

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 Yossi.L. - 31 Aug 2011 17:43

Let me explain the meaning of my words: if there was a choice between hitting rock bottom and that would trigger recovery OR wallowing in your addiction till the day you die, is it not preferable that you have even one minute of HONESTY and REAL living on this world. So yes I would prefer my name plastered on the cover of the new york post therefore enabling me to fulfill an ounce of purpose on this world, then technically being dead. I am not convinced of this, just making the argument. What do you think?

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Re: 1st time - my story

Posted by jack - 31 Aug 2011 17:49

dear yossi, of the 2 choices you give, neither one is really that great.the frying pan or the fire? but if you're the type of guy who would throw away your reputation just to get clean, i dont reach your ankles in holiness.when i was an addict, i was a liar, and it bothered me, but not enough to stop my addictive behavior.i would have remained a liar for the rest of my life (maybe - who knows?). but when i found GYE i said to myself - here's the chance i've been waiting for - a totally anonymous way to get out of this vicious cycle.

and dear fellow-jack of mine (love your name) 25 days?!? wow - i'll tell you what they told me almost 3 years ago - 25 days in this battle is GEVALDIK!!! i dont know your story or how long you were addicted, but still, 25 days is GRRREAT!!!

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Re: 1st time - my story

Posted by JackAbbey - 31 Aug 2011 19:39

thanks for your support, we have at least something in common jack-jack

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Re: 1st time - my story

Posted by Dov - 04 Sep 2011 22:37

[jack wrote on 30 Aug 2011 20:25:](#)

dear yossi - good question.here's the answer:

in my particular case, not speaking for anyone else, i never hit rock bottom.this means i was never caught.i used to dress in raincoats with a hood.i kept going and going, also never sinning with another human being - in other words, i DID have SOME fear - this little amount of fear that i had saved me from doing much worse.i attribute this to the traning i got at home - from my mother.she was a european woman with old-fashioned ideas.unfortunately, this was not enough for me to avoid the addiction - but it was something.

and by the way, thanks for listening to me - it means a LOT - a real lot.it is this 'friendship' that gives me the strength to keep on going.thank you r guard for providing us the opportunity!

and zemiros - thanks for the input-you dont know how much it means to me.

Dear Jack,

I gotta tell you part of my story and perhaps you will see a bit of a different perspective. Yes, I definitely see hitting bottom as the greatest brocha that has happenned in my lifetime, far more than getting married or having children - and so does my wife. She told me that she considers the day I started sobriety (I am still starting for a bunch of years now, never finishing) as the best day of her life - even better than our wedding.

I do not **at all** define 'hitting bottom' as *getting caught*. But not because it is my shittah or opinion, but because it is my experience.

I was caught by my wife in 1995. I agreed to go to a shrink to try and save our marriage, which we both assumed was doomed at that time. The sheer pain of having been fooled for so long was terrible for my wife. And I spent the years before really trying to stop, but figured I was hiding it all from her in order to make it easier for me to really focus on quitting 'without being distracted by all the marriage issues being caught would bring up'. I am serious. And I have since discovered that I was far from being alone in that exact same screwed up - but innocently stupid - thinking.

So getting caught did not stop me. I still acted out for that year and change, till I really hit bottom. I define hitting bottom as a personal - and only a personal, inner - and only inner - determination that I must stop. Not that I really, really should stop, not that Hashem really requires me to stop, not that acting out is terrible, or anything like that, but just knowing that I must stop.

And the other indescribably precious part of that very same hidden inner realization is: that I cannot b'shum oifem stop. I will not succeed no matter what.

That part comes from incontrovertible personal experience. The biggest fool is the one who cannot learn from his own personal experience. If I see myself having being *absolutely sure that I will quit* - fifty times or more.... then my dedication to quitting is obviously useless. That is why the hakorah that I cannot *possibly* succeed at **staying** quit together with the clear recognition that I *absolutely must* stop, is so very precious.

For the addicts I know, the sincere feeling that we must stop - that we will stop! - is *never* enough. People like us have had that crystal clarity dozens of times, or more. Only when **simultaneously** combined with the clarity that we *cannot* do it - based not on naysayers but on our own repeated experience - does it open the door to long term sobriety.

This is not a shittah, not parroting a dogma, not a philosophy of life, and certainly not based on Torah. It is based on my own personal experience.

