

Aleh katan

Posted by loi-misyaeish - 22 Dec 2009 19:13

"TACHZIK CHAZAK ALEH KATAN SHELI, KI LO TAMID HAKOL BACHUTZ BAHIR...." Yes, i am still like a small leaf, moving in the winds of this terrible society. I am so happy to be able to begin a thread of my own after being almost five months on gye. Yes, I am a young guy, but with almost ten years of struggle with this terrible monster, has affected my life deeply. When i was still very young i got very attracted to women, i didn't know at first what it was, but later on i understood. Eventually it became a full blast addiction. With hashem's help i found this wonderful website. For the first time i found people whom i could relate my situation too. I tried three successive attempts to reach ninety days, but realized recently that ninety days does not work for everyone. So if anyone has tried so many unsuccessful attempts to manage a certain number of days clean and did not succeed, he's not alone. The feelings are sometimes deeply rooted, and impossible to change in an instant. For that one needs good therapy. Personally i hated the idea of therapists when i grew up but i came to the realization that it's definitely a must in my case. I've been so far to r' shlachter twice. These conversations were based on a more personal level, so it's hard for me to bring out any concrete ideas that can be written. It's more trying to reach the root of these things that cause me to act out. It's the desperate need of someone who does not yet have the possibility to have it (i'm still a bochur). The lack of it has caused me to channel my thoughts to be relieved from it when i act out. For example yesterday i was finding it hard to understand a very difficult toisafos. I began to daydream and started thinking about these things till the point that i was feeling very tense. I ended up going to the bathroom and acting out. After i was mz"l, i felt amazingly relaxed and went back to the toisafos. Beleive it or not it just became so easy. That's the problem, i'm using m. other things to help me relax instead of using other

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Re: aleh katan

Posted by loi-misyaeish - 25 Dec 2009 09:00

You're really right about that, eye. I really did realize that years ago, but i knew that i wouldn't have it anyway for a long time, so i would just fanatise about it all day to comfort myself somewhat. I can't dream all day about living with a wife, but dreaming all day about s** is always possible. That's why my focus was always shifted to that and that's why i find it so hard not to look at women as 's**ual objects'. I know i wouldn't be having a relationship with them anyway, so that's all what i think of them. Loi-m

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Re: Aleh katan

Posted by imtrying25 - 25 Dec 2009 10:17

LM have a great shabbos. And thanks for the last part of your story. We finally got to see the light at the end of the tunnel. Keep up the good work and always feel free to call if need be.

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Re: Aleh katan

Posted by habaletaheer - 25 Dec 2009 10:30

Wow! Lo Mi, you are such a brave person to come out and tell your story like that!! Kol Hakavod!!! It must have not been easy, but the very ability to do it is enormously helpful in your path to recovery.... Keep using this site, and posting your feelings, everyone here really cares about you.

May Ha-shem help you in fighting this holy fight!!!

Haba

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Re: Aleh katan

Posted by bardichev - 25 Dec 2009 12:55

Al tisyah-esh

Al tisyah-esh

MeyHashem tivakesh

Afillu cherev chadda

Munach al tzavarav

Oy yoy shabbos koidesh

bardichev

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Re: aleh katan

Posted by loi-misyaeish - 25 Dec 2009 13:17

Right on mark there, bardichev. A gut shabbos to you and all the wonderful guys on this forum!

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Re: aleh katan

Posted by loi-misyaeish - 26 Dec 2009 18:37

Shabbos is a hard day! Everybody's dressed nicely and i've also gotta eat out the shabbos meals. But b"h i made it. Just the thought that i have a listening ear and those that can really understand my situation makes it easier.

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Re: aleh katan

Posted by Eye.nonymous - 26 Dec 2009 19:26

[loi-misyaeish wrote on 26 Dec 2009 18:37:](#)

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KUTGW!

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Re: Aleh katan

Posted by imtrying25 - 26 Dec 2009 21:16

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Re: Aleh katan

Posted by sci1977 - 26 Dec 2009 21:54

Keep on going!!! Stay positive and positive things will happen

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Re: aleh kattan

Posted by loi-misyaeish - 26 Dec 2009 22:36

By the way, reliving my story was very painful, but it really helped to let go of the old baggage. Friday, i was feeling alot of emotional pain, but 'ba shabbos ba menucha' and now i feel much more relieved. Be'ezras hashem, i'm hoping to have a really great week and i wish the same for all you guys!

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Re: Aleh katan

Posted by the.guard - 26 Dec 2009 23:05

Wow, what a story! Thanks for sharing it... (BTW, you didn't mention mast* in your story at all... Is it meant to be obvious, or it's not an issue?)

Have you ever read the translations we did on Reb Shlachter's book? You can download it [here](#). I think it would give you a lot of good perspective....

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Re: aleh kattan

Posted by loi-misyaeish - 26 Dec 2009 23:45

Unfortunately mast*n was also a problem, but not as much as fanatising. I did sometimes m*ate and mz"l, but i use to feel so bad afterwards that it scared me off for a long time afterwards. But when i began watching p**n it did became more of an issue. (at the beginning of my thread i wrote a bit about it). But fanatizing was the real issue for many years, and still is. Concerning r' schlachter's book, i would love to see it, but as i mentioned many times before, i have not got the ability to do download it. But maybe one day i'll arrange someone to do it for me.

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Re: Aleh katan

Posted by habaletaher - 27 Dec 2009 05:09

Hey Lo Miyayesh,

Glad to hear your Shabbos went well and that you had a sense of menucha. I just heard a great vort on Menucha. What is menucha? We say a bracha li'hniyach teffilin, and it doesn't just mean that we put them on, but that we put them on the right place exactly. Menucha is the feeling we get when everything is in the right place... May Ha-shem give you that sense soon.

If you really want the R' Shlachter translated I could download it for you and then send it to you as an email, would you like that?

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Re: Aleh katan

Posted by Momo - 27 Dec 2009 08:20

YOU ARE SOMEBODY SPECIAL!!!

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