

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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Re: 1st time - my story

Posted by the.guard - 14 Sep 2008 19:57

Wow, that IS a great idea! I will make a note to work on that in the coming days... Thanks!

Yasher Koach!

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Re: 1st time - my story

Posted by niceguy - 16 Sep 2008 15:04

jack

hang in there, we're all rooting for you.you can do it!

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Re: 1st time - my story

Posted by battleworn - 17 Sep 2008 12:43

[b]KEEP GOING JACK!!! [b] keep bashing that cruel malicious menuval

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Re: 1st time - my story

Posted by jack - 17 Sep 2008 15:02

today is day #15. without you guys, i couldn't do it! the mitzvah of areivus is taken very seriously by these fine people. areivus is a mitzva d'oraisa. see the explanation of hanestoras lashem elokeinu. jack

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Re: 1st time - my story

Posted by Mevakesh Hashem - 18 Sep 2008 16:10

Hurray for 15 days!!!

17 days (Gematria of Tov) is two days away! and the 18th day (Chai) is right after!

26 days (gematria of Shem Hakadosh of Hashem) is a milestone you definitely want to (and can) reach! and 36 (2 times Chai, life in this world and the next) is definitely worth it!!

I look forward to your post on day 36 saying "**Today is day #36!**"

keep it up Jack, You are awesome!

Chazak V'Ematz!

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Re: 1st time - my story

Posted by battleworn - 21 Sep 2008 13:16

Jack,

Think about how many consecutive minutes you've done. What a great way to prepare for Rosh Hashana. You are pulverising the filthy demonic menuval. please see my latest post on "what works for me-the basics" and **KEEP GOING STRONG**.

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Re: 1st time - my story

Posted by jack - 21 Sep 2008 15:30

this is jack.today i'm starting day #19 of straight no porn or mast. it is exceedingly difficult, and there isn't a day that i don't want to crack. i don't know how i'm going to manage this. on the positive side, i've gone 19 days straight. and i feel better, happier, more energy. why isn't this enough incentive? because i have a long-term habit i'm trying to overcome. and i dont want to go back to that vicious cycle.that stuff was so pleasing, but so bad for me. in just a few days, i'd need it again. this is what's called an addiction.that cycle is no good for me - but i'm still going crazy. jack.

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Re: 1st time - my story

Posted by battleworn - 21 Sep 2008 16:05

DON'T GIVE UP!!!!!!!!!!!!!! we're all with you, we all love you and we're all davening for you. And hashem loves you a whole lot more than you can imagine.

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Re: 1st time - my story

Posted by the.guard - 21 Sep 2008 21:03

Jack, Breaking such a difficult habit is true Messiras Nefesh. You are feeling the taste of "death" itself. But I have good news for you. The "death" you feel, is the "death" of the Yetzer Hara. You are feeling HIS death throws. The only reason you feel it so strongly is because he has become so attached to you through the addiction. But every time you feel this taste of death, REJOICE! It is **HE who is DYING, not you**. While he dies a slow and painful death, you are begining to live! *Zeh Hasatan Holech Lemisah **Ve'atah Tikanes Lechayim Tovim Aruchim VeShalom!***

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Re: 1st time - my story

Posted by Mevakesh Hashem - 22 Sep 2008 03:54

Go Jack go! Keep it up my friend, you are an inspiration to all of us here!

If I may add one point to what GUE said. The Rambam (based on Chazal) teaches us how certain sins do not get wiped out totally even after Teshuva, Yom Kippur and Yesurim, and only "death" can purge the sin totally from within the person.

There is no question in my mind (and I think the Seforim may say this as well) that certain "death" situations that we experience while we are alive (as you are going through now) can work as the death that is necessary to purify and cleanse us from our sins!!!

You, my dear friend Jack, are on the road to "living" a life free of any stains of sin at all! I envy you!

Chazak V'Ematz!

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Re: 1st time - my story

Posted by jack - 22 Sep 2008 12:23

thanks everybody - thanks so much. today i'm starting my 20th day. yesterday morning and afternoon was soo hard. by evening, the itching passed. you are all warming me with your support!! jack

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Re: 1st time - my story

Posted by battleworn - 22 Sep 2008 14:59

Jack, you are absolutely the best!!!!!!!!!!!!!! 20 DAYS WOW!!!!!!!!!!!!!! :o

The Chofets Chaim (in quite a few places) quotes the Gra that brings a midrash stating that for each and every single "regah" that a person controls his mouth (when a piece of lashon haroh is just bursting out) he merits a reward that no person or malach can fathom. Clearly this is no different. How much is a regah? The gemara in Berochos says it's a lot less than a second. But

let's just count seconds.

20DAYS is 1MILLION!!! 728 THOUSAND!!! seconds

And for each one you are going to get an unfathomable reward. And on top of all that, your such a tremendous chizuk to all of us, which is a huge zechus in itself.

Speak to Hashem often in a personal way, tell Him how you feel. Tell Him that you're doing all this for Him. Ask Him to remove the distance caused by the sins. Ask Him to actualize GUE's beautiful words and that all your desire should be redirected to Hashem. Try to take all that pent up energy and use it to pour your heart out to Hashem.

And keep going, we're all with you!!!!

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Re: 1st time - my story

Posted by niceguy - 22 Sep 2008 20:35

i'm getting so much chizuk from all the posts here. it just cant help but make you feel great .jack

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Re: 1st time - my story

Posted by Chasdei Avos - 22 Sep 2008 20:43

WOW, do I have chills right now. I just read this blog from start to finish and to say it is giving me chizuk is a huge understatement. I am flying high emotionally. This is the best preperation for the Yomim Noraim, a time when all of us are trying extra hard to succeed. I am no prophet, but I can say with certainty that Hakadosh Baruch Hu is looking down at everyone on this sight and kvelling with unbelievable simcha and nachas. All we ever try to do is the ratzon Hashem, and right now, right here, on this websight, you guys are smashing the samech mem (evil inclination) to pieces and spreading the glory of Hashem's malchus in the world, precisely the point of Rosh Hashana. Thank you and let this be the reason you are all written in the book of Bracha, simcha, Parnassa, and all good things.

I have set a goal of going streight from Rosh Chodesh Elul until after Yom Kippur without ...

Jack: Your kabballa is giving me the strength (I hope) to succeed. There is nothing harder than seeing all the junk in the street. That is the hardest thing for me. I thank Hashem that I do not work in Manhattan, as I find that to be the killer.

Hatzlacha Rabba.

Chasdei Avos

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