

TzedekChaim's journey

Posted by TzedekChaim - 06 Sep 2016 23:20

Well here I am.

I thought I could do it on my own. Definitely can't. That's how being an addict is. Although this is in the 90 day journey section. I am not going for 90 days. Just 1 day. Today. From now till 7:08pm tomorrow. Then we'll see from there.

I was exposed to this filth as a youngster, completely out of no where. I was playing a gameboy and one of my classmates had a psp with unfiltered internet access and he shoved it in my face. The internet in my house was not filtered (parents in denial, yada yada...). b'h I have not watched that much shmutz but my imagination is a real problem, not to mention the triggers abound in the goyish college/public transportation that I go to. The rest is history. But since finding gye about 2 yrs ago I hope to change that.

So why am I starting a thread if I have been doing this for two years? Obviously, because I have been failing at this for not just the past two years (where I have made some very big gains) but also for the last ten years. I am now 23 and in the parsha, but I am not stupid to think that getting married will solve my problems. it will probably make them worse. What I need is advice and support from this amazing community to help me get through this.

Thanks

=====

Re: TzedekChaim's journey

Posted by Markz - 17 Mar 2017 22:14

Every smiley is a brownie point that gets others to read another paragraph of yours

Your future wife will be more receptive to you too with all your smileys so keep them up

TSAAT

ten smileys at a time

=====

=====

Re: TzedekChaim's journey

Posted by TzedekChaim - 19 Mar 2017 01:37

Thank you Markz.

I have to say that when I put in the smileys I try to smile for each one. So they are real smileys.
)

I had a great stint for most of this past week. Next to no lust, great shmiras eynayim, quite upbeat and positive. I felt that I reached a milestone. Then Hashem cranked up the challenge as I'll explain, and the game is back on. Though I am not set back, this is just the next move.

So about two months ago, I had, without any thoughts during the day, a really bad vivid wet dream in the middle of the night. Now, I don't normally have such a thing. And this one was out of no where. I have learned not to be thrown off by these dreams and so I cleaned up smiled and went back to sleep. It was a test to see if showing me (at least how my imagination thinks having sex feels like) would make me crave it more. But after a few days of working on it the whole incident faded from my mind completely, and even that morning it wasn't really bothering me.

Then just this past shabbos, I was sleeping on the couch. (remember that this week was a 'new' madreiga or whatever of sobriety, at least how it felt to me) and I had a really vivid dream.

This time though I managed to wake up right before the end, b'H! and sat up, cleared my mind and went to the bathroom. It was a strong reminder to me that I am not better. and that I just

DAY 194 b'H!!!!

need to keep working at it and living LIFE the way HE wants me to.

=====

Re: TzedekChaim's journey

Posted by Workingguy - 19 Mar 2017 02:53

I would say that the five languages of love is a great read even before marriage. Hold me tight and the seven principles probably would be more understandable after marriage because they talk about conflict, and most newlyweds can't even imagine conflict. But it wouldn't hurt necessarily to read them before. But the five languages, like I said, is definitely great for before.

=====

Re: TzedekChaim's journey

Posted by Markz - 19 Mar 2017 03:18

[TzedekChaim wrote on 19 Mar 2017 01:37:](#)

Thank you Markz.

I have to say that when I put in the smileys I try to smile for each one. So they are real smileys.
)

I had a great stint for most of this past week. Next to no lust, great shmiras eynayim, quite upbeat and positive. I felt that I reached a milestone. Then Hashem cranked up the challenge as I'll explain, and the game is back on. Though I am not set back, this is just the next move. Thank you Hashem for helping me each day. Especially today.

So about two months ago, I had, without any thoughts during the day, a really bad vivid wet dream in the middle of the night. Now, I don't normally have such a thing. And this one was out of no where. I have learned not to be thrown off by these dreams and so I cleaned up, smiled and went back to sleep. It was a test to see if showing me (at least how my imagination thinks having sex feels like) would make me crave it more. But after a few days of working on it the whole incident faded from my mind completely, and even that morning it wasn't really bothering me.

Then just this past shabbos, I was sleeping on the couch. (remember that this week was a 'new' madreiga or whatever of sobriety, at least how it felt to me) and I had a really vivid dream. This time though I managed to wake up right before the end, b'H! and sat up, cleared my mind and went to the bathroom. It was a strong reminder to me that I am not better. and that I just

DAY 194 b'H!!!!

If you slept on the couch in the day, join the club.

I too have explicit dreams when I nap in the daytime hours, regardless of many trucking miles. I don't have a solution to this problem other than to try stay awake

and hope I don't fall asleep at the wheel

=====

Re: TzedekChaim's journey

Posted by Singularity - 20 Mar 2017 08:52

[Markz wrote on 19 Mar 2017 03:18:](#)

[TzedekChaim wrote on 19 Mar 2017 01:37:](#)

Thank you Markz.

