

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 Mevakesh Hashem - 12 Nov 2008 04:29

Jack, I am not a drinker, but I will make an exception for you my brother!! L'Chaim!

By the way, Day 70 deserves a L'Chaim too, after all the Gematria of Yayin (wine) is.....70

Chazak V'Emazt!

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Re: 1st time - my story

Posted by the.guard - 12 Nov 2008 09:22

So is the Gematria of "Sod". That's why, Mitoch Yayin Yatza Sod. Jack, the secret is out. You are no longer a Tzadik nistar, but a Tzadik Galui.

But since we don't know who Jack is, and Jack's friends don't know what Jack is doing, I guess he can still qualify for "Tzadik Nistar", no?

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Re: 1st time - my story

Posted by jack - 12 Nov 2008 13:33

you guys are too much, just too much!!! jack

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Re: 1st time - my story

Posted by me - 12 Nov 2008 14:54

Also, ?? is gematria 70.

200 + 50 = 250 (from the "250" we add the 2 + 5 = 7) and we leave the "0" and this gives us "70" as well.

"??" is light, and Jack there is no question you are bringing tremendous light into the world. So much light in a world of darkness, and all because of your tremendous Avodah.

Your light is warming my heart, and burning the klipos there.

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Re: 1st time - my story

Posted by jack - 13 Nov 2008 13:32

everyone - i met elya k. in person! live! he's a real person, not just a voice on the phone!
anyway we spoke for an hour, and i felt relaxed as usual.let me give you my stages:

1-40 days were filled with terrible withdrawal anxiety.prior toi finding this site, i had to remove that anxiety by acting out.when i found this site, i just called elya and unloaded on him.this helped me get past it and through it.

days 40-63 were pretty smooth.

on day 64, i felt a tremendous depression, because of the loss of my 'friend'.once again, i turned to my 'group', as rabbi twersky says to do, and i was able to get through those hard times as well.it is now day 72 and it is not so bad now. what awaits me in the next stage? i'm sure whatever it is, my friends will be there for me.without this site, recovery was UNTHINKABLE!
jack

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Re: 1st time - my story

Posted by MW - 13 Nov 2008 19:01

Jack, you are amazing, simply amazing!!!!. Hashem is looking down and shepping nachas. Are you willing to tell us what other avenues you tried (successfully or not) until you found this site or doing together with the site, 12 step meetings, private therapy etc.? You don't need to share this info but if you want to it could help others in the same situation. Thanks.

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Re: 1st time - my story

Posted by jack - 13 Nov 2008 19:42

i went to therapy 22 years ago.i had a genius of a therapist who was able to explain to me what my parents had done to me.this took 2 1/2 years.after this, i knew the work was still to be done - the therapy only served to enlighten me on what my life was all about - and enlighten it did! i then 'stumbled' across a group of people running an exercise class for jews (i wont elaborate here although guard knows what it is) where the people there were much like the people on this site - willing to help a fellow jew in need, like i was.i wasn't criticized, although i was one of the slowest progressors in the group.my self esteem and self-confidence were lowwww.they helped me build it up.this took me 20-25 years.my self-confidence is still not that great, but it's way more than it was before i started therapy.the porn was ALWAYS there, it 'helped' me feel happy, although temporarily.i would need a 'fix' every so often, just like a drug addiction.of course i knew it was wrong, but it was what i 'needed'. then for one short second, this site popped up in yeshivaworld.com, and i quickly copied down the url.that was about 2 1/2 months ago.i was lucky in my life to have 'chanced upon' the people who helped me, and when i found them, i didn't let go.there are so few people like guard, and the others here, that when i saw what was going on here, i knew that i had finally found the help i needed.i started out life very rough, with a traumatic childhood, a holocaust survivor father who was brutal to me, and a very tough young adulthood, but then, 'somehow', i met all the right people. you on this site have also met the right people, dont let them go, and join that phone group!!! you cant do it alone, it's too powerful a force! this man guard is standing at the top of the mountain pulling us all up - dont you see that?? but, who is pulling HIM up?? I think Hashem gave him special kocho's that he has chosen to use for the greater good.but i think that rabbi twerski is HIS inspiration, and who is rabbi twerski's inspiration? years and years of proper mesora stretching all the way back to avrohom aveenu.just read rabbi twerski's books about living each day, etc, and you can see the wisdom of life that he has, and who also has chosen to use HIS special kocho's for the good of klal yisroel.i wish all my friends out there hatzlacha raba from the depths of my heart. jack