As I have made clear before, Jack, I am not doubting your experience an iota! Not all people are the same and not everybody defines addiction the same and not every addict gets better the same way. But when you define hitting bottom as an external thing like getting arrested, getting divorced, almost dying because falling asleep at the wheel due to acting out, getting arrested, etc...I just need to speak up. For I know more than a few guys who each of these things

happened to (some more than once) - and they continued to act out until they had a personal awakening.

My own personal awakening 14 years and six months ago, was only through one thing - the pain of *acting out*. I credit the pain of acting out with bringing me to sobriety, and that concept forms the basis of my understanding that Hashem can even use evil - sin, or what have you - to bring a person close to Him. Ein ohd milvado - leis asar panui miney. Giving up on being freed from lust and ever having the good life, is just plain dumb, for He is really in control - not **me**, but **Him**. He, of course, can do what I cannot.

So *acting out* is precisely what taught me that

- 1- I can't afford to keep acting out any more, the pain was too great
- 2- that I cannot manage to quit, and I reacted as many in foxholes have over history:
- 3- that I must need G-d, and *only* G-d. But it's gotta hurt like crazy for some reason - and it will.

Tov v'yoshor Hashem, al kein yoreh - from a loshon of shooting down ("oh yaroh yiyareh" by har sinai) - chato'im baderech (chato'im means people who are *mistaken*, and going down the wrong path). He puts us on the right path by throwing us, and letting us see the pain of our choices. That way we come to Him of our own volition - because we have no other option. *Kofoh aleihem hahar k'gigis* all over again, in my own personal life.

I believe that for the addicts I know, the choice of sobriety is between nothing other than life, or death itself. Not between purity and teshuvah vs. more 'fun' and rish'us. We either need to, or we don't. And even needing to is not enough, as I said above.

It's about *needing* G-d, not about *needing to quit*. He knows that, see. He is very smart, you know...but the melech zokein (the Y"H) is always shown to be a *k'sil* in the end.

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Re: 1st time - my story
Posted by JackAbbey - 04 Sep 2011 23:11

i know that you wrote that to "jack", but you made me cry

you brought my whole heart and mind on the table

you unscrolled my inner struggles from the last five years in one forum post

thanks so much

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Re: 1st time - my story

Posted by jack - 06 Sep 2011 12:45

so what did yossi mean when he asked me if i ever hit bottom?

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Re: 1st time - my story

Posted by Dov - 06 Sep 2011 16:29

Now *THAT* is truly the million dollar question!

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Re: 1st time - my story

Posted by jack - 06 Sep 2011 20:01

so reb yosel, what did you mean when you asked me if i ever hit bottom? did you mean like reb dov said, did i ever feel like i ever just had to stop? or, did you mean like i said, that bottom means getting fired, losing family, getting arrested, etc.

reb guard, what's the definition of hitting bottom? OR, do we say it means different things to different people at different times and in different circumstances and different situations?

by the way, i would NEVER come to the realization on my own that i just HAD to stop.i always wanted to stop, but never that i had to stop.

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Re: 1st time - my story

Posted by yehoshua - 07 Sep 2011 07:30

VAU DOV, TALK ABOUT GEWALDIG, I am taking notes here. Reading your story is like hitting bottom without reaching bottom.

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Re: 1st time - my story

Posted by Yossi.L. - 07 Sep 2011 15:50

I meant the feeling that you HAD to stop. The feeling that there's no choice anymore to hide your addiction. You felt forced to confront it.

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Re: 1st time - my story

Posted by gibbor120 - 07 Sep 2011 16:10

Getting caught etc. can be the bottom. It is not the bottom *per se*. Like Dov said, if I heard correctly, It's that point that you decide you **MUST** stop. You can't go on like this. In my case, it did coincide with my wife finding out. At that point, it was just too PAINFUL to continue. It was no longer, "I really *want* to stop". It was "I absolutely **MUST** stop". If my wife finding out would have just motivated me *more*, that would not be bottom.

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Re: 1st time - my story

Posted by Dov - 07 Sep 2011 16:24

[gibbor120 wrote on 07 Sep 2011 16:10:](#)

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This is just the **Captain Kirk** phenomena, that's all.

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Re: 1st time - my story

Posted by gibbor120 - 07 Sep 2011 16:41

[dov wrote on 07 Sep 2011 16:24:](#)

This is just the **Captain Kirk** phenomena, that's all.

Sorry, not a trekkie. Please explain.

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Re: 1st time - my story

Posted by jack - 07 Sep 2011 17:11

in that case, i NEVER felt that i had to stop.i was always looking for ways to stop, but i never felt i HAD to.i could have gone on till 120 like that.it was only because i found an anonymous way to stop (GYE) that i decided to stop.

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