

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 Elya K - 23 Sep 2008 17:57

I think it's funny how people with low self esteem (my self included) feel that we will become haughty by recognizing our own strengths. Or acknowledging the fact, sometimes for the

first time in our lives that HEY! I AM A GOOD PERSON AND A BENEFIT TO SOCIETY!

I've spent my entire adult life trying to make myself into someone I'm not. Trying to fix my weaknesses and never even exploring what I'm good at. Finally, through recovery and the help of a few other coaches I have found that for myself. It's not a matter of gaavah, it's a matter of self worth.

As "Rabbi R.W. Emerson" said, " To be yourself in a world that is constantly trying to make you something else, is the greatest accomplishment."

Don't diminish your worth, just because other do, or did, or will. Stand up and face the world proudly.

My point here is not to be critical. It is to get people to realize that this addiction is not about the sex, porn, or "the m word" - it's about connecting with ourselves for the first time in our life so that we feel comfortable alone and don't need or want outside stimuli to define us.

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Re: 1st time - my story

Posted by the.guard - 23 Sep 2008 18:03

Thanks Elya for the wise words. For a great talk on self-esteem from Rabbi Avraham J. Twersky, who suffered himself from this problem all his life, [click here](#).

Jack! 21 days is a **big milestone**. Many studies have shown that 21 days is a major breakthrough in changing a habit! I made a search on Google for "change habit 21 days" and look at just some of the links I got!!

www.francesfarmersrevenge.com/stuff/archive/oldnews6/habit.htm

answers.google.com/answers/threadview/id/786165.html

www.healthy-exchange.com/online_library/daily%20activities%20to%20help%20change%20habits.htm

www.aristotle.co.nz/library/series.aspx?seriesId=61

www.cbn.com/communitypublic/postoffice/21dayhabit.aspx

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Re: 1st time - my story

Posted by Mevakesh Hashem - 23 Sep 2008 18:44

Elya K,

You are SO right!!!!

besides, as the Gemara (In the beginning of Avoda Zara and other places) says, a person is supposed to have a little bit (shminis d'shminis) of Ga'avah, or he wouldn't be able to serve Hashem properly.

People, let's apply the good Ga'avah to overcoming this struggle. tell yourself: " I am a very important person, it is beneath my dignity to masturbate" or similar things!

Chazak V'Ematz!

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Re: 1st time - my story

Posted by the.guard - 23 Sep 2008 18:50

One of the previous Karlin Rebbes once said that when a Jew wants to serve Hashem he should feel broken hearted that he hasn't even started to serve Hashem as is worthy of such a great and awesome G-d. However, when he goes into the street, he should arouse **his pride**, and remember that he is a ben-melech and that it isn't appropriate for him to be pulled after the lowly desires of this world.

So a Jew needs to use humility AND haughtiness, but both - **for the service of Hashem!** (As the Pasuk says "Vayigbah Libo Bedarkei Hashem" about one of the kings of Klal Yisrael).

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Re: 1st time - my story

Posted by jack - 23 Sep 2008 19:31

dear guard, wow! i just looked at some of those links for breaking a habit in 21 days! well, the therapist said it took 90 to make new brain neurons, but 21 must be something also. oddly enough, one of those links wouldn't show up on the library's computer because of inappropriate content! but i'm really moved that you did that for me! and thanks for the tips on the difference between 'good' gaavah and 'bad' gaavah - sort of like the difference between bad cholesterol and good cholesterol! and i was shocked to learn that rabbi twersky had issues with self-esteem

and even posted it on the net! that's inspiring - he wasn't embarrassed to show the world his issues so they could learn from him. he's truly a great man.

love all of you ---- jack (when moshiach comes, we will all meet each other and we will find out who we helped in this greatest of all struggles). if we beat this one, we can beat the smaller ones - if you're attacked in the street by 5 guys, you take out the biggest one first (if you can) , and the other ones scatter - this one is the biggest one - take care of this one, and the other ones are a cinch!

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Re: 1st time - my story

Posted by the.guard - 23 Sep 2008 20:43

- Yes. This "vort" above about "good Gavah" and "bad gavah" is in line with the Ba'al Shem Tov's teachings that every Midah needs to be used for Kedushah. This is especially important for us here to understand, i.e. to learn to transform our lust of flesh and blood to lust for Hashem... And the Ba'al Shem Tov also explains how the "love" we feel for forbidden things is actually "fallen" love of Hashem. And the same with every bad Midah. They were all created with a purpose and they are all rooted in the upper worlds and come from places of holiness. Yet, they have fallen to the Klippas and it is our job to uplift them and **use them for Kedusha** and return them to their source, Hashem!

- I have a strong "whitelist" filter, so although I can make a search in Google, I can't access the sites themselves. Sorry about the inappropriate link - B"H for the library filter :-). Which link was it? I'll remove it from the post...

