

TzedekChaim's journey

Posted by TzedekChaim - 06 Sep 2016 23:20

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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

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Re: TzedekChaim's journey

Posted by TzedekChaim - 17 May 2017 17:34

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Amen Hashem-Help-Me. After reading the following you may not think I'm such an inspiration but at least I can say that this post was written with honesty.

yesterday was 253.

Yesterday was a wild ride. It started off normally. Had some struggles. The ER (erection) thing has been bothering me a lot. So I looked into getting underwear that might make it less embarrassing in public.

The main point is that I am an addict and I am usually aware of when my ERs are being caused by thoughts and lusting or when they are just spontaneous. As I wrote before, I think that being in deep recovery and in a good mindset causes me to have very few ERs. So the REAL goal is to work on that and not try to find a magic cure to ERs. (a magic cure means that I can get away )Sobriety is not about doing it because I might get caught, but rather because it will kill me and destroy my life, and the lives of those dearest to me including my future wife, my future kids, my reputations, and my LIFE. (how do I go back to feeling this realization. The full force of it seems to have faded from my mind)

OKAY,

I brought my ipod with me for the first time in a while on the train and I listened to some shiurim from duvid chaim. And guess what no ER problems for the rest of day (with two exceptions). One, when I called my kallah, but it was an outa-nowhere one and not triggered by thoughts, so that is acceptable, (and it went away very quickly). the second one I'll get to shortly. So I think that my theory is correct in that it is more about keeping busy, working on recovery and the ERs with not working on it since no one will notice

Also, what helped, aside from the shiurim, was talking to my kallah in an actively engaged way (active listening and such) and also calling a very close friend of mine that I haven't spoken to for the past few weeks. I was very sober after that.

Then came 10pm...

I got home later than expected from mariv. was dreying around on the computer, GYE and stuff. (that was fine, but I really should've been sleeping. so self-discipline issue) then I was trying to make an order to get a present for my kallah for the yichud room. Jewelry or something (that's the minhag I'm told). So I was ordering it. Then I was like (this was stupid) "while I'm making orders why don't I see about buying some of that magic underwear" Guess what the website I went to had an ad for it and it was very triggering without going into details, I was not expecting

it. and shut it off within the 3-second rule. But I knew that i had overstepped a boundary. Even though i surrendered to Him i had still gone looking for it (not for that but honestly what was i expecting to happen in an incognito mode (My filter extends to my incognito tabs, but I think something was stinkin about my thinkin.) So I felt how could i expecti HIM to help me after bringing it on myself.

Anyway i made the order for the jewelry and went to go to sleep. i will skip the details, but i had three major tests that night. i passed 2 of them myself using various GYE techniques, but the middle one i had no chance and Hashem saved me. I didn't deserve the help but He pulled me out of it anyway and here I am still clean. Today is new day and I intend to not harp on yesterdays experience.

It happened, it's in the past, I intend to take the lessons and be more cautious next time.

lessons learned:

1) don't mosey around on the internet late at night. Go to sleep.

2) don't put myself in a risky situation that is a vaday risk to try and avoid a safek (that realization is what got me to stop by the way) [details aside]

3) Not to focus too much on this fall since that will lead me to another fall. I should just pick myself up and keep trucking without letting it get me down. Just because yesterday was a challenge doesn't mean that today will be. TODAY is a new day and we'll see what it brings.

4) seeing the triggering stuff does not cause me to act out. I saw it, big deal, not pleasant, but I don't have to let it overpower me. The real ticket in recovery is, I think, to be able to see something really bad (not intentionally) and brush it off and keep climbing without any guilt trip or letting it take over your mind. surrender and move on.

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Today (take 1),

I feel terrible. And I feel even worse that I feel terrible since I know it is just leading towards a fall. I want to be out. This is really unstabilizing. Going through the day.

What makes it worse is I really enjoyed it. It was amazing and as much as I am trying I can't seem to bring up clear enough feelings of all the bad I feel after. Maybe that is because I didn't finish. (obviously, my yetzer now says, oh so go finish and then you'll have enough bad feelings to keep it fresh in your mind. That may be true, but it will fade as it did last time and then what? I should do it again?! LOL)

As much as I tell myself it is poison to me the lust, it still felt so good. why? WHY? Urrhh... This is so difficult?

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I'm writing this next one not because I really believe it, but because maybe writing it out will help...

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ToDAY (take 2),

Wow!! What a challenging night last night! I passed! Only because of all the personal growth I have achieved over the last stretch here at GYE! I felt as I was going down that I was fighting for every quarter. And at the last minute when all hope was lost, Hashem saved the day!

