

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 cordnoy - 09 Dec 2014 00:23

Keep smiling, keep shining

Knowing you can always count on me, for sure

That's what friends are for

For good times and bad times

I'll be on your side forever more

That's what friends are for

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Re: My own personal journey

Posted by Kedusha - 09 Dec 2014 00:34

Welcome, W2S!

A good therapist can be very helpful in dealing with past issues. That can be important, but it's not sufficient: therapy, by itself, has a poor track record in helping people stop addictive behavior. Group support, on the other hand, has a very good track record.

What kind of group support? Posting on the forum, working through (not just casually reading) the GYE Handbook, and calling in to one of GYE's 12-Step calls is a very good start. If that works for you (it has worked for me, be"H, one day at a time), that's wonderful.

If necessary, you can add the Taphsic method (see link below). And, if it's still not working, live

SA meetings may be necessary. If the thought of attending live meetings scares you, that's a good thing: it will give you a strong incentive to do whatever is necessary to succeed with the other tools. But, if a person cannot succeed without live meetings, he should go for it! My experience is that getting clean - and staying clean - is very doable, for those who make it their top priority (which it is: if your roof is leaking, you should get it fixed before renovating your living room).

Hatzlacha!

guardyoureyes.com/articles/tips-suggestions/item/the-taphsic-method-made-simple

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Re: My own personal journey
Posted by cordnoy - 09 Dec 2014 00:54

therapy - poor track record?

do you have statistics for that?

tapshic is more impressive?

I didn't study the stats, but I'd assume therapy has a better chance of workin'....no?

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Re: My own personal journey
Posted by shomer bro - 09 Dec 2014 01:16

I agree with belmont, because it sounds like you just described, and quite vividly, your parents as being severely physically abusive, but bh you went to a therapist to deal with it. But your point is true, we can't live in the past and blame it for falling today. We need to focus on the now, and work hard toward moving forward.

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Re: My own personal journey

Posted by shomer bro - 09 Dec 2014 01:23

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Re: My own personal journey

Posted by wants2succeed - 09 Dec 2014 01:59

Thank you to everyone for your support and advice.

wow, that was close! That was a very rough last 24 hrs but B"H I did not fall!!

I was completely miserable and totally not feelin' it, but I desperately kept coming back to GYE hoping that something would help me. Reading about some other people opening up and being received/supported/encouraged so nicely was able to help me relax a bit. It always amazes me how I can get so caught up in myself that I don't even realize that I am caught up in myself! It was hard to believe I was the same person that was so energized before.

I think that for me right now it is very important to stay out of isolation. This is very hard for me to do. I usually feel (especially when I am feeling down) that I haven't even have anything (at least, anything not stupid) worth sharing. Not because I feel stupid, I know I am actually very bright, I just feel like my thoughts and feelings and opinions aren't worth sharing. Even posting here is a big deal for me. In fact, I am still a bit surprised when I see people read/replied to something I posted.

Thank you to bigmoish and PSM for your email addresses, it meant a lot to me for someone to reach out to me like that. I have had drafts open in my gmail since you posted, wanting desperately to email you, but every time I tried to write something I couldn't figure out something to say that I wouldn't feel stupid about. my email address is wants2succeed@gmail.com can you email me directly there?

Thanks cordnoy for those lovely words! They brought a smile to my face and for the first time in a day (man, it feels like forever!!!) the world looks a lot brighter!

NIC thanks for post I have been reading your thread and I found it helpful. I can relate to a lot of what you have gone through. I can still remember at my bar mitzvah (and I assure you this is) my rebbi got up and basically gave me a bracha to "fulfill my potential" and I was just thinking "Seriously??!? Will I ever do enough for anybody?? It's like it makes no difference what I do there is always more "potential"!!" At the time, I was one of the top students in the class (if not the top student)!)

Shmeichel, you are absolutely right!! I have no idea how you finish with

by now i thank hashem for giving me such wonderful parents, such a good childhood when you started with

the only thing I remember from the speeches at my bar mitzvah!

my parents were really severely harsh to me... my life was ruined, no shalom bayis, no connection with anyone...

but I guess I will have to wait and hope that I will get it someday!!

Anyway, thank you to everyone for making me feel "part of the oilam"! I feel ready to go at it (although, to be fair, I did have the "potential"!! again and try to make it through TODAY!

p.s. I know I usually post kinda long. I think I feel like I need to put out a "masterpiece" or it wont

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Re: My own personal journey

Posted by gibbor120 - 09 Dec 2014 03:06

There's a link to his site in my signature. It's really good stuff.

