

My own personal journey

Posted by wants2succeed - 03 Dec 2014 00:46

I have had this site bookmarked for several months already by now. Today I actually signed up. I don't know why I have been so hesitant to sign up but I think it may be that a certain part of me is afraid. Actually, I am definitely afraid. Really afraid.

I am a 27 years old yungerman, married for nearly four years, with two cute boys (oldest will be three be"n in a few months!), and learning pretty well in kollel. I first viewed porn when I was in 8th grade and was on and off for a few years (mostly depending on availability). However, as I got older, I came to rely more and more on porn and I always found a way to make it available. To be honest, I am actually shocked that I haven't been "found out" yet (at least to the best of). Oh, the fear of getting caught!! (I am still petrified of being recognized/found out!) I really wanted to break out of it and I have tried many times to remove my access. The problem was that I would always leave myself backdoor access, you know, for "just in case". Some times, I actually did slam the door shut, but sooner or later, another form of access presented itself (or rather, I sought out).

This intensified especially while I was learning in E"Y where I had a dira that had unfiltered internet and an internet-enabled device. I eventually got rid of the device as well as left the dira, but by that point I was already relying heavily on porn. I don't think I want to go into specific details right now because I am embarrassed by some of the things I would do in order to get "my fix". Suffice it to say that I thought of myself as a real bad person. Even after coming back to the States, I would go to some extremes to be able to get access to unfiltered internet (or even "filtered", there is always a way around if you want it bad enough).

And then I got married. I thought all would change then. I thought I would be able to control my urges now that I had a wife (isn't that what everyone always said would happen? That your wife will save you from using your desires inappropriately?) I even spoke to someone (well-known chosson teacher) about two months after I was married. I had not yet acted out but I guess I kind of felt it coming. He asked me if I thought I was addicted and I said no. He thought that I would be OK. I didn't but I trusted his opinion.

Turns out, I probably am addicted. I even went to a therapist for a couple months (that was a party trying to explain that to my wife!) but it has not seemed to help much.

Which brings me to today. I took the plunge and signed up for the 90 day challenge.

To be continued...

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Re: My own personal journey

Posted by wants2succeed - 04 Dec 2014 20:28

Thanks for all of the insight!

Yes, I do believe that there is some underlying issue that makes me feel down and instead of merely trying to find an alternative escape, I really want to confront these issues and deal with them in a healthy way. However, I can't figure out what exactly the "trigger" is. I have been trying for several months already to pay attention when I am feeling like that but I have not been able to pinpoint any specific pattern. I am pretty sure it has something to do with very critical parents and me feeling inadequate/a failure/a loser/not loved/'nerdy'/someone who cant trust in themselves/a bad person/broken/lonely/missed the boat etc. But sometimes I try to tell myself "You are ok" and sometimes that helps a bit but usually I don't really believe it. Sometimes I try to tell myself "You are ok, and you are loved, and you are a good person" but I don't really feel it. I cant believe I am writing this. I am sitting here crying away in front of my computer. Other times I just don't feel taken care of and not cared for (is that the same thing as before?). I try telling myself "It is ok, you will be taken cared of" but, like I said, it doesn't really go in. Other times, I don't know if it has to do with any of those things. I just feel rotten. Sometimes it is because I did something wrong (i.e. miss shacharis) but many times I really cant pinpoint it. This cycle gets very overwhelming and feels very hopeless (which also makes me feel just helplessly) I have tried seeking out help from rabbeim as well as proffesionals and it doesn't feel like anything will ever help. And this doesn't even start to get into all the feelings of shame and guilt!

Wow. That is the first time this has existed anywhere other than in my head. I don't think I ever even got this far with a rav or therapist. I must say that reading so many people sounding like they were able to pull themselves out has really given me some motivation to give it another go. (I had resigned myself to being miserable forever) Also, the really nice responses has already helped me overcome a few instances in the last 2 days! I hope that this time I can turn this into something real and lasting instead of another flash in the pan...

Well it is already late. I gotta go throw out my tissues and run to my chavrusa! Thanks for all of the positive feedback, it really has meant a lot to me!

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Re: My own personal journey

Posted by gibbor120 - 05 Dec 2014 01:06

Things from childhood can definitely be at the core of your feelings about yourself.

I highly recommend reading/listening to some Dr. Sorotzkin. I have a link in my signature to his site. He has stuff on acting out and perfectionism among a lot of other great articles and audio.

Check it out.

It can be hard to find the right rav/therapist. A good one is gold. A bad one is useless.

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Re: My own personal journey

Posted by wants2succeed - 05 Dec 2014 02:47

thanks! I checked out some of the articles from Dr Sorotzkin and a lot of the things he was saying were really resonating with me. Especially the parts of being criticized as a child and not having intimate relationships. But what do I do with that information now? How can I "get passed" that??

Thanks to everyone for their support and suggestions! I am really finding them helpful. It has only been 5 days so far but this is the longest I have been "clean" in a long time. Thank
Ha'livai vaiteer!!

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Re: My own personal journey

Posted by gibbor120 - 05 Dec 2014 03:14

But, a good friend, a good rav, a good mentor, a good SA group can all help. Talk to people about your feelings, your disappointments, get it out of your system, accpet it and move on. That is the best I can think of.
He would probably say "see a therapist"

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Re: My own personal journey
Posted by dd - 05 Dec 2014 03:47

Hi W2S!!!

I felt like crying too when I read that post. Seems like this childhood abuse really hit hard. I can't say I relate at all, but when I try to imagine it I feel like I would be miserable too.