That means He cares about ME. Oh, Boy!

IT's been a challenge today, as expected. The flares of enjoyment will fade. They are just vacuous callings. It doesn't help that the weather is very hot so people sometimes forget about their wardrobe in the heat. Silly thing really. On the plus side, the weather is GREAT! and the sun is very warm on my face which is very nice. And the sun is strong enough that it gets me in the eyes sometimes as a friendly reminder that Hashem gives me to show me where I should put them.

I know its going to be tough, but I have grown so much, and I think the real challenge here is not

Thank you Hashem for giving me a real reminder, as I was getting so comfortable and confident with my station. That you for reminding me how much I need Your help in all things especially this. Thank you for not letting me fall. ODAAT\*. Please help me for today. If I fall in the future, that's out of my hands, but just for today, I would love to be sober.

ODAAT. ODAAT, and ODAAT.

falling away in guilt over this. So that is what I shall be working on.

Thank you GYE, that was a painful post to write.

\* Some crazy idea entered me head about falling before getting married being the worst thing in the world. It's not true. if I fall TODAY that is not good. But falling in the future is fine, because

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Re: TzedekChaim's journey  
Posted by Trouble - 17 May 2017 18:34

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I don't know too much about the above, but all this talk is encouraging me to go website shopping for some magic underwear

**Warning: Spoiler!**

And I'll wear my magical (shluff) yarmulke.

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Re: TzedekChaim's journey

Posted by MayanHamisgaber - 17 May 2017 18:44

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Thanks for the share

One point of contention: Why do you feel that you do not deserve Hashem's help?

I do not think that I need to spell it out for you but if you want me to then you might get a very

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Re: TzedekChaim's journey

Posted by Hashem Help Me - 18 May 2017 04:03

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You are something incredible. Why are you so tough on yourself? You didn't fall (unless I misunderstood your post). And you **are** an inspiration - courageous, honest, and humble. Maybe if GYE would have had someone like you when I was a chosson, I would have been helped and not acted out non stop for years including a few hours before my chupa. (It would have happened more, but I had to get to the wedding hall....) Keep it up. You are a breath of fresh air.

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Re: TzedekChaim's journey

Posted by TzedekChaim - 18 May 2017 17:32

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MayanHamisgaber: That point of contention is valid. I agree that is probably where the lion share of my feelings are coming from. Thank you for pointing that out.

HashemHelpMe: Thank you. Yes I am too hard on myself and it is not a good thing. The solution, i think, is to go easier on myself, but I have a hard time doing that without feeling like I am slacking off. Maybe its because I take myself too seriously. (which I do. some of the time) [balance is so hard to do. Yet we don't worry about balancing our bodies, they just do it automatically (read Hashem). Maybe we shouldn't worry too much about balancing our lives, just let Hashem do it for us. :) ]

I have to run now to an exam, but I would like to continue this post. However, the short of it is, while I am still trying to get out of the bad feelings (I am making some definite progress on this) I

Emunah and Bitachon and simcha! That's what its all about! (and no worries!!)

Thank you!

I know I can do this, and I know that He is with me (unconditionally).

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Re: TzedekChaim's journey

Posted by Shivisi\_Hashem - 18 May 2017 19:02

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254 = ???, wow! Was it the TaPHSiC which got you to this number?

you are doing it right, keep it up, ill be there soon.

**lets dance together!**

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Re: TzedekChaim's journey

Posted by TzedekChaim - 21 May 2017 05:22

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Baruch Hashem day 257!!

Shabbos was good. I think I am back on the truck route in good order. Chasdei Hashem. Still having nagging thoughts, but I am surrendering them in a stress free way and not letting them beat me up. Makes me feel like I'm faking (i.e. maybe looking too much or not guarding as carefully) but I still surrender and need to work on my shemiras eynayim and machshava. ITs a balance, but I think right now the not beating up on myself and just letting the visiting thoughts pass on through without leaving a big wreckage in their wake.

Shivisi: No no taphsic. I used that once or twice but I never found it to be really effective. Maybe



if I had been more on the recovery road then it would work better as a safe guard but at the time

Hatzlacha!!!

it didn't help too much. Not to say that I didn't get a few sober weeks out of it.

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Re: TzedekChaim's journey  
Posted by Shivisi\_Hashem - 21 May 2017 18:30

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[TzedekChaim wrote on 21 May 2017 05:22:](#)

Baruch Hashem day 257!!

Shivisi: No no taphsic. I used that once or twice but I never found it to be really effective. Maybe if I had been more on the recovery road then it would work better as a safe guard but at the time it didn't help too much. Not to say that I didn't get a few sober weeks out of it.