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Re: My own personal journey

Posted by Shmeichel - 09 Dec 2014 16:16

dear w2s

just some interesting and non usual advice from me:

try to change your lifestyle, your routined comfortable daily pattern, try to break that, try to start a once a week swimming, twice a week excersize, one more chavruse for 45 minutes, coffee without sugar, bread with cheese instead of butter, walk a different way to shul, soft shoes instead of hard ones, different type of cigarette, i know it sounds really stupid, but bear in mind i dont mean to change these changes for good, just for a month or so, unless you find it helpful then why not keep them, but the main thing here is come out a tiny bit of your comfortzone and you will see that the social life out there is not soooooooooooooo bad and scary

try it make some small changes

keep us posted of them

freshen up a bit

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Re: My own personal journey

Posted by Breakingout - 10 Dec 2014 02:09

I just want you to know that I am in the same boat as you brother. When i read your first post I kind of freaked out because If this wasn't an anonymous forum i would have guessed that you are me! We can do this together my friend. It is us against the world. A whole world that has gone crazy. We can do this. We will BREAK OUT.

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Re: My own personal journey

Posted by wants2succeed - 16 Mar 2015 15:58

Well, it has been several weeks since i have posted on this thread and it has been a roller coaster ride. Some very good ups and some very bad lows. I find that staying positive helps me a lot but it doesn't always help and i can't always stay positive. Also, staying connected really helps me the most but i find it very hard to do. There are some really awesome guys here and very helpful and caring. But, it is very time consuming for me, but even more so it is very emotionally draining and exhausting for me. I'm not quite sure why. But i know i have to post etc hopefully I'll have better news next time

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Re: My own personal journey

Posted by cordnoy - 16 Mar 2015 16:00

No news is bad news!

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even if I'm not feeling it... So, sorry for the boring post

Re: My own personal journey

Posted by TalmidChaim - 16 Mar 2015 17:15

Hey wants2succeed,

I really get the emotional exhaustion; I've been there. I guess as addicts, we really don't have a medium setting, a middle position on our mental switches. It's all or nothing, on or off. We're either down and out completely, or bouncing-off-the-walls with optimism -- goofy, grinning Joe Programs. At least that's the way it plays out for me.

Maybe that unbridled optimism is part of the problem; it's something that I've been ruminating over for the past few months. When I'm into something, I'm into it big! Whether it's a hobby, or a writer, or a musician -- I don't know the meaning of casual fandom. The same with recovery. I was so high on the prospects of clean living and this new, exciting paradigm of 'purity' that I lost sight of the little things, like creeping temptations and vulnerabilities in my defenses. And this led to falling, often in very discouraging, demoralizing binges.

Actually, it might simply be that addicts have to avoid over-excited emotional states all together; they're not good for us. We need to mellow out, even when it comes to recovery. "One day at a time," is a call for curbing over-exuberance; think about it. Now, of course, that doesn't mean we can't think positively, and be happy, even high on life. It just means we have to reign in that urge to get carried away emotionally. We have to focus on the central precept of "Letting go and letting G-d," and that probably requires staying grounded to a degree.

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Re: My own personal journey

Posted by wants2succeed - 17 Mar 2015 02:08

I actually have been wondering about this for a long time. We always say things like "us addicts have to..." Does this mean that as an addict, we can never become "normal" again? I always thought of it as just having something that one needs to learn to deal with. For example, someone that is naturally socially awkward, needs to learn social cues because they dont pick up on them naturally the way most people do. Or, someone who has diabetes chv"sh has to learn to monitor their sugar levels. But they can still function as regular people. Is addiction different (i.e. we cant get too excited)? Or is the "getting too excited" not actually what regular people do and it is really all part of the problem (i.e. not being able to regulate emotions the way regular people do)?

I must say that I have always been hoping to learn coping skills to be able to function as a regular person. Being different like that forever really scares me...

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Re: My own personal journey

Posted by gibbor120 - 17 Mar 2015 16:21

Don't worry about forever. You can be normal. I'm not sure if you can ever "indulge" your eyes or your fantasy mind as a normal person does without going completely overboard, but you can lead a fulfilling normal life. Perhaps even better than someone without an addiction.

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