- Yes, that's an amazing talk by Rabbi Twerski. Did you get a chance to hear the whole thing? If not now, it's worth listening till the end some other time...

- Rabbi Twerski is an amazing man. Actually, I am in touch with him about our work and he is very happy with the direction we are going. He wants to even contribute some material to the site... I consider him to be kind-of the "spiritual father" of our site.

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Re: 1st time - my story

Posted by Elya K - 23 Sep 2008 23:05

21 days to make a new habit stick.

90 days to fix the neurons in your brain from years of looking

at that stuff.

It's kind of like levels. 7 days, 30 days, a year for different levels of Shiva. I don't know what that has to do with anything but it came into my mind.

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Re: 1st time - my story

Posted by the.guard - 24 Sep 2008 09:24

Elya, you said you would ask Michelle or Zeva the source of the 90 day study... I would like to put it up on my site...

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Re: 1st time - my story

Posted by battleworn - 24 Sep 2008 12:05

jack,

You're almost up to two million seconds of mutilating the horrific murderous menuval. That's two million victories. Kesivah Vachsima Tova,

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Re: 1st time - my story

Posted by jack - 24 Sep 2008 14:18

dear all, in today's yom, it says 'Hashem knows the thoughts of man that they are HEVEL. this brought to mind a beautiful vort on koheles. it says there that everything is hevel.why is it important for us to know this? because we have to look at the things that Hashem made forbidden to us - that they are hevel.in other words, don't feel so bad that they are forbidden to you, because they are hevel anyway.if hashem didn't let you have something that was really wonderful, that would be a reason to complain. but He didn't do that. He only made osur to us things that are really bad for us, so dont feel bad about this and dont complain!

by the way, have all of you gotten on that weekly phone call yet? have you spoken with elya k. yet? if not, what are you waiting for? you can't do this by yourself - it's too hard. you need caring fellow Jews who are willing to listen to you, understand you, and are willing to go out of their way to help you - like elya k and guard. so get on that phone and start the healing!

today is day #22. jack

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Re: 1st time - my story

Posted by snax - 24 Sep 2008 14:43

Just to add a point about the good gavah, I once heard that Rabbi Tzadduk Hakohen writes (I don't remember the exact phrase)

"??? ?????? ??? ?????? ??????"? ?? ????? ??? ?????? ??????"

"Just like one has an obligation to believe in Hashem, so must one believe in himself".

A person has to know his value. We all know that everything we do has an effect on this world and in the world to come. Someone told me that on 9/10/01 he was motzie zera levatala 3 times and he was in middle of doing the fourth time when his yetzer tov was gover and he managed to make a short stop mid way. The next day he was crying like a baby. "Who knows if I wasn't the one to cause thousands to be killed on 9/11?" he told me. I say "Who knows how many have been spared for not finishing up the fourth time?" Friends! Klal Yisroel needs us! Let's keep up the good work for the sake of another Yid, for the sake of our children, for the sake of Hashem.

ANACHNU MAMINIM BNEI MAMINIM

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Re: 1st time - my story

Posted by jack - 24 Sep 2008 19:33

wow - another day almost gone. i can't believe myself.this is the longest i've EVER gone. this has been the most introspective elul i've ever spent. and it's all because i 'came across' this website in an advertisement on theyeshivaworld.com. dont think this is easy guys - ok, it's not as hard as the first day when i called elya and was screaming my head off. i haven't done that since then. but it's still a fight. elya told me that he almost doesn't think about it anymore - now this is something i am really looking forward to. i'm going to have all of you in my thoughts this rosh hashanah during musaf, wishing you all the rewards you deserve for doing a real big mitzvah, helping a fellow Jew who is drowning. this is a d'oraisa guys - not a small thing! love you all, jack

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Re: 1st time - my story

Posted by Mevakesh Hashem - 25 Sep 2008 00:31

Jack, you are such an inspiration to me, and to everyone else here as well. Keep up the good work, and don't let the Yetzer Hara convince you that since you did so well for so long, you earned yourself a quickie!

NO! NO! NO!

That is a big trick of his that works so well with so many people, but not with YOU Jack! NOT WITH YOU!

Chazak V'Ematz!

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Re: 1st time - my story

Posted by battleworn - 25 Sep 2008 11:54

jack,

We love you so much. Just keep going. Every consecutive day is exponentially greater, each day makes you stronger. But it also could cause the sickening devious menuval to panic and start acting like a maniac. LEMAAN HASHEM DON'T PITY HIM, NEVER GIVE UP AND NEVER LET YOUR GUARD DOWN!!!!

snax,

Thats tremendous.

GUE,

I'm waiting for the wall of honor.

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