus to share what I have done. I have gained a great deal from being here and perhaps someone else can gain from my experiences.

I was actually sober for about 2 years before finding GYE, but I would characterize those years as "the dry drunk years". Yes, I was sober, but that was mainly due to my wife finding out about my addiction (sobriety through fear). It was only after coming to GYE and learning a few things, and meeting a few people that my attitude changed my sobriety came much more easily to me. That is not to say that I don't have difficult times any more, just that they are fewer and further between, and generally less intense.

I should mention that once my wife found out, we spoke with our rav, both individually and together. It was a big help to both me and my wife. She had no understanding whatsoever how a frum person could do what I was doing. My rav helped a great deal to restore shalom.

Reading the handbook, and sharing it with my wife finally enabled us to talk more openly and honestly. My wife began to understand me (although I'm pretty sure she can never fully understand me). I began to open up to her more than ever before. (this part is tricky, and I still struggle with when and how much to share).

The first BIG thing that I learned from GYE is that I have an allergy to **lust**. The word lust is very important. I had always viewed my problem in frum terms. I was doing aveiros chamuros. My entire focus was to stop doing aveiros. Now, my wife for example is mutar to me, so I figured fantasizing about her was mutar. My entire *avodah* was in the realm of issur v'heter. Once I realized that I had an allergy to lust, I knew that lusting over my wife was the same drug as lusting over anyone else. **I had to let go of lust in all it's forms** mutar or assur is totally irrelevant - both forms are toxic for me.

I learned that my real problem was not an over-active yetzer hora. I have quite a bit of self-control, but in this area, I couldn't control myself no matter how hard I tried. My results varied, but they never lasted, and my struggle only intensified. I realized that acting out was not the problem, but rather the solution (a very bad one indeed) to my other problems. My real problem was dealing with life. Acting out was just a symptom of that problem. It was my escape route.

I learned from dov that struggling with the problem was just a way of holding on to it. I needed to "let go" of the problem.

I can't remember who pointed me to Dr. Sorotzkin's website, but that made a big impact on me as well. His articles and audio about perfectionism and sexually acting out in particular, were a big help to me. They are all on his website at [drsorotzkin.com/](http://drsorotzkin.com/). His descriptions of perfectionism and acting out fit me "perfectly" (pardon the pun).

Sharing my problems with other addicts that I met on this forum helped as well. For the first time

in my life, I could share my deepest secrets, which I found to be very therapudic. I was not alone in this struggle.

I met dov and I joined his phone call. Sharing my feelings, was new to me. I had always kept things bottled up, trying to portray an image of perfection. Letting go and admitting my shameful deeds, paridoxically, helped me to let go of the shame and come to acceptance. That is not to say that what I did was ok, but that I could live with myself and move on. I could accept that Hashem loves me unconditionally, and that he is here for me. I don't have to "pretend" to be perfect. Hashem loves me with all my imperfections, many of them were given to me and were not a result of my bechira at all. I am not saying that I don't have an achrayus to fix them. Only that I don't have to feel ashamed that I have them. I only have to feel ashamed if I don't care enough to do something about them. (incidentally, this is one of the messages that my rav conveyed to me and my wife.)

I'm sure there is more for me to share, but this is what comes to mind at the moment.

I just want to make a final point about this forum. I was a great outlet for me, but it seems to me that most of the people who are in real recovery "graduate" from this forum at some point. It is a springboard to learning new ideas, and new attitudes. It is a way to meet people who we can share our struggles with, but ultimately, it is the *real* relationships that make a difference. Posting here can be (and is in many cases) an escape from real life as well.

I do beleive in levels of addiction (although I know dov does not - *you are either pregnant or you are not*). Different people need different things, but if you are constantly struggling despite posting on this forum often, perhaps you need something more, something real. I don't believe people recover from being on this forum. I do beleive it can be a springboard to recovery.

I wish us all hatzlacha each and every day one day at a time.

Love,

Gibbor

Hall of fame post right here

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