

1st time - my story

Posted by jack - 10 Sep 2008 21:12

this is my 1st time posting, but i've been in contact with eyeguard and elya k already. so, here goes...

when i was 11, i had my first orgasmic experience. i am now 49. since that time, i've been unable to stop with that activity. the pleasure involved was so intense, that i was hooked. i did it every chance i could get. there were no other people involved, just myself. my friend and neighbor had all this stuff- movies, books, etc. i was not brought up in a religious home, and even my father had stuff. when i became 18, i attended the x-rated movies. for the past 38 years, i've been unable to stop. somewhere around when i was 18, i became religious - but i couldn't give this up - it had become an addiction. 2 weeks ago, i was looking at theyeshivaworld.com & found the popup for this site. i went in and found the most unbelievable thing i've ever seen - religious Jews talking about their sexual addiction. i couldn't believe my eyes. i wrote to [eyes.guard](#) & he wrote to me to post my story. i didn't want to at first, but i agreed to finally post it. i called the phone line last week, and spoke to elya k. i have since called him privately. if anyone thinks they can kick this addiction by just reading the shulchan oruch, you are mistaken. it is too powerful an addiction. you need support from caring people, who will not judge or criticize. you need people who understand your situation and are willing to help. these are the people i found on guardyreyes.com. if you are reading this, chances are you have a sexual addiction. if you do, you must heal! it is very important to get rid of this addiction, forgetting about halacha for a second. addictions are harmful, which may very well be the reason why halacha does indeed forbid it. halacha is for our protection - it is out for our good. but we won't listen to halacha if we have an addiction. i am amazed at what lengths the people go. more later jack.

i don't have internet at home, so i do this from the library and i only have half an hour at a time. and i wouldn't write this from work, where they might monitor what i write. so last week i was on the phone conference and the counselor on the line said that if someone goes for 90 days without a slip - this creates new neurons (right word?) in the brain. so, i believe her, and i'm shooting for the 90 day period of abstention. i am on the 8th day without a slip. i talk to [elya k](#), who is a lifesaver, without him, i couldn't do it - it is much too difficult. if i know that i am going to speak to him that night when i get a chance, i can wait, and i put off my acting out. if he wasn't there, i would not be able to hold it in. thanks elya k, and thanks eyeguard for starting this. caring for fellow Jews is what we're all about - and these people take this obligation very seriously. imagine saying al chayt shechatanu lifanecha bevidas znus, and knowing full well in your heart that you're not going to stop, not because you don't want to, because we all want to do the right thing. the reason we can't stop is because it's an addiction. and the only way to stop is by knowing there are people that care. and so far, this has been what has kept me for 8 days, after 38 straight years of succumbing to temptation. i am shooting for 90 - maybe she's right.

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Posted by Mevakesh Hashem - 26 Nov 2008 15:10

Posted by Chasdei Avos - 26 Nov 2008 17:45

Posted by jack - 01 Dec 2008 13:00

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writing for the first time.guard writes me long replies, and elya and mevakesh talk to me if they have the time (after all, they have obligations, too).

there is no simcha like simcha shel mitzva.in fact there is no simcha that is worth anything other than a simcha shel mitzvah. can you imagine that the people who created and run this forum have ONE thing in mind? that is to spread the word of Hashem, and to help people who are struggling.this in itself is mindblowing.

i was glad to come back here monday morning and see people trying to vanquish the devil himself.and to see guard be himself - giving chizuk, working at this - i hope you all drank l'chaim with me today.if you didn't, i had an extra one for you. with warmest thanks to EVERYBODY - let's go vayter in shas!! jack

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Re: 1st time - my story

Posted by me - 01 Dec 2008 13:46

Jack,

Mazel Tov! You are a true Ba'al Tshuva. (Better than a Tzadik), and you have given me great chizuk. The menuval has been paid back in full!

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Re: 1st time - my story

Posted by Mevakesh Hashem - 01 Dec 2008 14:32

MAZEL TOV! MAZEL TOV! TODAY YOU ARE FINALLY THE GEMATRIA OF "TZADDIK!" MAY HASHEM CONTINUE TO GIVE YOU THE STRENGTH TO CONQUER YOUR YETZER HARA ON EVERY LEVEL. I LOVE YOU MY DEAR BROTHER, YOU MAKE ME PROUD TO BE A JEW!! YOU HAVE NO IDEA HOW WHAT YOU DID HAS HELPED ME AND COUNTLESS OTHERS PERSEVERE IN OUR OWN BATTLES!

CHAZAK V'EMATZ!

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Re: 1st time - my story

Posted by battleworn - 01 Dec 2008 16:12

LECHAYIM! MAZEL TOV!!! ZEH HAYOM OSOH HASHEM NAGILA VENISMICHA BO!