I have to say that when I put in the smileys I try to smile for each one. So they are real smileys.
)

I had a great stint for most of this past week. Next to no lust, great shmiras eynayim, quite upbeat and positive. I felt that I reached a milestone. Then Hashem cranked up the challenge as I'll explain, and the game is back on. Though I am not set back, this is just the next move.

So about two months ago, I had, without any thoughts during the day, a really bad vivid wet dream in the middle of the night. Now, I don't normally have such a thing. And this one was out of no where. I have learned not to be thrown off by these dreams and so I cleaned up smiled and went back to sleep. It was a test to see if showing me (at least how my imagination thinks having sex feels like) would make me crave it more. But after a few days of working on it the whole incident faded from my mind completely, and even that morning it wasn't really bothering me.

Then just this past shabbos, I was sleeping on the couch. (remember that this week was a 'new' madreiga or whatever of sobriety, at least how it felt to me) and I had a really vivid dream. This time though I managed to wake up right before the end, b'H! and sat up, cleared my mind and went to the bathroom. It was a strong reminder to me that I am not better. and that I just

DAY 194 b'H!!!!

need to keep working at it and living LIFE the way HE wants me to.

If you slept on the couch in the day, join the club.

I too have explicit dreams when I nap in the daytime hours, regardless of many trucking miles. I don't have a solution to this problem other than to try stay awake

and hope I don't fall asleep at the wheel

I sometimes have vivid dreams of being able to fall asleep on the couch during the day.

KOT, TC!!

=====

Re: TzedekChaim's journey

Posted by cordnoy - 20 Mar 2017 11:24

Facetious - A for spellin'.

Ten in a row - F in math.

B'hatzlachah

=====

Re: TzedekChaim's journey

Posted by Singularity - 20 Mar 2017 13:22

[cordnoy wrote on 20 Mar 2017 11:24:](#)

Facetious - A for spellin'.

Ten in a row - F in math.

B'hatzlachah

He's right. The first one is not yet a row. Two define a row. So there's ten in a row, created by the first.

=====

Re: TzedekChaim's journey

Posted by GrowStrong - 20 Mar 2017 13:23

[Singularity wrote on 20 Mar 2017 13:22:](#)

[cordnoy wrote on 20 Mar 2017 11:24:](#)

Facetious - A for spellin'.

Ten in a row - F in math.

B'hatzlachah

He's right. The first one is not yet a row. Two define a row. So there's ten in a row, created by the first.

Can you guys please speak in English, i didnt take my meds today yet.

=====

Re: TzedekChaim's journey

Posted by GrowStrong - 20 Mar 2017 13:26

[GrowStrong wrote on 20 Mar 2017 13:23:](#)

[Singularity wrote on 20 Mar 2017 13:22:](#)

[cordnoy wrote on 20 Mar 2017 11:24:](#)

Facetious - A for spellin'.

Ten in a row - F in math.

B'hatzlachah

He's right. The first one is not yet a row. Two define a row. So there's ten in a row, created by the first.

Can you guys please speak in English, i didnt take my meds today yet.

OK

I got it.

somehow

=====

====

Re: TzedekChaim's journey

Posted by TzedekChaim - 21 Mar 2017 01:06

Thank you guys for the wonderful laugh... I realized it was one too many after the fact and didn't

Keep on trucking!!!

@singularity: Are you a lawyer by any chance? That was quite a defensive stretch of thinking.

=====

====

want to change it. Besides, who ever complains about having too much smileys

Re: TzedekChaim's journey

Posted by TzedekChaim - 27 Mar 2017 12:28

Day 196!!!

It is amazing how much can happen in a couple of days. It's been a wild couple of them.

I don't know how much I should share. I have shared with a rebbe of mine yesterday, but I also don't want to give too much story line away since a clever person might after reading my thread try to figure out who I am. I think most members here do respect the forum rules and guidelines for anonymity, but still sharing too much is a giveaway, methinks.

So I'll share some broad strokes, and try to explain what I went through without going into the particular details of times and places.