I find that it works wonders, i added one line that guards one of my triggers, and without that line i wouldnt be today where i am.

but stay strong and clean, it pays!!! Big time... im a new person.

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Re: TzedekChaim's journey  
Posted by TzedekChaim - 21 May 2017 21:23

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Thank you Shivisi! Yes staying clean is WORTH it.

I'm just having a struggle with hirhurim and triggering sights. It makes me feel like a faker. Faker in terms of not 'really' being clean. True, I'm not acting out, and true, I am maintaining the three second rule, and true that I am not going out of my way to see things, but the thoughts keep coming, and even associating horrifying thoughts or other scary images with them doesn't keep them away. Maybe there is a part of me that really wants them and I haven't truly surrendered. (maybe this isn't the right way to look at it)

Sometimes I wonder what is the level of due diligence that Hashem expects of me. I know I have a bigger issue with hirhurim and triggers than people who haven't been exposed to p\*\*n and other related behaviors. I'm trying. I think to as best I can, but how can a person know really?

The answer is that I don't have to *really* know. I think I am being honest with myself. And I am doing my best, so what if I mess up here or there. Hashem knows. He'll help me through it and I just have to keep it up. Especially during this time till the chasuna. Part of me is hoping that things will get a easier once I see what the tachlis of being with my wife is and once we get a little more comfortable with each other. It's not an outlet, its not a cure, but I think i should not let the building hormones and emotions of these next few weeks take over, just let them come, let them go, and know that they will settle out. (they will settle out, won't they? ...)

(There is a very good likelihood I may be having the chasson shmooze several weeks before the chasuna. This is something that is making me nervous since if I am having triggering thoughts from a little conversation with my kallah [see posts a few pages back] how much more so an explicit multi hour shiur. And I will still be seeing her). I know that Hashem arranged the shmooze to be early and He will help me with it so that is good! On a positive note the stuff

I wanted to ask my rebbe about how to handle this, but he got a new number so reaching him may not be the easiest (i emailed him so we'll see).

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Re: TzedekChaim's journey  
Posted by Markz - 21 May 2017 21:47

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How about Rabbi Simcha Feuerman's [Chosson Shiurim](#) ?

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Re: TzedekChaim's journey

Posted by Shivisi\_Hashem - 21 May 2017 23:06

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[TzedekChaim wrote on 21 May 2017 21:23:](#)

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(There is a very good likelihood I may be having the chasson shmooze a week and a half before

the wedding. This is something that is making me nervous since if I am having triggering thoughts from a little conversation with my kallah [see posts a few pages back] how much more so an explicit multi hour shiur. And I will still be seeing her for the remainder of the week). I know that Hashem arranged the shmooze to be early and He will help me with it so that is good! On a positive note the stuff won't be fresh on my mind during the wedding which could be for

I wanted to ask my rebbe about how to handle this, but he got a new number so reaching him may not be the easiest (i emailed him so we'll see).

The best thing to fight of bed thoughts is, to start thinking right away from something else, have prepared 3 things to think about, and the split second a bed thought comes to your mind just switch to one of your list, and dont fight it, back and forth, just start think about your prepared stuff.

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Re: TzedekChaim's journey  
Posted by Singularity - 22 May 2017 10:43

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Loving the progress! Keep going!!

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Re: TzedekChaim's journey  
Posted by Hashem Help Me - 22 May 2017 11:25

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Hatzlocha Tzedek with staying clean especially as you prepare for the chasuna. Just keep posting about how its going and iyh you will be sharing positive results. If your rebbi responds with any advice, maybe share that too.

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Re: TzedekChaim's journey  
Posted by TzedekChaim - 22 May 2017 14:03

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Thank you guys for tremendous Chizuk!

I want to apologize to the GYE community for the moping. It's not fair or respectful to everyone

(incidentally I find that a tell tale sign of a fall is incessantly moping regardless of how much chizuk the community is giving or how much advice they are sharing, so that is another reason ) So sorry about that.

Hatzlacha and I know I can do it. If Hashem wants me to have the shmuz early that means he will help me overcome the challenges as they come. (not a minute before, and not a minute after)

@markz: yes I was planning on listening to those shiurim but I got the impression that they were for people who are already married. If someone still recommends them at this stage I'll consider it still. Or if I feel something is missing from the live shmooze. Otherwise it will probably be a here to be mopey. Besides, the mopey mindset is not an active, positive, and improving one!

And thank You Hashem for for helping me each day and teaching me step by step how special I am.  
why not to mope

KOT!!!!!!!!!!

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