This morning I went to the mikva, and I dipped an extra time to be mekabel the special kedusha of this great day, the day that the holy tzadik jack was zoche to crown the Rebono Shel Olam with such a special and rare crown. Then I was walking to shul and I got an urge to upgrade my shemiras einayim to a higher level in honor of this great day and this great tzadik.

I noticed on a luach that today was already a very special day. It was on this day that Zecharia Hanavi had a very encouraging nevuah about the final geulah, may it come speedily. Rashi in the Gemoro says that this was the last Nevuah that there was.

I had an interesting thought that I want to share with you. Today we read Vayetzei Yaakov. We can read it "Jack went out" (I don't know if your name is yaakov, but at least over here it is) mibeer sheva can be understood - from the well or pit of captivity. Vayeilech charana- and he went on to becoming a ben chorin- a free person. And then it goes on to say that he saw a ladder that starts from the ground, which of course alludes to lowly taivos. But the top reaches the sky - the highest madreigos. And then Hashem says "Don't fear!!! I will always be with you!!!

JACK! HASHEM LOVES YOU!!! (and so do i!) KEEP RISING HIGHER AND HIGHER!!!! YOU ARE BRINGING THE GEULAH!!!!CHAZAK VEEMATZ!!!

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Re: 1st time - my story

Posted by the.guard - 01 Dec 2008 16:15

MAZAL TOV, MAZAL TOV!! I am sure all the Malachim in Shamayim are shedding tears of joy. Jack, my Neshama, if I had started the whole GuardUrEyes network just to help such a holy and sincere Jew like you, it would have been all worth it!

I have a surprise for you, go to [this page](#) and scroll down to the Simcha Niggunim.

Elya and Mevakesh and all my dear brothers, warriors in arms, let us put on the Niggun above (set it to loop again and again) and let's all dance together with Jack in our hearts! Let's lead him under the canopy, like a Sefer Torah, and accompany him to the [WALL OF HONOR](#)!

The Ba'al Hasulam says that in spiritual matters, closeness and distance are not measured in miles but in "Hishtavut Hatzurah", meaning similar feelings and desires. I'm sure we all feel that we are truly dancing with Jack now!

Jack, I updated your Time-Line page [over here](#), all the way to day 90! I am sure this page will be an inspiration to many other Yidden to follow in your footsteps!

I also took your story over from the "[Determined to Quit](#)" page, to the [RECOVERY STORY PAGE](#)! Mazal Tov and may you go from strength to strength, and continue to inspire other yidden on the forum. When you have time, tell us a little about what you learned in this journey, and the steps you took to succeed. I will put this up on your story and make you a special chizuk page [over here](#).

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Re: 1st time - my story

Posted by the.guard - 01 Dec 2008 16:26

I just sat down from dancing around the room. I put on that simcha niggun and I was holding your hands jack in my mind with my eyes closed, and we were dancing.

Tomorrow I will buy a Lechayim for my Shul!

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Re: 1st time - my story

Posted by battleworn - 01 Dec 2008 16:37

That's a great niggun, it got me dancing and crying. I can hardly sit still enough to type.

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Re: 1st time - my story

Posted by jack - 01 Dec 2008 16:49

can you imagine how i feel inside? after being tied to filth for my ENTIRE ADULT LIFE for a period of 38 years? i'll say that again - my ENTIRE ADULT LIFE! going to the most decadent places on the face of the earth? seeing transvestites who wanted to pick me up? and then out of nowhere - this site just 'popped into' my life! can you imagine the happiness i feel right now? i wish all of you who are trying to take advantage of this site and use it for all it's worth! and it's worth a lot! dont let this site out of your sight!! (dont become addicted though, addictions are no good, even to this site). i love you--jack

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Re: 1st time - my story

Posted by Mevakesh Hashem - 01 Dec 2008 16:52

My eyes are literally filled with tears and my feet are literally aching from all the dancing! I just wrote a new post in honor of jack the Tzaddik.

Jack, the lower you were, the higher you climb when you do Teshuva! I know this personally and I know that you know it as well!

Jack, however I disagree with one thing: GET - and stay- addicted to this site!!1

Cha"Jack" V'Amatz!

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Re: 1st time - my story

Posted by me - 01 Dec 2008 17:34

Dear Reb Guard,

Yasher Koach for that unbelievable dance nigun. The Y"H was sitting on my lap when I pushed the "play" button,....and then some how he ended up UNDER my feet! And all due to Jack's holy avodah. Ahh to be free once again.

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Re: 1st time - my story
Posted by jack - 01 Dec 2008 18:18

i think i finally got that niggun on my desktop.

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Re: 1st time - my story
Posted by Ano Nymous - 01 Dec 2008 20:13

Congratulations Jack!! The fact that you have succeeded for 90 days has given me much strength. You had been a slave to this addiction since well before I was even born. If you can do it, then I can too! Keep up the great work jack!!

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