I had a low period for a couple of days about a week ago. (I believe I discussed this in my last couple of posts, but I can't check right now) Then I got over it and was doing quite well. (this is normal. This challenge has ups and downs because LIFE has ups and downs. And downs)

Then I was driving somewhere with my kallah and we were talking about schooling and stuff (she has been taking advanced jewish marriage classes). I found some of what she said to be very triggering. For her, it wasn't in any which way. I spent shabbos with my kallah. Either way, it was very challenging from then on in. and for most of the shabbos I was having thoughts. No amount of surrendering seemed to help (though in retrospect, had I not been surrendering I would have acted out almost certainly) (also, I will acknowledge that I had several good times over the shabbos. mainly during meals, or when shmoozing with my kallah as a person.

doesn't mean you are losing. it means that you have an opportunity to have a high
Skipping some... At some point towards the end of shabbos I did something very accomplished. I felt great afterwards and from that point till the end of shabbos I was doing well in this area. After shabbos I spoke with my kallah about how emotionally difficult this period is for me, and that I know these things are no problem for her. and if she would do me a tremendous favor of not discussing any of these things until they are practically relevant. (ie. probably after our wedding). She was very understanding, and agreed to this. Simply talking it out to her was not easy, I did make every effort to not make it a 'dump my problems on her' kinda thing. (and I think it didn't come across like a problem dumper) I felt it took a big weight off my chest and it also makes me feel great to know that I can discuss difficult issues with her.

but wait!! the story is not over...

However, the next day the fantasies and the craving continued. I will say that felt like giving up. But I didn't. I davened shacharis (I cried a bit during tachanun), learned with my chavrusa, and then discussed some of the emotional challenge I am going through (he is married and has children, and he knows me well, though not about this issue in particular.) anyway, he gave me some helpful advice, and other advice that was not helpful. (at all, scary more like... but I know how to put it in context so I can handle it). Then I spoke to my rebbe. (the one I have spoken to about this issue of mine before). I don't know what happened but I was fine and clear headed with a set of specific questions in mind, but when he picked up I just lost it. I haven't lost it like that in forever. (Heck! I can't even remember the last time I lost it like that. Maybe when my

grandfather passed away). Even as I type this tears come to my eyes. It's funny how some bodily reactions one has so little control over...

Anyway, we managed to discuss some things and this story and some of what I was going through. I had a hard time talking but he managed to keep the discussion going in a patient and [insert the most amazing and gracious words here] way. I think we worked out some things, though there is for sure more to deal with. But I am glad I called him. I am under a lot of stress now from schoolwork, emotional challenges from this struggle. Oh. and on my way to marriage.

I still feel this craving... I don't know what it causing it. Probably a combination of sadness (stemming from lack of self-acceptance), stress, feeling like there is no solution to this endless challenge, and that I am heading inexorably towards a situation (real intimacy) that I don' believe I can handle. (yes I know that was a self judgment, and I need to be working away from those. At leas the negative ones)

I think that I may be reaching the point where many people who make it this far in the trail of sobriety begin to falter. If that is the case, then I need to deal with this appropriately.

right... almost forgot that.

Here are some of the things I am planning to do:

- 1) reread the GYE handbook. Especially, the attitudes section
- 2) work on accpeting myself, and this challenge and understanding where my responsibility in sobriety ends and Hashem's picks up.
- 3) reinforcing ODAAT (I think it needs a lot of work and in fact may be the key to all of this). Since the thing right now for me is fantasies about the wedding night. and worries about the niddah period that is to follow. It is a form of living in the future and is not helpful. Nevertheless, it does loom on the horizon and I do anticipate it as well as I am very anxious over it. Worrying about how I am going to stay sober after having sex is living in the future.

A great line I heard is: regret is living in the past, and anxiety is living in the future.

I think that The ODAAT I have been doing successfully is surrendering the past for the present. but This living in the future is a new dimension of ODAAT that I hadn't considered previously. So

that is something I plan on working on.

(one last point. The thought of not being able to stay sober after having sex is silly since I managed to achieve sobriety after having sex with myself.)

This is what I have been going through. (the craving is a living hell, and I hope to, with the chizuk from the GYE community and the help of Hashem Yisborach I'll be zoche to achieve greater and greater heights with all of the tzaddikim here)

Thank you for listening...

=====

Re: TzedekChaim's journey

Posted by Markz - 27 Mar 2017 12:47

This smiley guy is awesome!

Great communication with your future wife.

You're doing great in your bein gavra period.

lyH you'll keep up the awesome Trucking mechayil lechayil

=====

Re: TzedekChaim's journey

Posted by Gevura Shebyesod - 27 Mar 2017 13:38

Awesome post, and awesome work!!

11 Smileys for you!

=====

Re: TzedekChaim's journey

Posted by Workingguy - 27 Mar 2017 14:58

[TzedekChaim wrote on 27 Mar 2017 12:28:](#)

It is amazing how much can happen in a couple of days. It's been a wild couple of them.

I don't know how much I should share. I have shared with a rebbe of mine yesterday, but I also don't want to give too much story line away since a clever person might after reading my thread try to figure out who I am. I think most members here do respect the forum rules and guidelines for anonymity, but still sharing too much is a giveaway, methinks.

