

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 - 19 Oct 2008 17:53

Wow Me, keep giving the menuval those kock out punches!!

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Re: 1st time - my story

Posted by me - 19 Oct 2008 20:24

Thank you for the good wishes!

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Re: 1st time - my story

Posted by jack - 20 Oct 2008 17:36

well, in chutz laaretz, day # 50 is shemini atzeres, in israel simchas torah. today hashanah raba, is day 49 straight, no zera levatalah.i've passed through two niddah periods without any zera levatala.

so, hoshanah rabbah is shevuuous, here in america for me.when i was with my wife, it was REALLY special.it was just like they say - you're waiting for the right time - that's what Judaism is - waiting for the right time. and it was really a special, special feeling for me. of course my wife had no inkling what i was thinking. have to go now - love you ALLLLL.... jack

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Re: 1st time - my story

Posted by the.guard - 21 Oct 2008 17:26

Jack, we love you! I keep adding your posts to your time-line on our site on [this page](#).

When you hit 90, I'm taking you over to the "Recovery Story" Section!

Think of how many Yidden have been, and will be, inspired by your valiant struggle!

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Re: 1st time - my story

Posted by Chasdei Avos - 23 Oct 2008 19:06

I believe that right at this moment, if you look up into heaven, very high up, and then look even higher, above the clouds, you will surely see the malachim, srafim, and oifanei hakodesh (angels) dancing together with the Ribbono Shel Olam at your success in avoidas Hashem. You are bringing constant glory to the heavens and to Hashem and to all yidden in the world and have already contributed to the hastening of Meshiach.

Thank you Jack and everyone for inspiring me to be clean (bli ayin horah and bisiyata dshmaya) for my longest stretch in many many years.

You guys give me incredible chizuk and inspiration to fight this war with all my koichos.

Thanks and continued hatzlaacha

Chasdei Avos

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Re: 1st time - my story

Posted by Mevakesh Hashem - 24 Oct 2008 04:26

Chasdei Avos: Right on!!!

Chazak V'Ematz!

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Re: 1st time - my story

Posted by jack - 24 Oct 2008 17:57

you know what we sang this simchas torah? we sanr baruch elokeinu shebaranu lechvodo
VEHEEVDELANU MEEN HATOIM - WE ARE separate from those that are mistaken!! hashem
separated us from them!!

you know what else we sang? ashreinu mah tov chelkainu - how good is our portion!! noone in
shul could know what my kavanos were at the times we were singing that - but everyone here
knows. the first clean simchas torah in my life! i'm feeling so much better at not having to hide
from my friends, my rabbi, my chevrusas, my wife, my kids, my work colleagues, who else?
anybody on the street who, when they see me, think i 'm a religious jew.but now, i dont have to
hide, and it makes life so much better.dont we know halacha is for our benefit?? G-d cares for
us, and he wants us to do the what's good for us - uvacharta bachaim - choose life, He says in
the TORAH. but we have bechirah, and this is the only way that life can make any
sense.because without the struggle, there can be no reward.so, everybody, fight on, and enjoy
the results, because this IS what Hashem wanted, and wants for us.

today, friday, is day 52!! i'm surprising even myself.i'm with all of you in heart and soul. jack

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Re: 1st time - my story

Posted by battleworn - 26 Oct 2008 12:39

I was depressed before I saw your post but now you just filled me with simcha. You are such a
tremendous chizuk. Keep going strong, CHAZAK VEEMATZ!!!

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Re: 1st time - my story

Posted by jack - 27 Oct 2008 19:09

i'm usually soft-spoken, but there are times when i speak out, and i just saw a story that

influenced me to speak my mind. there is a place selling sheitels that look like sarah palin's hairdue! are we jews, or are we something else? addiction is one thing, but trying to imitate others is something else entirely. and many years ago, i was in a kosher chinese restaurant with someone who didn't keep kosher. he told me they dyed the ends of the meat red to look like pork! why must we imitate them? why must we eat kosher bacon bits? why must we eat kosher shrimp? or look like sarah palin?

today is day 55 no zera levatala. but my eyes are wandering like crazy - this is my next task.
jack

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Re: 1st time - my story

Posted by Elya K - 27 Oct 2008 20:09

I'll probably get kicked out of this frum forum for this but:

Shaitels make women look better than their own hair, so what's the point?

Hey, don't knock the hopefully next Vice President of the U.S. The prettiest one so far, too.

(my wife wears a shaitel, so don't even start).

And spending \$2,000.00 TWO THOUSAND DOLLARS on a sheitel when you don't have food to put on the table, or a table for that matter?

My favorite quote by Rabbi R.W. Emerson is effective here:

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

The problem is we don't know our true selves. We haven't figured out our Tachlis in this world. And instead of searching for it within ourselves and our strengths, we fantasize and hope it is somewhere else far away; on a vacation, on the internet, in the street. If only my _____ looked like that. If only I had his money. If only I was as learned as him, THEN I would be fulfilled and happy. If only _____ would stop doing _____ then I could find fulfillment, but until then, I'll

just waste the moments of my life away with the Yetzer Harah.

Remember Zusia? G-d will not ask me why I wasn't another Moshe Rabbeinu or Dovid Hamelech, he will ask me Why I wasn't Zusia, what I was intended to be.

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Re: 1st time - my story

Posted by BentleyJunkie - 27 Oct 2008 22:51

Haha Elya.

As baal teshuva, I never understood sheitels. To me it seems like its something that has become so common in frum society that its at the point where you have to get one to fit in or keep up with the Cohens'.

Sometimes i feel like i've left one superficial culture for another ???

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Re: 1st time - my story

Posted by eme - 28 Oct 2008 05:39

Jack keep it up! I hope to be like you one day soon.

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Re: 1st time - my story

Posted by the.guard - 28 Oct 2008 10:01

Guys, take it easy on the sheitles. I remember once seeing somewhere that there is some deep kabbalistic problem with married women showing their real hair. So even if the sheitle looks the same as real hair, it still doesn't do the same spiritual damage. However, I definitely agree that

any woman who buys long haired shaitles and causes others to look at her, is playing with real fire. In the same way a woman who wears tight clothing is being Machshil the Rabbim, even though her clothing may confirm to the strict letter of "Tznius".

Like PostalServico said, unfortunately, there is much superficiality in the frum community today. But humans are humans. Unless a person is forced to search for Hashem, we often take the easy road. But the chizuk e-mails and the posts on this forum are anything BUT superficial.

That's why we here on this forum are so fortunate. *Davka* because Hashem gave us these powerful struggles, we need to seek him out and find him and learn to trust in him in ways that 90% of other frum Yidden never achieve! So PostalServico, thank Hashem for the struggles and for your ability to learn to give Hashem your heart, and to be part of a community of Yidden who are trying to serve Hashem with true sincerity!

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Re: 1st time - my story

Posted by BentleyJunkie - 28 Oct 2008 11:16

[guardureyes wrote on 28 Oct 2008 10:01:](#)

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Amen. What we are all doing here is truly inspirational!