I don't have much to say I guess the smarter guys can do that. But if you see yourself as such a loser which you of course are not. Try to think about the many things your good at like, I still never gave up on being sober, I am learning in kollel, I have a nice family, good husband , good father etc. Your strong point don't even have to be ones that anyone ever can see in you besides yourself and that's what counts. We judge ourselves the way others look at us and that's really such a lie because the one that really knows us best are ourselves. I'm sure you can come up with over 25 things that you are great at. Just thank hashem for them and you can even write them down and go over them when you feel down and add one more each time.

Just my 2 cents which is not my strong point at all.

Hang in there brother!!!! KOMT!!!!

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Re: My own personal journey

Posted by wants2succeed - 07 Dec 2014 05:16

Thanks for the support and advice!

g120, that would be great - except that I have no money for a therapist and I am way to embarrassed/ashamed to discuss any of this with anyone I know. Dittos goes to an SA meeting in case I might know someone there.

Not trying to be difficult, just really frustrated and feeling helpless.

In other news, I completed a whole week of being clean for the first time in recent memory!!
WOOHOOO!! It feels so... freeing!!!

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Re: My own personal journey

Posted by ted - 07 Dec 2014 06:50

Hey w2s check out the phone conferences on this site they are free and anonymous. Besides everyone on those calls know exactly what your going thru so no reason to be embarrassed. A week clean that's amazing keep it up.

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Re: My own personal journey

Posted by pischoshelmachat - 08 Dec 2014 03:07

Shalom Aleichim Harav Hatzadik WINNER Wants2Succeed,

I is incredible the deep personal emotions and fond memories that your posts and all the responses stir up in me. I was so afraid and uncomfortable when I first joined and wouldn't even think of emailing anyone or calling. Well I now participate regularly in telephone conferences and have many email and telephone friends. Several of them know who I am. But no need to do any more than what you feel comfortable with. Opening up on here is a massive step that is the

entrance to your pathway to freedom.

Here you will learn that you are special and that HKB"H loves you very much. You will meet people who can share with you the path to closeness to HKB"H. You will learn that our struggle is the will of HKB"H and he celebrates our successes with us and cries with us over our challenges. Why not open up a new gmail account where you can remain anonymous and send me a private email to my anonymous gmail. pischoshelmachat@gmail.com. We can communicate privately and I can show you how to open an anonymous free phone number so you can call people without compromising your identity.

You cannot imagine how good you will feel as you connect with others who share in your struggle.

Welcome to the greatest place in my world!

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Re: My own personal journey
Posted by Bigmoish - 08 Dec 2014 04:40

Ditto what he said.

positivebentorah@gmail.com

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Re: My own personal journey
Posted by neshamaincharge - 08 Dec 2014 05:32

Welcome, we're glad you're here! I don't know if it would be useful for you, but I related to a lot of what you wrote. My thread is "Walking Baal Tashchis?" In baalei batim section

Hatzlacha!

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Re: My own personal journey
Posted by cordnoy - 08 Dec 2014 14:57

[wants2succeed wrote:](#)

Thanks for the support and advice!

g120, that would be great - except that I have no money for a therapist and I am way to embarrassed/ashamed to discuss any of this with anyone I know. Dittos goes to an SA meeting in case I might know someone there.

Not trying to be difficult, just really frustrated and feeling helpless.

In other news, I completed a whole week of being clean for the first time in recent memory!!
WOOHOOO!! It feels so... freeing!!!

Although it's 'scary' meetin' someone you know there, I do not recall anyone havin' a bad experience from it.

That bein' said, I travelled for six months for close to an hour to attend SA meetin's.

b'hatzlachah

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Re: My own personal journey
Posted by gibbor120 - 08 Dec 2014 22:21

[wants2succeed wrote:](#)

g120, that would be great - except that I have no money for a therapist and I am way to embarrassed/ashamed to discuss any of this with anyone I know. Dittos goes to an SA meeting in case I might know someone there.

Not trying to be difficult, just really frustrated and feeling helpless.

I totally identify with those feelings. I had them too... until I opened up. It's hard at first, but it's the most powerful thing you can do. If you want, you can join an anonymous 12 step phone conference. I can't recover by myself. I had over 20 years of failure to prove it. B"H, I now have over 5 years of sobriety. It was difficult at first, but VERY worth it! There's no rush. At some point many of us find that we just can't go on any more, we hit bottom.... and then we open up.

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Re: My own personal journey

Posted by Shmeichel - 08 Dec 2014 22:45

dear ws2

i had similar history

my parents were really severely harsh to me, i even was locked out one night alone of the house in the woods, i was left alone in the house for about 5 days, i wore rags, torn clothes, i went to yeshiveh with not a single dollar in my pocket, when i called home they told me "its too expensive to talk, dont ever call back!" (while they were earning a rich living), many nights went to bed without supper, smacked hit kicked was a daily routine, if i said that my rebbe punished me i got a double portion at home, if something broke at home i got slapped 100 whipes with a leather belt with no mercy, the list can go on and on

so now let me ask you, should i cry over that childhood of mine?

before going to a therapist i used to cry daily

my life was ruined, no shalom bayis, no connection with anyone

and the worst was that i didnt even know what is wrong with me

b"h i went to a therapist and by now i thank hashem for giving me such wonderful parents, such a good childhood, i know you wont understand these words, but thats your ultimate goal to reach for

bhatzlocho

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Re: My own personal journey

Posted by belmont4175 - 08 Dec 2014 23:59

Hard to swallow this one!

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