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Re: 1st time - my story

Posted by jack - 13 Nov 2008 19:55

one more thing (for now). i am currently working on how to fill the 'void' in my soul, since i removed my 'friend'. jack

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Re: 1st time - my story

Posted by me - 13 Nov 2008 20:42

Jack,

Fill that void with the very best that Hashem has to offer:

1) Lot's of SIMCHAH!!! (Be happy your a yid)

a) you put on tzizis today.....UNBELIEVABLE!

b) you put on teffilin today.....INCREDIBLE!

c) How many brochos did you say today??? (Shem V' Malchos)

After thinking about the above, you can now rightfully overflow yourself with unlimited quantities of HIGH self esteem, and confidence. This is what you deserve, the very best that Hashem has in store for us! This should take care of that void.

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Re: 1st time - my story

Posted by the.guard - 13 Nov 2008 20:42

Jack, if I got up this morning just to read this post of yours, my day would have already been

worth it!

Remember what Rabbi Twerski told you: "Think seriously about who you are and what you can make of yourself. Sexual gratification may give you momentary pleasure, but does nothing to make you into a better person."

You, Jack, are becoming a better person each day. That should help fill the void.

And if you feel the void coming on, maybe think about what you can do, right then and there, to make yourself a better person. Firstly, saying "No" is already a big step towards that goal, but maybe you can plan on even more. For example, say to yourself, hey, I haven't learned Tana"ch in a while, or I don't say enough Tehhilim, or I should do a bit more for my wife, or call my parents/friend/Rebbe more often, etc... And plan to act on this new thought when you get home. In this way, each time you feel a void, you will fill it with a "desire" to be a better person, like Rabbi Twerski said.

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Re: 1st time - my story

Posted by jack - 14 Nov 2008 13:34

thank you all for your help. i'll try to try - dont forget - i was criticized and put down by my parents for close to 30 years, this is hard to undo - this is not 'just' habitual behaviors, these are thoughts in my head of worthlessness.when i finished therapy, i understood everything, but the feelings are taking a very long time to undo. so i hope i can take your suggestions and put them into practice, this work has to be done together with the work we're doing here - or else it won't be complete.later i must tell you, to those of you who are parents, what you must do for your children so they dont end up looking for pleasures to fill a void - of course there are never any guarantees in life, but at least do what is in our power to do, and that is to make our children feel loved, that they are worth our time, while disciplining at the same time not criticizing or making them feel low in any way, while at the same time teaching them that the way of truth is the Torah's way.yes, it's a hard job - and it takes work.but the rewards are worth it. jack

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Re: 1st time - my story

Posted by Chasdei Avos - 17 Nov 2008 17:37

Jack: Thanks for giving me strength.

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Re: 1st time - my story

Posted by jack - 17 Nov 2008 18:24

dear chasdei avos and the rest of 'my family',

i accept your thanks.we help each other.that's what we are here for, that is a d'oraisa obligation placed upon us by the Creator of all things and all people.He knew we can't do it alone, therefore he gave us a mitzva that we are responsible to help each other when in need.and that's how i'm doing it, as i've said a thousand times in the last 76 days (!). some people out there are amazed at how i 'did it' so quick.my wonderful friends, 38 years is not quick.it took time, patience, and meeting the right people.i hung around jewish (frum) places, and i was slowly eased into the right direction.and the final step was this website.so, i love you, but i must tell you, it wasn't quick, it's not easy, it still requires brute force, but it needs the caring of other people, and for me and all of us, total anonymity.because i, like everyone here, dont want it known who i am.that's why it worked.the anonymity of this site is the final ingredient that i needed - to have someone to talk to about this struggle without anyone finding out who i am.

today is day 76! start shopping for J & B. jack

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Re: 1st time - my story

Posted by Chasdei Avos - 21 Nov 2008 15:36

chasdei avos

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