

My story: The end of a nightmare

Posted by simontechouva - 10 Nov 2013 09:35

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Dear friends

I discovered the site in July . I live in Europe, I am 35 years old and live in a place where there is no 12-step group . Let me tell you my story.

For a long time I realized that I was addicted . However, I could not find a way to get out , and frankly , I think I do not want to. Probably because I felt that without my addiction , I will no longer support or assistance when I lived a difficult situation.

I am addict since childhood. I do not come from a religious background , and during adolescence did not feel not the problem of masturbation as a fault, at most, a weakness. I got married young , at age 22 , and tried to do teshuva . I thought marriage would fix everything . Big mistake . While so far, my addiction would just masturbation and media files, the time of my marriage, the birth of the Internet, was a catastrophe on this point.

After three weeks of marriage I returned to my addiction with tremendous guilt and more . It got worse as you go. My wife doubted more or less, and our relationship was not happy . To make matters worse , we had a lot of family problems and not always nice people around us so many reasons for me to bury myself in the addiction. I continued my studies, the difficulty still offered me an opportunity to justify my addiction.

I crossed several steps addiction daily , sometimes more , internet, film. Then bad bars. Then prostitutes. Nightmare.

I confessed everything to my wife, without arriving at stop. I looked shrinks . It was a weird time. I could make a change in attitude , become a better husband. But I sank more and more into addiction . Again, the provision so hard to have a better character with my wife offered my addiction the opportunity to take over .

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Re: My story: The end of a nightmare

Posted by simontechouva - 15 Jan 2014 23:49

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Thank you all for your messages, it touches me and makes me feel good brothers!

I called my sponsor today, but it is true that I have no other numbers. If some want to leave me private message, I will, this is what has also told my sponsor: I do not have enough contact, because in these times you have to call.

Thank you for your help my brothers.

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Re: My story: The end of a nightmare  
Posted by simontechouva - 17 Jan 2014 07:28

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Yesterday I had a test: in my work, i needed an informatics help; i called the hotline, and they need the code of the filter to work; so I called my wife and she gave me it.

But after this, i was without filter (because she couldn't come to change the code).

And of course I felt...

I say of course... because I was very angry against me.

But I had a thought: ok, I failed this test. But now, I have a lot of other tests. All the afternoon (till the day my wife will be able to come to change the code), I can fall, and so I Have other chances.

ANd so I didn't see anything and won theses tests.

Of course, I have to take an other code ; I have to change the code as soon as I can. But in the meantime, I have the chance to win thousands of tests - every second I spend without porn.

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Re: My story: The end of a nightmare  
Posted by DanielTeshuva - 17 Jan 2014 11:32

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[simontechouva wrote:](#)

But in the meantime, I have the chance to win thousands of tests - every second I spend without porn.

That's the thought! It's logical that in a moment where the filter code is known to you one of the first thoughts coming into the mind is: 'hey, this enables me to view that material again'. The Yetzer Hara is a filthy serpent. But I understand you were strong and were able to stand against temptation? That's very good! You're a winner!

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Re: My story: The end of a nightmare  
Posted by gibbor120 - 17 Jan 2014 22:36

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[simontechouva wrote:](#)

Yesterday I had a test: in my work, i needed an informatics help; i called the hotline, and they need the code of the filter to work; so I called my wife and she gave me it.

But after this, i was without filter (because she couldn't come to change the code).

Did you have any other option? Could you have waited until your wife came home?

Is there something else you could do if that situation occurs again? For example, call someone and tell them that you have an open computer and that you will call them back later to report exactly what you did while it was unfiltered. Or, use the computer in a place where you will be seen. Or, make a taphsic shavuah until the time the computer is filtered again.

Just some ideas. KOT!

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Re: My story: The end of a nightmare  
Posted by simontechouva - 21 Jan 2014 02:51

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As I said in a precedent post, i want (we want) to be free. Really free. If i stay an addict, i mean if i keep on this bad way, i'm not free. And what is a man if he is not free?

The lost of the freedom must be the beginning of our revolt.

Our jew nation was the first nation of slaves to be relieved by Hashem. In fact, in all generation, Hashem relieve us, if we want it.

I want to be free. May Hashem help me.

3 days of freedom now.

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Re: My story: The end of a nightmare  
Posted by simontechouva - 30 Jan 2014 02:37

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What a big fall this week.

I had too much, too much press ion in my work; I was so nervous that there were problems with my wife. I can't support this; perhaps I waited this problem... Unfortunately, I went to bad places, 2 times; I went away after 5 mn, but theses 5 and 5 minutes were terrible for me.

I wanted to stop my program of 12 steps; because I don't find the progress of the beginning; and also there is no physical meeting, only phone; but I understand this is not the good way.

I AM DEPENDANT. I AM ADDICT. I CAN'T HAVE A LIBERATION WITHOUT THE 12 STEPS.

Sorry to tell this bad news, my friends, but to whom can I tell it ?

Thanks friends

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Re: My story: The end of a nightmare  
Posted by yehoshua - 30 Jan 2014 03:23

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Simon i feel with u. Every bit of being sober counts, it will be ok. Are u sober for the last 15 minutes? If u are, then vau.

