

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 IamAdam - 18 May 2011 00:20

I'm on day 15 now....thank you for the reminder not to think! Just do! I have to tell myself that over and over, but I know it comes through when it comes from someone who has experienced and achieved so much.

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Re: 1st time - my story

Posted by jack - 18 May 2011 14:31

dear iamadam,

now,even though i dont do the 12 steps, i think step 12 is absolutely ingenious.it says you must pass on the message to others.i think one reason for this is that the one passing on the message gets chizuk in return from the one receiving the message.like you just did. yes, i, too, still need chizuk.so your response to me helps me continue going forward. i wonder if i'll ever be at the stage when i won't need chizuk, but do it all on my own? nah, can't be. G-d created us to need each other - that's called am yisrael.

jack

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Re: 1st time - my story

Posted by Eye.nonymous - 20 May 2011 06:40

[jack wrote on 18 May 2011 14:31:](#)

i wonder if i'll ever be at the stage when i won't need chizuk

We always need chizzuk.

In looking at my history with this form, my weakest moments were when I forgot to keep in touch with others. I thought about my last fall, after 7 months clean (Before I joined this forum I was acting out about once a week), and what I was missing most was I had started trying to recover ON MY OWN.

--Eye.

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Re: 1st time - my story

Posted by Dov - 20 May 2011 14:41

Reb Eye! You are beautiful. Alei vhatzlach!

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Re: 1st time - my story

Posted by jack - 23 May 2011 15:43

what am i up to these days? constant diversions.every second another diversion.sometimes breathing, sometimes exercise, sometimes learning, sometimes reading, sometimes thinking about something else, taking my mind off 'it' all day long.until i go to sleep.a lot of work, it is, a lot of work.but worth it.yes, worth it.those people on the screen are NOT our friends.they couldn't care less about you and your families, and your beautiful jewish children.they couldn't care less about your reputation in the community.as long as you pay to see them - that's all they care about.your real friends are right here.your fellow GYE'ers care about you, and they care about your families, and your wife and your children.so who would you rather be close with?

jack

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Re: 1st time - my story

Posted by jack - 23 May 2011 17:14

the rewards - i'm not talking about the rewards in heaven - no eye has seen them - i'm talking about the rewards on this earth, in this life, for ourselves, from abstaining.

1 - happiness;2 - freedom;3- strength;4-no time-wasting and maybe some others. these don't come right away - in the beginning, it's rough,no rewards, but as time goes on, the rewards become, slowly, more apparent.they come slow, they're not physical.only physical rewards come fast, and then they are gone.

jack

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Re: 1st time - my story

Posted by jack - 24 May 2011 12:20

sometimes i feel good being clean, and that feeling can last an hour or more.then, something happens - a thought comes into my head that i feel terrible being clean.like a roller coaster.how does one ride a roller coaster? when the high parts come, grab on tight, and ride it out, let it pass, and enjoy the rest of the ride.let the thought come, and it's bothersome, just like your boss, and at 5 pm you can go home and forget about the boss,so too with this.as the thought comes in, don't fight it,just ride out the storm.of course, as i always say, i can't tell anyone what to do.just offering what works for me.hopefully it will help someone out there.

jack

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Re: 1st time - my story

Posted by Dov - 24 May 2011 16:20

"It's 5 o'Clock *somewhere*"

- Jimmy Buffet

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Re: 1st time - my story

Posted by jack - 14 Jun 2011 15:56

dear all, until 120, i'm approaching my 3-year anniversary in 'the struggle'. i can't say i'm perfect, and i've slipped along the way.but only about 5 times in the whole 3 years.what a difference from before i started! that's how i look at it - how far did i come, rather than 'am i perfect'.the strong urges to visit the movies are no longer present - and it really doesn't matter that i'm over 50.when i was there i saw some dirtly old men hanging around.but a 38 year old habit takes time to break, i'm not using this as an excuse, but it's the absolute truth.

progress is not a straight line up-it has peaks and valleys.

so, thanks again for all you've done for me, and thousands like me.

jack

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Re: 1st time - my story

Posted by ZemirosShabbos - 14 Jun 2011 16:03

mazel tov Jack, till 120 in good health and cheer!

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Re: 1st time - my story

Posted by Kedusha - 14 Jun 2011 16:27

Mazal Tov, Chaver!

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Re: 1st time - my story

Posted by jack - 14 Jun 2011 17:44

you mean you guys are not disappointed in me that i'm not perfect?

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Re: 1st time - my story

Posted by Dov - 17 Jun 2011 04:06

Jack. You are the real thing, sir. Nice 'knowing' you. I'd really like to meet you one of these days. KOT

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Re: 1st time - my story

Posted by jack - 17 Jun 2011 13:16

dov - you give me chizuk, man! we all need chizuk. even Reuvein, who would have brought yosef back to his father on his shoulders had he known what the Torah would write about him.

now dov, you might know i'm a batlan.so please tell me what does KOT mean? i dont do texting - so i dont know the abbrvtns.

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