

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.

=====

=====

Re: 1st time - my story

Posted by MW - 28 Oct 2008 19:29

Jack, i'm truly inspired by you, I can't wait for you to get to 90 and then some.

=====

Re: 1st time - my story

Posted by jack - 28 Oct 2008 19:37

all i needed was the support. i wont say it is easy, but once i had the support from guard and the people here, i was able finally to take off. jack

=====

Re: 1st time - my story

Posted by Mevakesh Hashem - 29 Oct 2008 19:35

Jack, you have no idea, but YOU are one of my biggest inspirations on this forum!!

YOU make me stronger. YOU help me maintain my momentum. YOU have no idea how good you are and how strong you are!

Chazak V'Ematz!!

=====

Re: 1st time - my story

Posted by jack - 29 Oct 2008 20:21

dear mevakesh i dont know why you say that - there are other people here who are going just

as long as me - and you yourself had it harder than me - so i dont know why you're saying that I'M that inspiring! ok, we help each other, but that's too much credit - no? jack

=====

=====

Re: 1st time - my story

Posted by jack - 31 Oct 2008 16:58

dear all, another 31 days and i hit the 90 day number! elya, tell michelle that the one sentence she said that night on the phone about 90 days made an impression on me, and i took it to heart. and thanks to all of you for your support.i never would have believed that i could accomplish this! jack

=====

=====

Re: 1st time - my story

Posted by Chasdei Avos - 03 Nov 2008 17:14

Jack: Chazak Viamatz. Keep making us proud. You just inspired me so I said a kappital tehillim for Hashem to give you, me and all of us the strength to keep fighting, winning and bringing Mashiach very fast.

Chasdei Avos

=====

=====

Re: 1st time - my story

Posted by the.guard - 04 Nov 2008 22:08

There was some talk about Sheitles on this thread... Thought this might interest some of you.
[Click here.](#)

=====

=====

Re: 1st time - my story

Posted by MW - 07 Nov 2008 18:43

jack, you haven't posted for 5 days, are you up to 66 today? i'm counting for you and am planning a big party for when you hit 90 :D

=====

=====

Re: 1st time - my story

Posted by Elya K - 09 Nov 2008 01:13

I learned long ago that when people compliment me I say thank you, instead of minimizing it.

=====

=====

Re: 1st time - my story

Posted by jack - 10 Nov 2008 16:39

i am up to 69 today - dont worry i said i wont fail you and i'm not going to.all i need is support, which i am getting A LOT OF.cant do it alone. jack

=====

=====

Re: 1st time - my story

Posted by jack - 11 Nov 2008 13:33

dear all, today is day 70.i cant believe mw is counting with me! ME! that really gives me chizuk. well, on day 90, which is 4th of kislev (dec 1) i'm going to have a BIG l'chaim to celebrate this monstrous accomplishment, with Hashem's will.if anyone would like to join me, after shachris on that day, yom sheini, i will have you all in my mind as we drink l'chaim together. will you join me? jack

=====

=====

Re: 1st time - my story

Posted by battleworn - 11 Nov 2008 14:48

HOLY HOLY TZADIK!! I will most definitely join you bl'n. I made myself a reminder so I don't miss it.

=====

Re: 1st time - my story

Posted by Mevakesh Hashem - 11 Nov 2008 14:58

Jack!

You are amazing!!! You give so many people on this forum the strength to keep fighting!!!

Chazak V'Ematz!

=====

Re: 1st time - my story

Posted by the.guard - 11 Nov 2008 16:47

I'll buy a le'chaim for everyone in my shul bl"n!

=====