So I'll share some broad strokes, and try to explain what I went through without going into the particular details of times and places.

I had a low period for a couple of days about a week ago. (I believe I discussed this in my last couple of posts, but I can't check right now) Then I got over it and was doing quite well. (this is normal. This challenge has ups and downs because LIFE has ups and downs. And downs Baruch Hashem!!! Day 202!)

Then I was driving somewhere with my kallah and we were talking about schooling and stuff (she has been taking advanced jewish marriage classes). I found some of what she said to be very triggering. For her, it wasn't in any which way. I spent shabbos with my kallah. Either way,

it was very challenging from then on in. and for most of the shabbos I was having thoughts. No amount of surrendering seemed to help (though in retrospect, had I not been surrendering I would have acted out almost certainly) (also, I will acknowledge that I had several good times over the shabbos. mainly during meals, or when shmoozing with my kallah as a person.

Skipping some... At some point towards the end of shabbos I did something very accomplished. I felt great afterwards and from that point till the end of shabbos I was doing well in this area. After shabbos I spoke with my kallah about how emotionally difficult this period is for me, and that I know these things are no problem for her. and if she would do me a tremendous favor of not discussing any of these things until they are practically relevant. (ie. probably after our wedding). She was very understanding, and agreed to this. Simply talking it out to her was not easy, I did make every effort to not make it a 'dump my problems on her' kinda thing. (and I think it didn't come across like a problem dumper) I felt it took a big weight off my chest and it also makes me feel great to know that I can discuss difficult issues with her.

but wait!! the story is not over...

However, the next day the fantasies and the craving continued. I will say that felt like giving up. But I didn't. I davened shacharis (I cried a bit during tachanun), learned with my chavrusa, and then discussed some of the emotional challenge I am going through (he is married and has children, and he knows me well, though not about this issue in particular.) anyway, he gave me some helpful advice, and other advice that was not helpful. (at all, scary more like... but I know how to put it in context so I can handle it). Then I spoke to my rebbe. (the one I have spoken to about this issue of mine before). I don't know what happened but I was fine and clear headed with a set of specific questions in mind, but when he picked up I just lost it. I haven't lost it like that in forever. (Heck! I can't even remember the last time I lost it like that. Maybe when my grandfather passed away). Even as I type this tears come to my eyes. It's funny how some bodily reactions one has so little control over...

Anyway, we managed to discuss some things and this story and some of what I was going through. I had a hard time talking but he managed to keep the discussion going in a patient and [insert the most amazing and gracious words here] way. I think we worked out some things, though there is for sure more to deal with. But I am glad I called him. I am under a lot of stress now from schoolwork, emotional challenges from this struggle. Oh. and on my way to marriage.

I still feel this craving... I don't know what it causing it. Probably a combination of sadness (stemming from lack of self-acceptance), stress, feeling like there is no solution to this endless

challenge, and that I am heading inexorably towards a situation (real intimacy) that I don't believe I can handle. (yes I know that was a self judgment, and I need to be working away from those. At least the negative ones)

I think that I may be reaching the point where many people who make it this far in the trail of sobriety begin to falter. If that is the case, then I need to deal with this appropriately.

Here are some of the things I am planning to do:

- 1) reread the GYE handbook. Especially, the attitudes section
- 2) work on accepting myself, and this challenge and understanding where my responsibility in sobriety ends and Hashem's picks up.
- 3) reinforcing ODAAT (I think it needs a lot of work and in fact may be the key to all of this). Since the thing right now for me is fantasies about the wedding night. and worries about the niddah period that is to follow. It is a form of living in the future and is not helpful. Nevertheless, it does loom on the horizon and I do anticipate it as well as I am very anxious over it. Worrying about how I am going to stay sober after having sex is living in the future.

A great line I heard is: regret is living in the past, and anxiety is living in the future.

I think that The ODAAT I have been doing successfully is surrendering the past for the present. but This living in the future is a new dimension of ODAAT that I hadn't considered previously. So that is something I plan on working on.

(one last point. The thought of not being able to stay sober after having sex is silly since I managed to achieve sobriety after having sex with myself.)

This is what I have been going through. (the craving is a living hell, and I hope to, with the chizuk from the GYE community and the help of Hashem Yisborach I'll be zoche to achieve greater and greater heights with all of the tzaddikim here)

Thank you for listening...

You're an awesome guy, you handled this amazingly well, and both you and your kallah are lucky that you're working on this now and that you are a good communicator and are also able to open up to your Rebbi.

You are so way ahead of what many people go through that I can't begin to tell you.

=====

=====