KOMP

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Re: My story: The end of a nightmare  
Posted by dd - 30 Jan 2014 04:46

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simon this is all part of the battle ive fell after huge streaks but realized that it takes a while to really uproot the addiction so dont give in to that give it up method of the yetzer horah .

so kutgw besimcha that your in the game of getting better!

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Re: My story: The end of a nightmare

Posted by David26fr - 05 Feb 2014 17:53

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Simon, I read all your messages in this thread...

I was away of GYE for a moment because of personal problems (that I will describe in my thread), and I am going back now into the forum

Every moment without lust, every moment you say "no" to the Y'H is a victory against lust !

Every clean moment is a path to the freedom : even if it doesn't appear clearly now ! And the Y'H tries also to make you admit that all these little efforts are meaningless...

Those little footsteps, one after another, will help you to have the freedom that you are seeking for.

Also, I am recognizing when you see that you have falls especially when you are nervous and under pressure.

I worked a much about pressure and stress, and clearly I am more clean since.

In some words, my work was to stay calm against pressure ; and to release all to Hashem.

And to do a major work on the Emuna : when you have the Emuna, pressure is weakening... And also the need to the lust !

Maybe you have to work on this.

If you didn't read it, I advise you to read the book "Le jardin de la foi" from Rabbi Shalom Arush : this books helped me a lot to relativise all the pressure, to say "All is for the good, why to be worried...", and consequently, helped me against lust.

May Hashem helps you a lot, don't give up, the freedom will arrive and the lust will disappear...

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Re: My story: The end of a nightmare

Posted by simontechouva - 23 Mar 2014 09:17

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Dear friends

I no longer wrote for 6 weeks as I was caught in a whirlwind of falls and lifts. Here's where I am and what I think I understand my disease.

In the same way that some alcoholics say that talking too much about their alcohol problems AA was trigger, I noticed that some conference calls SA were not me good. Bizarre, because at the beginning they were a relief to talk to people like me. Including but once , when I was sober for ten days , without envy , a conference completely " woke up the beast, for no apparent reason . I was greatly troubled.

My stress and my agitation took advantage step by step , all the capacity and character change with my wife disappeared , I was restless, obsessed with desire. Like a pot explodes , I relapsed , I went into a store to see a bad film. This led to a desire to return to a massage parlor , but I never went back . I did not want to take this course . I went into a bad strip club , where you can just touch the dancers ( too ) , I was on the brink . Hashem saved me.

Without telling my wife a huge argument ensued , incomprehensible from his point of view, but I knew the real cause . I was grateful to Hashem to be behind me. During my last 6 fall in lust , I noticed that HaShem is away from me as fast as I him , ie I chutais but nothing happened to me - superficially . I was wrong without wanting to teshuva , and the ways opened before me. Logic. Today , I was ill , sick, but Hashem made ??me kick this huge hassle to wake me .

What is my problem?

I had not totally renounced lust , I wanted to keep a few drinks for me. Besides, my filters were crackable , my attitude was tangent. I kept inside me thought that " when it will not , there is at least relaxation of lust ."

The big crash made ??me realize one thing: lust was bad for me, destroyed me , made ??me miserable , and most importantly, I was so much better without it, so ....

Change tactics: I decided to work alone. Anyway, I have trouble with the 12 steps in their traditional pattern . I do not have a physical group where I live, did not appreciate telephone groups , and have never been able to adhere to calling someone when it will not . However, I recognize my serious level of dependence , far beyond most people GYE . But I think I can make my 12 steps otherwise, with Hashem, and this forum I have not used enough . Also with the Garden of Faith Rav Arush ( thank you David26 any good book, what a change! ) .

Honesty: I admit that I did not want to change , so I really put in place all necessary filters , TV included ;

Obsession: I refuse it becomes an obsession , I must keep my eyes , but can not refuse any outing with my wife on the grounds that there would be a trigger , and the obsession is harmful to me , that's why I do not want to group .

TAPSIH : if the desire comes, I called Hashem , I read a file Hizouk on my phone , if I'm in the street , I look and do something else ( musique. .. ) at home or at work, I told myself that I will go to the forum 10 minutes and it will be my call

12 STEPS, 90 days program in 12 weeks, I will work every night stage of the week, with the introspection of thought recommended by Rav Arush in the garden of faith. I will take each event as required Rav Arush, with a true and sincere faith. I try and avoid the discontent that is at the origin of desire and lust. I will study more regularly. I live my life more fully.

Since I had two or three good times a fortnight. The "fall" seemed every time cause enough "physical", so much so that I wonder if I will not see a doctor to see if there is a drug for that. But I have a real hope that my own program of 12 steps, with you my forum friends to help me, will work this time.

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Re: My story: The end of a nightmare  
Posted by DanielTeshuva - 26 Mar 2014 09:24

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thanks for the update my friend. You may have fallen, but you got back on your feet to march onward. Hashem will always be there for you. Hatzlachah and kop/kot!

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Re: My story: The end of a nightmare  
Posted by pischoshelmachat - 28 Mar 2014 19:57

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Hi Simon,

I admire your resolve. Hashem will help you one day at a time. I am right beside you on the 90 day ladder. Let's climb to the top together. But let's just focus on one rung today. With you, the journey will be wonderful, every minute feeling life around us. We don't need to think about or get overwhelmed by the distant destination, just enjoy every step on the way!

Have a wonderful Shabbos!

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